



THE NABBA USA NATIONAL COMMITTEE
PRESENTS THE



**2010 NABBA USA
AMERICAN
BODYBUILDING CHAMPIONSHIPS**

(The Nationals)

- ★ OPEN MEN ★ OPEN WOMEN ★ JUNIOR MEN (AGES 16-23) ★ NOVICE MEN ★ MEN'S ATHLETIC ★
★ MASTER'S MEN(40-49) ★ GRANDMASTER'S MEN(50+) ★ GRANDMASTER'S MEN(60+)
★ QUALIFIERS FOR TEAM SELECTION TO THE 2011 NABBA UNIVERSE (ENGLAND),
2011 NABBA WORLD CHAMPIONSHIPS AND WORLD FITNESS FEDERATION (WFF) INTERNATIONAL COMPETITIONS ★

&

Special Feature Co-Sanctioned by the



WFF®

**WORLD FITNESS FEDERATION
Ms. FIGURE® AMERICA**

Looking for the shapely and trained female body. Suit must be a bikini (no g-string or thong).
Judged in three rounds: Quarter Turns, Comparative Displays, and Artistic Routine.

WOMEN'S BIKINI

Looking for the shapely and symmetrical female beach body. Suit must be a bikini (no g-string or thong).
Judged on Symmetry, Style of Walk, Poise, Confidence, Stage Presence and Charisma.

EAST COAST GRAND PRIX (Novice Men)

**MEN'S NATIONALS FEATURED AWARDS:
DON ROSS MEMORIAL MOST MUSCULAR AWARD
JOE MEEKO MEMORIAL BEST POSER AWARD**

- ★★ ATHLETES OF ALL BODYBUILDING FEDERATIONS WELCOME TO COMPETE ★★
★ See Entry Form, Eligibility Requirements, Classes, Categories, Awards & Information on Reverse ★

TIMES

PRE-JUDGING - 12:00 PM
EVENING SHOW - 6:00 PM

COMPETITORS' CHECK-IN

8:30 AM at West York Area Middle School
13 November 2010

TICKET INFO & PRICES

PRE-JUDGING - \$10.00
EVENING SHOW - \$20.00

TICKETS SOLD AT DOOR
DAY OF THE SHOW

QUESTIONS, TRAVEL DIRECTIONS,

ACCOMMODATIONS CONTACT:

SCOTT POLITANO at 516.287.4020
E-mail: SCOTQUAD@hotmail.com
CATHY FERRARO at 717.917.3413
E-mail: Cathy@NABBA.com



Ria Shaffer
2009 Ms. Figure® America
Overall Winner & Short Class



Al Horvath
2009 The Nationals Overall Winner
NABBA USA American Championships



John Telepchak
2009 Overall NABBA
East Coast Grand Prix (Novice)

SATURDAY, 13 NOVEMBER 2010

WEST YORK AREA MIDDLE SCHOOL

1700 BANNISTER STREET, YORK, PENNSYLVANIA 17404

**AMERICAN BODYBUILDING CHAMPIONSHIPS (The Nationals) and the
MS. FIGURE® AMERICA**

(QUALIFIERS FOR TEAM SELECTION TO THE 2011 NABBA UNIVERSE (ENGLAND), 2011 NABBA WORLD CHAMPIONSHIPS and
WORLD FITNESS FEDERATION (WFF) INTERNATIONAL COMPETITIONS

And the
EAST COAST GRAND PRIX (Novice Men)

- Date: Saturday, 13 November 2010
Location: WEST YORK AREA MIDDLE SCHOOL, 1700 BANNISTER STREET, YORK, PA
Athlete's Registration and Check-in at West York Area Middle School: Saturday, 13 November 2010; 8:30 AM
Prejudging: 12:00 PM - 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.
AMERICAN BODYBUILDING CHAMPIONSHIPS: Contestants must be United States citizens or hold a Green Card.
Men, Women and Master's Men must have placed 4th or better in a height/weight class in an Open, State, Regional,
or National Amateur competition, or have won an overall or their class in a Novice in any federation within the
past three years. No prior contest qualification required to enter the Athletic, Junior or Grandmaster's Men categories.
Juniors, Master's & 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® AMERICA: Contestants must be United States citizens, of the female gender, age 17 and over,
with a shapely and trained body. **Women's Bikini:** No prior contest qualifications required.
EAST COAST 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.
- Entry Fees: \$50.00 - Payable by money order only. Crossover - \$30.00 additional. Late entry fee - \$20.00 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 Ms. Physique (women's bodybuilding) and Ms. Figure® and Ms. Figure® and Bikini.
- 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. Music must be free of profanity and non-offensive.
- Awards: Each class will have awards for 5 places. Overall in Men's and Master's Nationals, Ms. Figure®, and
Grand Prix. SWORD awarded to Men's Nationals overall. Men's Nationals Featured Awards: Don Ross Memorial
Most Muscular Award and Joe Meeko Memorial Best Poser Award.
- Hotel: The Holiday Inn-York-Route 74 & US Route 30; 2000 Loucks Road, York, PA 17408
Phone: 877.863.4780. Driving Directions to Hotel: From Route 83 South, take exit 22 to Route 30 West to Route 74,
turn right off exit then right at 2nd traffic light. From Route 83 North, take exit 21B to Route 30 West to Route 74, turn
right off exit, then turn right at 2nd traffic light onto Brougher, Holiday Inn is on left.
Directions Hotel to School: From Holiday Inn turn Right onto Brougher towards Carlisle Ave.; turn left on Carlisle Ave.;
after 3rd traffic light, turn right onto Seward Street, Straight to West York Area Middle School.
- Information: For additional information related to judging criteria or other questions, please contact
Scott Politano, phone 516.287.4020, email: ScotQuad@hotmail.com, Cathy Ferraro phone 717.917.3413, email:
Cathy@nabba.com or the NABBA Office phone 718.882.6413, email: bob@nabba.com.

OFFICIAL ENTRY FORM

2010 NABBA AMERICAN BODYBUILDING CHAMPIONSHIPS, MS. FIGURE® AMERICA, EAST COAST 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)

AMERICAN BODYBUILDING CHAMPIONSHIPS (The Nationals):

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 16-23)

(one or two classes,
depending on entries)

Women's Open Ms. Physique

(one class)

Women's Bikini

(one class)

Ms. Figure® America

- Short (to and including 5'4")
 Tall (above 5'4")

(two or three classes,
depending on entries)

Master's Men (ages 40-49)

Short (under 5'8")

Tall (5'8" and over)

Grandmaster's Men (age 50+)

Short (under 5'8")

Tall (5'8" and over)

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

East Coast 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 SCOTT POLITANO, CATHY FERRARO, NABBA USA, Inc., Ferritano Productions, the West York Area Middle School, the West York Area School District (PA), 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 _____ @ \$50.00 ♦ Each Crossover _____ @ \$30.00 ♦ Late Fee (Postmarked after 30 October) _____ \$20.00 additional

TOTAL AMOUNT ENCLOSED: \$ _____

ALL ENTRIES MUST BE POSTMARKED BY SATURDAY, 30 OCTOBER 2010.

SEND COMPLETED SIGNED FORM WITH MONEY ORDER MADE PAYABLE TO: SCOTT POLITANO. (PERSONAL CHECK NOT ACCEPTED)

MAIL TO: SCOTT POLITANO, 948 HIGH ST, 2nd FLOOR, ALPHA, NJ 08865