



2019 NPC Flex Lewis Classic Bodybuilding, Fitness, Figure, Bikini, Physique, and Classic Physique



Mandatory Check-Ins and Weigh-Ins

Friday October 11, 2019 between 4:00-8:00 pm

At The Embassy Suites Hotel, 1200 Conference Center Blvd., Murfreesboro, TN 37129

All Athletes MUST Check-in Friday **October 11, 2019 between **4:00pm and 8:00pm.****

No one will be allowed to check-in on Saturday Morning!

ONLY ATHLETES WILL BE PERMITTED IN THE ROOM DURING CHECK-IN.

Bodybuilding and Classic Physique competitors must wear competition suit to weigh-ins.

All Women must bring suits to check-ins for approval. Emphasis is on "Good Taste" no "T" or thong suits will be allowed.

- [NPC cards can be purchased online: https://www.npcregistration.com/.](https://www.npcregistration.com/) Or they will be sold at check-in but **NO CASH will be accepted!! CHECK OR MONEY ORDER ONLY, \$125 made payable to the NATIONAL PHYSIQUE COMMITTEE**

NPC Regulations and Music

- All competitors are required to bring bands for pump-up. No weights will be allowed in the pump-up room.
- All Bodybuilding, Classic Physique, Women's Physique, and Fitness athletes must supply their own music. Music must not be longer than 45 seconds. Fitness must not be longer than 2min. Posing music must be the only music on the CD and music will be collected at Check-ins on Friday night. All Bodybuilding, Classic Physique, and Women's Physique will not use music at prejudging.
- Crossovers will be permitted in EVERY division.
- No Refunds
- Due to venue rules: ALL athletes wearing tanning products must wear long sleeve shirt and long pants to sit in auditorium seating- NO EXCEPTIONS
- No Dream Tan allowed
- The NPC reserves the right to determine the number of competitors that will pose at the night show.

POSING AND AWARDS

All competitors in Bodybuilding , Fitness, Figure, Bikini, Physique & Classic Physique will be introduced on stage at the night show. The top 5 competitors in each height class, and the overall winners will be awarded medallions/trophies

TICKET PRICES

8am- Prejudging	General Admission	\$20.00 early bird--- \$25.00 at the door
5pm- Night Show	General Admission	\$45.00 early bird--- \$50.00 at the door
	VIP	\$85.00 early bird--- \$90.00 at the door

ENTRY FEES

\$100.00 for each division entered.

Late fee of **\$50.00** if postmarked after Saturday **September 28, 2019**

Entry Fees should be paid by check or money order made payable to **"Flex Lewis Shows"**

Only cash, money order, certificated check will be accepted on Friday night entries.

ENTRY CHECKLIST

Mail to: **Flex Lewis Classic, 5801 Congress Avenue, Boca Raton, FL 33487**

Entry form & RELEASE- signed and completed

1. **Check or money order for \$100.00 (each class) payable to "Flex Lewis Shows"**
2. **Copy of your 2017 NPC card** (can be purchased at check-in) Check or money order payable to: **National Physique Committee**
3. **Copy of drivers license if you are entering Teenage or All Masters**
4. **Copy of your 2017 NPC Official Height Card** (will be given at check-in if you don't have one)

Official Height: _____

Official Weight: _____

2019 NPC Flex Lewis Classic

Official Men's Bodybuilding, Physique, and Classic Physique Entry Form- Sanction #3116

Name: First _____ Last _____

DOB: _____ Age: _____ Email: _____

Address _____

City _____ State _____ Zip _____ Phone (_____) _____

Height: _____ Contest Weight: _____

PLEASE CHECK THE DIVISIONS/CLASS IN WHICH YOU INTEND TO COMPETE

- **TRUE NOVICE-** Athlete that has never competed in an NPC show-FIRST TIME COMPETITOR.
- **NOVICE-** Athlete that has never won their class in Novice or in Open
- **OPEN-** Open to any NPC Registered Athlete (An athlete who has won the overall title in a contest may not compete in a lower level contest in the same area or district as the contest he or she won)

Men's Bodybuilding

True Novice Men's Bodybuilding

- _____ Light (Up to & Inc. 165.25 lbs)
- _____ Middle (Over 165.25 lbs & Inc.187.25 lbs)
- _____ Heavy (Over 187.25 lbs)

Novice Men's Bodybuilding

- _____ Light (Up to & Inc. 165.25 lbs)
- _____ Middle (Over 165.25 lbs & Inc.187.25 lbs)
- _____ Heavy (Over 187.25 lbs)

Hero Bodybuilding

- _____ One class (Military, Police, Fire, EMT)

Wheelchair Bodybuilding

- _____ One class

Teenage Bodybuilding (16-19 yrs old)

- _____ Teen (One class)

Master's Men's Bodybuilding

- _____ 35+ (One Class)
- _____ 40+ (One Class)
- _____ 50+ (One Class)
- _____ 60+ (One Class)

Men's Bodybuilding (cont.)

Open Men's Bodybuilding

- _____ Bantam (Up to & Inc. 143.25 lbs)
- _____ Light (Over 143.25 lbs & Inc. 154.25 lbs)
- _____ Welter (Over 154.25 lbs & Inc. 165.25 lbs)
- _____ Middle (Over 165.25 lbs & Inc. 176.25 lbs)
- _____ Light-Heavy (Over 176.25 lbs & Inc.198.25lbs)
- _____ Heavy (Over 198.25 lbs & Inc.225.25lbs)
- _____ Super-Heavy (Over 225.25 lbs)

Men's Classic Physique

(Height/Weight Breakdown on last page)

True Novice Men's Classic Physique

- _____ One Class

Master's Men's Classic Physique

- _____ 35+ (One Class)

Open Men's Classic Physique

- _____ Class A (Up to Inc. 5'7")
- _____ Class B (Over 5'7" & Inc. 5'10)
- _____ Class C (Over 5'10")

Men's Physique

True Novice Men's Physique

- _____ Class A (Up to Inc. 5'7")
- _____ Class B (Over 5'7" & Inc. 5'8")
- _____ Class C (Over 5'8" & Inc. 5'9")
- _____ Class D (Over 5'9" & Inc. 5'11")
- _____ Class E (Over 5'11" & Inc. 6')
- _____ Class F (Over 6')

Novice Men's Physique

- _____ Class A (Up to Inc. 5'6")
- _____ Class B (Over 5'6" & Inc. 5'8")
- _____ Class C (Over 5'8" & Inc. 5'10")
- _____ Class D (Over 5'10")

Teenage Physique (16-19 yrs old)

- _____ Teen (One class)

Master's Men's Physique

- _____ 35+ (One Class)
- _____ 50+ (One Class)

Open Men's Physique

- _____ Class A (Up to Inc. 5'7")
- _____ Class B (Over 5'7" & Inc. 5'8")
- _____ Class C (Over 5'8" & Inc. 5'9")
- _____ Class D (Over 5'9" & Inc. 5'11")
- _____ Class E (Over 5'11" & Inc. 6')
- _____ Class F (Over 6')

I agree to waive and release all rights and claims to damages for myself and all heirs from the release extends to the National Physique Committee, Flex Lewis, promotions and sponsors, agents, leaders, officials of the above described contest I also grant the promoter the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my appearance and name in any and all media with respect to any advertising or publicity. I also understand that this contest may be videotaped for television and I hereby release and waive all rights to the television productions of this contest. The NPC reserves the right to determine the number of competitors that will pose at the evening show. The undersigned consents and agrees that the undersigned will comply with all rules and regulations of the "Embassy Suites Murfreesboro" Host Hotel including any rules or regulations prohibiting cooking or food preparation in the Hotel Rooms. The undersigned further agrees that the undersigned will indemnify and hold harmless the NPC and the promoter from and against any damages caused by the undersigned to the "Embassy Suites Murfreesboro" Host Hotel or damages to a guest room or rooms occupied or registered to the undersigned. Finally, the undersigned acknowledges that the undersigned 's failure to comply with any rule or regulation of the "Embassy Suites Murfreesboro" Host Hotel or damage to any guest room occupied by or registered to the undersigned may result in disciplinary action against the undersigned including, but not limited to, suspension as a member of the NPC and/or competing in contests sanctioned by the NPC.

Athlete Signature: _____ Date: _____

PARENTS/GUARDIAN (if Athlete is under 18 years of Age) _____ Date: _____

****THIS FORM MUST BE SIGNED AND MAILED IN WITH YOUR ENTRY FORM****

DO YOU WISH TO RECEIVE EMAILS FROM US? YES OR NO

Enter email below if you wish to receive emails from (Flex Lewis Classic/ NPC Flex Lewis Classic) about events and physique competitions.

YES, I WISH TO RECEIVE EMAILS: Enter Email Address Here: _____

Promoters may NOT send promotional emails to any competitor who has not given permission to receive them, on the entry form release statement, as it violates the regulations of the mass email providers.

In consideration of being allowed to participate in any way in the Name of Event "NPC Flex Lewis Classic" ("Event") promoted by Name of Promoter "Flex Lewis" ("Promoter") and sanctioned by the National Physique Committee of the USA, Inc. ("NPC"), its related events and activities,

I, **Please print your name** _____), the undersigned, acknowledge, appreciate and agree that: The risk of injury from the activities involved in this Event is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE PROMOTER AND/OR THE NPC or others, and assume full responsibility for my participation; and, I willingly agree to comply with the stated and customary terms and conditions for participation, if, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Promoter immediately; and, I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE PROMOTER AND THE NPC and each of their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY DISABILITY, DEATH, or loss or damage to person or property associated with my presence at or participation in or in traveling to and from the Event, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

The undersigned further consents and agrees that the undersigned will comply with all rules and regulations of the Name of Hotel "Embassy Suites Murfreesboro" ("Hotel") including any rules or regulations prohibiting cooking or food preparation in the hotel rooms. The undersigned further agrees that the undersigned will indemnify and hold harmless the NPC and the Promoter from and against any damages caused by the undersigned to the Hotel or damages to a guest room or rooms occupied or registered to the undersigned. Finally, the undersigned acknowledges that the undersigned's failure to comply with any rule or regulation of the Hotel or damage to any guest room occupied by or registered to the undersigned may result in disciplinary action against the undersigned including, but not limited to, suspension as a member of the NPC and/or competing in contests sanctioned by the NPC. And in further consideration of permission being granted to me to participate in the Event and its related events. I hereby grant the NPC, Promoter and/or any other NPC- approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing on digital or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at any time in connection therewith. Nothing contained herein shall be deemed to obligate the NPC, Promoter, and/or any other NPC-approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that the NPC, the Promoter and/or any NPC-approved video or entertainment organization, are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to the NPC, Promoter and/or any other NPC-approved video or entertainment organization hereunder. **I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.**

PARTICIPANTS SIGNATURE: _____ Age: _____ Date Signed: _____

Participants Signature for Parent/Guardians of Participants of minority age (under age 18 at time of registration)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my child and our heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

X _____ Age: _____ Date Signed _____

2018 NPC MEN'S CLASSIC PHYSIQUE UPDATE

Up to & including 5'4"	Up to & including 160 lbs
Over 5'4" up to & including 5'5"	Up to & including 165 lbs
Over 5'5" up to & including 5'6"	Up to & including 170 lbs
Over 5'6" up to & including 5'7"	Up to & including 175 lbs
Over 5'7" up to & including 5'8"	Up to & including 182 lbs
Over 5'8" up to & including 5'9"	Up to & including 190 lbs
Over 5'9" up to & including 5'10"	Up to & including 197 lbs
Over 5'10" up to & including 5'11"	Up to & including 205 lbs
Over 5'11" up to & including 6'0"	Up to & including 212 lbs
Over 6'0" up to & including 6'1"	Up to & including 220 lbs
Over 6'1" up to & including 6'2"	Up to & including 230 lbs
Over 6'2" up to & including 6'3"	Up to & including 237 lbs
Over 6'3" up to & including 6'4"	Up to & including 245 lbs
Over 6'4" up to & including 6'5"	Up to & including 252 lbs
Over 6'5" up to & including 6'6"	Up to & including 260 lbs
Over 6'6" up to & including 6'7"	Up to & including 267 lbs
Over 6'7"	Up to & including 275 lbs