



YORK BARBELL COMPANY

Presents The

2010 NABBA NORTH AMERICA BODYBUILDING CHAMPIONSHIP

Date: Saturday, September 25, 2010
Times: Athlete's Registration and Check-in: 9:00 am to 11:00 am; Prejudging: 12:00 pm; Evening Show: 6:00pm
Location: York Barbell Company, 3300 Board Road, York, PA 17402
Contest Rules: All NABBA USA rules apply. Only solid color posing attire permitted in the bodybuilding championships.
Ms. Figure® competitors must wear a bikini (thong or g-string NOT permitted). High heels during quarter-turns and comparative displays, no shoes during routine.
Contest Divisions: **See Entry Form**
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.**
NABBA North America Bodybuilding Championship:
Competitors in the MEN's 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 previous contest placement qualification required for the Women's, Master's, Grandmaster's. Competitors in age specific categories must show proof of age at check-in. 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® North America: Open to any female competitor, age 17 and over, with a shapely and trained body.
Women's Bikini: No previous contest qualification required.
Novice Men York Barbell Grand Prix: Novice contestants shall not have previously won an overall title, nor their class in any category of competition except the Novice category.
Entry Fees: \$40.00 – Payable by money order only (personal check not accepted). Late entry fee - \$15.00 additional.
Crossovers: **Crossover NOT permitted between any Women's categories OR between Men's Athletic and any Men's bodybuilding category.**
Music: Contestants will provide their own music on quality cassette tape or CD which should not contain profanity and must be cued, labeled and ready to play - 60 seconds time limit.
Hotels / Motels: Comfort Inn, 2250 N. George Street, York, PA 17402; Phone: 717.699.1919 – Exit 22 of I-83
When calling for room rates mention the Bodybuilding show.
Information: For additional information contact: Lori Trent at (717) 767-6481, e-mail: Ltrent@yorkbarbell.com
Or NABBA Office at (718) 882-6413, e-mail: bob@nabba.com NABBA website: www.nabba.com

OFFICIAL ENTRY / TICKET ORDER FORM

2010 NABBA NORTH AMERICA BODYBUILDING CHAMPIONSHIP

Name _____ Height _____ Age _____ 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:

Crossovers Permitted – if eligible and qualified. Crossover NOT PERMITTED between any Women's categories OR between Men's Athletic and any Men's bodybuilding category.

Men's Open	<input type="checkbox"/> Short – under 5' 7"	<input type="checkbox"/> Medium - 5' 7" to under 5' 10"	<input type="checkbox"/> Tall – 5' 10" and over
Women's Open	<input type="checkbox"/> One Class		
Men's Masters	<input type="checkbox"/> Over 40 – one class	<input type="checkbox"/> Over 50 – one class	<input type="checkbox"/> Over 60 & 70- one class
Men's Athletic	<input type="checkbox"/> One Class		
Ms. Figure®	<input type="checkbox"/> Short – under 5' 4"	<input type="checkbox"/> Tall – over 5'4"	
Women's Bikini	<input type="checkbox"/> One Class		
Men's Novice York Barbell Grand Prix	<input type="checkbox"/> Short (under 5' 8")	<input type="checkbox"/> Tall (5' 8" & over)	
Junior Men	<input type="checkbox"/> One Class		

Height classes may be adjusted at the discretion of the promoter.

Classes will depend on the number of entries. Categories/class divisions may change at promoter's or official's discretion.

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 York Barbell Company, Lori Trent, NABBA USA, 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** _____
TICKETS: Prejudging: _____ @ \$10.00 ; Evening Finals: _____ @ \$20.00 ; Prejudging/Final Combo: _____ @ \$25.00

ENTRY FEE: Competitor @ \$40.00 _____ ; Crossover @ \$20.00 additional _____ Late Fee After 9/11/10 @ \$15.00 additional _____

TOTAL AMOUNT ENCLOSED: \$ _____ ALL TICKET SALES ARE FINAL – NO REFUNDS

ALL ENTRIES MUST BE POSTMARKED By September 11, 2010

SEND COMPLETED FORM & MONEY ORDER (NO PERSONAL CHECKS) MADE PAYABLE TO: LORI TRENT
MAIL TO: LORI TRENT, YORK BARBELL COMPANY, 3300 BOARD ROAD, YORK PA 17406