

***Thank you for your entry in the Natural Southern States Classic.  
Below please review the NANBF list of quarter turns, event tanning, and much more.***

**Saturday April 24.**

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

Detailed show format will be EMAILED by Wednesday before the show, after all entries are in.

**EVENT TAN AND GLAM SERVICES:** Glo Sunless <https://www.glocosunless.com/2021compschedule>

**Professional photographer:** Liquid Spectrum. [www.liquidspectrum.com](http://www.liquidspectrum.com)

**NANBF MEMBERSHIP:** Purchase by 4/17. Go to [www.nanbf.net](http://www.nanbf.net) Cost \$80.

**POLYGRAPHS:** Competitors living in Kansas City area. be prepared to be polygraphed anytime from 4/17 thru 4/18. Competitors living more than 90 miles, polygraph dates: 23<sup>rd</sup> & 24<sup>th</sup>. You must show up for your scheduled polygraph or you will not compete. COVID guidelines have been put in place for your safety. **We will email you 2-3 weeks before the show to schedule your polygraph.**

**Polygraph Fee:** \$50 (Cash paid to Event Polygrapher at time of polygraph).

**URINALYSIS:** Show day. 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.

**CHECK-IN:** April 23, 6:00-730pm. Home2 Suites, 401 N Rte 291, Liberty Mo 64068. You will pick up your competitor number and event t-shirt at your polygraph.

Class breakdown will be available for viewing.

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

**Trainer/Assistant Competitor Prep area 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 and will be issued show day, at Theatre Ticket booth.

**COMPETITOR PREP AREA:** For your safety we ask you bring your own pump up equipment with your name "clearly marked". We will provide pump up equipment as well. 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. 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.

**ORDER OF CLASSES:** Posted. It's your responsibility to be ready. You will be given plenty of notice before your class goes on stage.

**PUBLIC RESTROOMS:** Theatre backstage restrooms are available in pump-up room and off stage for your use.

**HOST HOTEL:** Home2 Suites, 401 N Rte 291, Liberty Mo 64068. Book under 816-429-8646

**QUARTER TURNS | MANDATORY POSES | POSING ATTIRE | CLASS DESCRIPTIONS:**  
<http://www.naturalbuildfitness.com/classes.php>

### **Bikini Competitor Group Comparison Walk:**

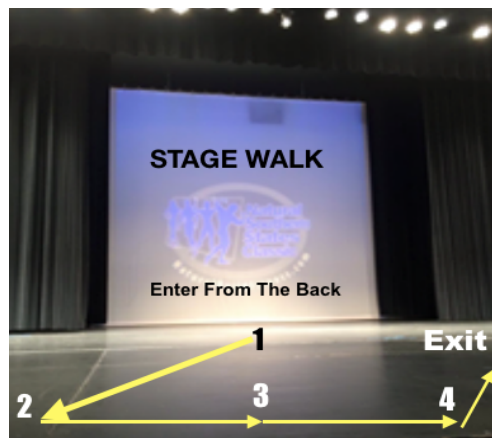
You will be asked to walk to back of stage, pause, turn then walk back to front stage.

**Optional rear stance:** Only when judge requests: A **slight** bend forward with ankles/legs crossed.

### **BODYBUILDING | CLASSIC MEN | WOMENS PHYSIQUE**

Each contestant performs his/her 60-second routine to music of your choice. This portion gives the competitor a chance to win a "Best Posing" award. Routine is not part of the scoring process. **Email routine music** in **MP3 file format** to [natrbuild@sbcglobal.net](mailto:natrbuild@sbcglobal.net) No other file format. **EMAIL BY 6/8/20**

**BIKINI, FIGURE, MENS PHYSIQUE Stage Presentation Music:** Provided by promoters.



### **Individual Stage Presentation diagram:**

Immediately following all group comparisons. Individual presentations should be done tastefully and be conducive to a family atmosphere. Bodybuilding-type poses, fitness moves (like push-ups) and costumes/props should be avoided.

Not part of the scoring process.

**1/12/2021 COVID PRECAUTIONS:** Subject to change.

### **COVID Guidelines:**

If you have any signs or symptoms of COVID-19 before the show, please cancel by sending an email.

### **PUMPUP ROOM:**

Please bring your own pump up equipment clearly marked with your name and/or competitor number, i  
Social distancing will be marked with blue tape.

Chairs available. Please comply with CDC social distancing.

Bring your own sanitizing wipes. We will have wipes and hand sanitizer available as well.

We encourage competitors to wipe down areas they have touched.

Facemask is required.

Scheduled Theatre arrival times for each class.

### **SHOW DAY THEATRE:**

Signs posted thru out the Theater.

Temperature check at side entrance door.

Enter Theatre thru side door. Map provided at [www.naturalbuildfitness.com](http://www.naturalbuildfitness.com)

Blue tape placed on floor to assist with social distancing.

Scheduled Theatre arrival times for each class.

Event staff, spectators, competitor helpers wearing PPE's

Number of Tickets/Spectators will be based on CDC gathering guidelines.

Spectators will be instructed to comply with CDC guidelines.

**ON STAGE:** Blue tape placed on stage to assist.