

LIBERTY PERFORMING ARTS THEATRE 1600 S. Withers Road LIBERTY, MISSOURI

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*Thank you for your entry in the Natural Southern States Classic.
Enclosed please find an NANBF list of quarter turns, event tanning information, ticket information and much more valuable info for your show prep.*

Please Read

Show format will be EMAILED to competitors Wednesday before the show.

Professional photographer: Liquid Spectrum.

<https://liquidspectrum.fluidronin.com/order/NSSC19?fbclid=IwAR2FznnHIQ00oehjCVS3aCc0Y9Iz36LEJhROddMnVeP1gI6WzqbqondEoIE>

YOU RECEIVE: • Contest T-Shirt * Goody bag * Top 5 receive awards

NANBF MEMBERSHIP: Must be purchased in advance. Go to www.nanbf.net
Cost \$80. Good for 1 year.

POLYGRAPHS: Competitors living in Kansas City area, be prepared to be polygraphed anytime from 4/20 thru 4/23. Competitors living more than 90 miles, polygraph dates: 25th, 26th & 27th. You must show up for your scheduled polygraph or you will not compete. Be prepared to be polygraphed on the days listed above between 6am-10pm. All polygraph results are final.

We will email you 4-5 weeks before the show to schedule your polygraph.

Polygraph Fee: \$45 (Cash paid to Event Polygrapher at time of polygraph).

CHECK-IN: Friday, April 26th, between 4:15-6:00pm. Liberty Community Center (Liberty Performing Arts Theatre location, 1600 Withers Rd, Liberty Mo. 64068.) **NOTE:** Competitors living in Kansas City area can check-in April 20th, between 2-4pm. Same location.

COMPETITOR MEETING: Saturday April 27th, Liberty Performing Arts Theatre. Meeting time emailed week of show.

COMPETITOR NUMBERS: Competitor's numbers (2 each) will be issued at check in. Worn on suit, one on front **LEFT** side and the other center **BACK**. They are to be worn for the whole show so please hang on to them!

Trainer/Assistant BACKSTAGE POLICY: One assistant max per competitor allowed backstage. Assistant must purchase a show ticket, good for general admission and backstage access. Wristband must be worn for backstage access. Wristband issued show day, at Theatre Ticket booth, with proof of show ticket.

COMPETITOR PREP AREA: Bring a large towel for floor if applying oil/contest tanning products. **Dream Tan cannot be applied in the Theatre area.** Must be applied before you arrive. All competitors must remain in the pump-up area when preparing to go on stage. Light weight's, bands and mirrors provided backstage. Competitors are welcome to bring their own as well. Keep weights in pump-up area on carpet to avoid damage to floor.

COMPETITORS IN AUDIENCE: Due to damaging Tanning products, You must be fully clothed if you go in the theatre to watch the show.

URINALYSIS: Subjective urinalysis will be after each division's award presentation. We collect urine samples for 1st & 2nd place and anyone else we feel appropriate. If you leave without providing us a sample you will be disqualified.

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.

PUBLIC RESTROOMS: Due to damaging tanning products, competitors are NOT allowed to do any contest prep in the Community Center public restrooms. Theatre backstage restrooms are available in pump-up room and off stage for your use.

TICKET INFORMATION: Advance ticket purchase: <https://naturalbuildfitness.com/tickets/>
Please Note: Tickets purchased show day additional \$5

EVENT TAN AND GLAM SERVICES: TanPerfekt 469-278-6615 www.TanPerfekt.com

HOTEL INFORMATION:

Comfort Suites, 7300 NE Parvin Rd, Kansas City, MO 64117 (816) 454.3500.

Event Discount Rate: \$99 & \$109. <https://www.choicehotels.com/reservations/groups/TO20F0>

Book by April 12. Relatives and friends can receive this discounted rate.

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

SureStay Plus, by Best Western, 7333 NE Parvin Rd, Kansas City, MO 64117 (816) 455.1060

https://www.bestwestern.com/en_US/book/hotel-rooms.54058.html?groupId=B32WJ3H4

Event Discount Rate: \$89. Relatives and friends can receive this discounted rate. After April 12th deadline room rates could increase if rooms are still available.

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

QUARTER TURNS: Group comparisons

BODYBUILDING | CLASSIC MEN | WOMENS PHYSIQUE | FIGURE

FRONT: Toes must 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 must face the judges and arms remain to the sides.

SIDE: A slight turn of 35 degrees (upper body only) is acceptable, so the rear shoulder can be seen, but nothing exaggerated. The hips must face the side of the stage. Eyes & toes face the 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: The 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 with Calf Spiked: Rear lat Spread with Calf spiked: Double Calf Raise: Right Side Chest: Right Side Tricep (Left leg extended to the rear with foot on floor, flexing hamstring and calf) Abdominal Pose (Hands behind head with one leg extended) Hands on Hips Extend Right Leg Flex and Rotate: Hands on Hips Extend Left Leg Flex and 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 Single Bicep, Vacuum, Left Side Mantis, Back Archer, Rear Double Bicep twisted, Right Side Mantis, Front Victory Pose, Favorite Classic Pose (Exception Most Muscular) Props are prohibited during prejudging. Pictures of Poses: <http://www.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 natrbuild@sbcglobal.net No other file format will be accepted. **EMAIL BY 4/19/19**

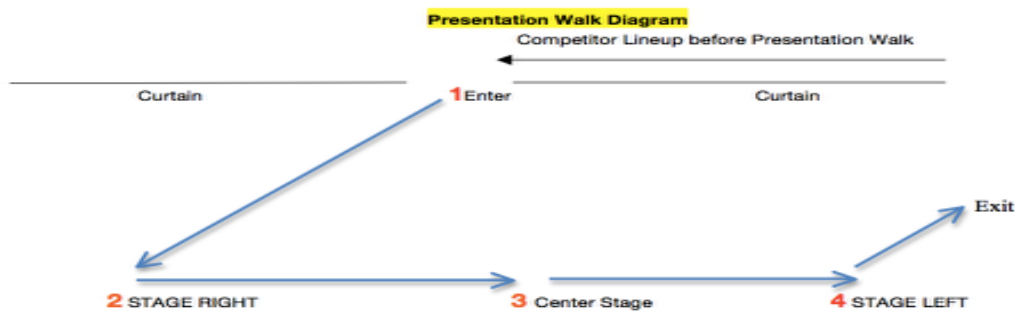
PRESENTATION/STAGE WALK MUSIC Provided by promoter....

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.

PRESENTATION WALK

Competitors will use house music supplied by the Promoters for their stage walks. Props are not allowed for stage walks.



Amateur Walk: 1- Enter, begin posing. 2- Walk stage right hit pose. 3- Walk center stage hit a pose. 4- Walk stage left hit a pose. Exit stage left.