

Thank you for your entry in our Gateway Naturals.

Enclosed please find NANBF list of each division's posing, spray tanning, host hotel, ticket information and much more valuable info.

Liquid Spectrum Online Photo and Video orders: <https://www.liquidspectrum.com/gateway-naturals>

NANBF CARDS must be purchased. You can do this by going to www.nanbf.net
Click on "Membership Application" tab. Total cost is \$80 paid thru PayPal. Good for 1 year.

POLYGRAPHS: Polygraphs anytime from 9/19/19 thru 9/21/19. Show up for your scheduled polygraph or you will not compete. We will email, call or text you 4 weeks before the show to schedule your polygraph.

Polygraph Fee is \$50 (cash paid directly to the Event Polygrapher by competitors at time of polygraph).

URINALYSIS. Subjective urinalysis will be done after trophy presentation. Urine samples collected from first place, second place winners and anyone else we feel appropriate.

AS A COMPETITOR YOU WILL RECEIVE:

Competitors receive a contest tee shirt.

Top 5 Receive Beautiful Custom Gateway Naturals Medal.

Jacket for Overall OPEN Winners.

EVENT RULES:

Bring towel to use on the floor when applying oil and contest tanning products.

Dream Tan cannot be applied in the Theatre. You must apply it before you arrive.

All competitors must remain in the pump-up area when preparing to go on stage. Keep hands off the walls. Shirts and pants must be worn to enter theatre.

ORDER OF CLASSES:

Order of classes will be posted in pump-up area. It's your responsibility to be ready. We cannot go looking for you. You will be given plenty of notice before your class goes on stage

COMPETITOR'S NUMBERS:

Competitor's numbers (2 each) will be handed out at check in. Wear one number on your LEFT side and the other on the center BACK of your suit. Worn from beginning to end of the show, so please hang on to them!

CHECK-IN DATE, TIME & LOCATION:

Friday September 20, anytime between 6pm -7:30pm.

Sheraton Clayton Plaza Hotel St. Louis, 7730 Bonhomme Avenue St. Louis, Missouri 63105

MANDATORY COMPETITOR MEETING: 7:45pm Friday, September 20, 2019 at Sheraton Clayton Plaza Hotel St. Louis, 7730 Bonhomme Avenue St. Louis, Missouri 63105

Trainers are welcomed to attend this meeting.

TRAINERS & HELPERS: Your back stage helper, personal trainers, etc. must purchase a show ticket. One back stage helper per competitor back stage & pump-up area & must wear the provided wristband, ISSUED AT COMPETITOR MEETING.

TICKET INFORMATION | SHOW TIMES:

10 AM Bodybuilding | Women's Physique | Classic Physique | Figure.

"Running Format"- Prejudging, Routines, Trophy Presentation.

1 PM *Estimated Start Time. Men's Physique & Bikini

"Running Format"- Prejudging, Routines, Trophy Presentation.

Advance Tickets <https://naturalbuildfitness.com/tickets/index.php> \$35 per person.

Tickets purchased after 9/20 additional \$5 per ticket applies

TICKETS PURCHASED ON SHOW DAY. Cash Only

EVENT SPRAY TANNING | HAIR | MAKEUP SERVICE:

<https://tanperfekt.com/competition-tan-schedule>

EVENT PHOTOGRAPHER AND VIDEOGRAPHER: LIQUID SPECTRUM

Online photo and video orders. <https://www.liquidspectrum.com/gateway-naturals>

HOTEL INFORMATION:

Sheraton Clayton Plaza Hotel St. Louis

7730 Bonhomme Avenue St. Louis, Missouri 63105 Event Rate \$109

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1554311746991&key=GRP&app=resvlink>

Any Damages Left To Hotel Will Be Your Responsibility And Charged To You

POISING ATTIRE:

BIKINI:

Two-piece suits and high-heeled shoes are worn.

Suits can be of any style, color and pattern with the exception of being a thong/T-back bottom.

If you are in doubt please contact us or email pictures.

Inappropriate suit bottoms will not be allowed.

FIGURE | WOMENS BODYBUILDING | WOMENS PHYSIQUE:

Competitors will wear a two-piece competition suit.

Suits may be enhanced with sequins, sparkles and rhinestones.

Figure wears high heel shoes.

Absolutely no thongs permitted.

MENS PHYSIQUE:

Board shorts, above the knee.

No footwear or shirts/tops

CLASSIC PHYSIQUE: Posing Shorts

BODYBUILDING: Posing Trunks

QUARTER TURNS: Group comparisons

BODYBUILDING | CLASSIC MEN | WOMENS PHYSIQUE | FIGURE

FRONT: Toes face the judges, but competitors can angle their toes out slightly if it helps to accentuate their thigh presentation. Heels in line, without either foot ahead of the other toward the front. Hips arms remain to the sides.

SIDE: A slight turn of 35 degrees is acceptable, so the rear shoulder can be seen. Hips face side of the stage. Eyes & toes face side of the stage, with both feet flat. Long hair should be pushed back behind the front shoulder so it doesn't obscure the judge's view.

REAR: Same position as from the front. Both feet together. They cannot be offset. Long hair should be brushed to one side when they turn to the rear so their back can be seen. Arms to the sides, with the back spread comfortably to show shape and symmetry.

MENS PHYSIQUE: Competitors will be brought out in a group and directed to do 1/4 turns. Arms remain at their sides or one hand on a hip. Hips face the judges on front stance. Calf can be presented on side quarter turn.

MANDATORY POSES

WOMENS PHYSIQUE

Front Double Bicep: Side Chest: Side Tricep: Back Double Bicep: Abdominal Pose, one leg extended: Serratus/Intercostal with a twist crunch

BODYBUILDING

Front Double Bicep: Front Lat Spread: Left Side Chest: Left Side Tricep: Back Double Bicep, calf spiked: Rear lat Spread, calf spiked: Right Side Chest: Right Side Tricep, Abdominal Pose: Hands on Hips Extend Right Leg Flex & Rotate, Extend Left Leg Flex & Rotate: Crab Most Muscular-Men: Hands on Hips Most Muscular-Women. **Optional Poses:** Side Serratus/Intercostal (Right or Left): Hamstring: Double Calf Raise

CLASSIC MEN: Front Bicep pose (single arm bicep, opposite hand extended or double bicep), Overhead Abdominal, Left Side Mantis, Back Archer, Rear Double Bicep twisted, Right Side Mantis, Front Victory, Left side chest, Rear double bicep, Right side chest. NO Vacuum Pose Favorite Classic Pose (Exception Most Muscular). <http://naturalbuildfitness.com/classes.php>

POSING ROUTINE

BODYBUILDING | CLASSIC MEN | WOMENS PHYSIQUE

Each contestant performs his/her 60-second routine to music of his or her choice. This portion gives the competitor a chance to win a "Best Posing" award. Routine is not part of the scoring process. Competitor's choice to do their routine.

Email routine music in MP3 file format to natrbuid@sbcglobal.net No other file format will be accepted. **EMAIL BY 4/19/19**

PRESENTATION/STAGE WALK MUSIC Provided by promoter....

MENS PHYSIQUE | FIGURE Stage Walk is not part of scoring process. Stage Walk gives competitors a chance to win "Best Presentation" Award.

Individual Presentation Stage Walk. Diagram below: Immediately following all group comparisons. Individual presentations are done tastefully and conducive to a family atmosphere. Bodybuilding poses, fitness moves (like push-ups) costumes/props should be avoided. Competitor's choice to do their walk.

