



**BERNICE THORNTON PRODUCTIONS PRESENTS THE
2010 NABBA USA**



**JUNIOR NATIONAL BODYBUILDING CHAMPIONSHIPS and the
MS. FIGURE® USA and the PENNSYLVANIA GRAND PRIX (Novice Men)**

Date: Saturday, 23 October 2010
 Location: GROVER WASHINGTON JR. MIDDLE SCHOOL, 201 E. OLNEY AVE., PHILADELPHIA, PA 19120
 Athlete's Registration and Check-in at Grover Washington Jr Middle School: Saturday, 23 October 2010; 9:30 AM
 Prejudging: 12:00 Noon - Evening Show: 6:00 PM

Contest Rules: All NABBA USA rules apply. Only solid color posing attire permitted in the bodybuilding championships. Ms. Figure® and Women's Bikini competitors must wear a bikini (thong or g-string NOT permitted). High heels are Standard footwear for both divisions. Ms. Figure® competitors wear heels during quarter-turns and comparative displays; No shoes during routine.
Judge's Chairman can eliminate competitors from the evening show who are judged below standard.

Contest Divisions: **See Entry Form Below.**

Eligibility: **All competitors must have a current NABBA USA membership card which will be available at Athlete's check-in for \$45.00 payable by cash or money order. Personal check not accepted.**
JR. NATIONAL BODYBUILDING CHAMPIONSHIPS: Competitors in the MEN'S OPEN category must have placed 5th or better in a height/weight class in an Open, State, Regional, or National Amateur competition, or have won an overall or placed in the top two in their class in a Novice in any federation within the past three years. No prior contest qualification required to enter the Women's, Master's, Grandmaster's, Athletic, Juniors or Teenage categories.
Juniors, Teenage, and all Master's and Grandmaster's competitors must show proof of age at check-in (birth certificate/ driver's license).

Men's Athletic: Competitors should have an athletic and trained body without heavy muscular development, must have good muscle separation, low body fat, defined abdominals and nice overall symmetry.

MS. FIGURE® USA: Open to any female competitor age 17 and over, with a shapely and trained body.

Women's Bikini: No prior contest qualifications required.

PENNSYLVANIA GRAND PRIX (Novice Men): Novice contestants shall not have previously won an overall title in any competition, nor their class in any category of competition except the Novice category. Overall and class winners of Teenage competitions are exempt from the above and can enter the Novice.

Entry Fees: \$45.00 - Payable by money order only (personal check not accepted). Crossover - \$20.00 additional. Late entry fee - \$15.00 additional.

Trainers Pass: \$20.00 – Trainers must also have Pre-Judging and Evening Show tickets – Total for Backstage pass and Show tickets is \$50.00. Sold at registration on day of show.

Crossovers: Crossovers permitted **where eligible and qualified.**
 Crossover **NOT** permitted between any Women's categories.

Music: Contestant must supply a quality cassette tape, properly cued, of his/her individual posing routine music for a maximum of 60 seconds or CD with track indicated; 60-90 seconds for Figure. Music must be free of profanity and non-offensive.

Hotel: Red Roof Inn, Philadelphia – Trevose #185, 3100 Lincoln Highway, Trevose, Phone: 215-244-9422 (www.redroof.com)
 Radisson, Philadelphia, Northeast, 2400 Old Lincoln Highway, Trevose, Phone: 215-638-8300 (www.radisson.com)
 Four Points Sheraton, Philadelphia, Northeast, 9461 Roosevelt Blvd., Phone: 215-671-9600 (www.starwoodhotels.com)

Information: For additional information related to judging criteria or other questions, please contact Bernice Thornton at 215-224-7630, or the NABBA Office phone 718.882.6413, email: bob@nabba.com, or www.nabba.com.

Directions: From New York and Northern New Jersey: Take NJ Turnpike South to Exit 6 – Pennsylvania Turnpike. Continue on PA Turnpike (I-276) West. Get off Exit 351 (old exit #28). Take Roosevelt Blvd (Route 1/Lincoln Highway) going South toward Central Philadelphia. Make Right onto Adams Avenue, Left onto Rising Sun, Right onto E. Olney Ave. School is on right at 201 E. Olney Ave. If you go too far south down Roosevelt Blvd, and go past Adams Ave, Rising Sun will intersect directly with Roosevelt Blvd.

From Harrisburg and Western Pennsylvania: Take I-76 (Pennsylvania Turnpike) towards I-76 / Philadelphia. Take Ramp (Valley Forge Interchange), Right onto I-76 towards I-76 / I-476 / US 202 / Philadelphia / Valley Forge. At exit 340B, take Ramp Right onto US-1 towards US-1 / Roosevelt Blvd. Turn Left (North) onto Rising Sun Ave. Turn Left (West) onto E. Olney Ave. School is at 201 E. Olney Ave.

OFFICIAL ENTRY FORM

2010 NABBA JR NATIONAL BODYBUILDING CHAMPIONSHIPS, MS. FIGURE® USA, PENNSYLVANIA GRAND PRIX

Name _____ Age: _____ Height: _____ Home Phone _____

Address _____

City _____ State _____ Zip _____ E-mail _____

Eligibility obtained (Contest, date, your placement): _____

Please check the Contest, Category, and Class you wish to enter (Crossover Allowed - Where Permitted – See above)

JR NATIONAL BODYBUILDING CHAMPIONSHIPS:

Men

- Short (under 5'7")
- Medium (5'7 to under 5'10")
- Tall (5'10" and over)

Men's Athletic

(one class)

Junior Men (ages 20-23)

(one class)

Teenage Men (ages 13-19)

(one class)

Women's Open Ms. Physique

(one class)

Women's Open Master's

(one class)

Ms. Figure® USA

(one class – two if number

of entries postmarked by 10/2 is high w/break at 5'4")

Women's Bikini

(one class)

Master's Men (ages 40-49)

(one class)

Grandmaster's Men (age 50+)

(one class)

Grandmaster's Men (age 60+ - one class)

Pennsylvania Grand Prix (Novice Men)

Short (under 5'8")

Tall (5'8" and over)

Classes will depend on the number of entries. Categories and class divisions are subject to change at promoter's or official's discretion. The Judge's Chairman has the right to eliminate competitors from the evening show who are judged below standard.

WAIVER OF LIABILITY: In consideration of your acceptance of this entry form and fee, I waive and release all rights and claims for damages against BERNICE THORNTON, Bernice Thornton Productions, NABBA USA, Inc, the Grover Washington Jr. Middle School, the Philadelphia Pennsylvania School Board, their sponsors and associated bodies, official agents, employees, or assigns by reason of injury or damage which I may sustain during, while traveling to or from, or while participating in this event. I further agree to abide by all decisions of the NABBA USA Committee, and declare that all information contained herein is, to the best of my knowledge, true, correct, and complete. I agree to hold harmless and release all photo and video rights for magazines, newspapers, television, video distribution, and other media of my participation in this competition.

Athlete's Signature (or Parent/Guardian if under 18) _____ Dated _____

ENTRY FEE: Competitor _____ @ \$45.00 ♦ Each Crossover _____ @ \$20.00 ♦ Late Fee (Postmarked after 9 October) _____ \$15.00 additional

TOTAL AMOUNT ENCLOSED: \$ _____ All ticket Sales are Final – No Refunds.

ALL ENTRIES MUST BE POSTMARKED BY SATURDAY, 9 OCTOBER 2010.

**SEND COMPLETED SIGNED FORM WITH MONEY ORDER MADE PAYABLE TO: BERNICE THORNTON. (PERSONAL CHECK NOT ACCEPTED)
MAIL TO: BERNICE THORNTON, 1013 E. PHIL-ELLENA ST, PHILADELPHIA, PA 19150**