



# 79<sup>TH</sup> ANNUAL NGA CINCINNATI NATURAL

Longest Running Bodybuilding Competition in the World - 79<sup>th</sup> Annual

Saturday, April 13, 2019

Dave Finkelman Auditorium at Miami University of Middletown Ohio

I-75 to Exit 32 (Middletown), go west. Bear right onto Grand Ave. Turn right on N Breiel Blvd & travel approx. 1.5 miles to Miami University of Middletown on the left. The Dave Finkelman Auditorium is visible from the main parking lot. Free Parking!

**Eligibility** – This is a drug tested event open to all 7-year drug free NGA registered athletes.

**ATHLETES MUST BE DRUG FREE FOR 7 YEARS. URINALYSIS AND/OR POLYGRAPH TESTING WILL BE PERFORMED**

**NGA Membership** – Annual **NGA paid membership is necessary to compete.** If you are already a member of the NGA, bring your official NGA card or an official NGA receipt for proof of membership.

NGA memberships are available on the NGA website, <https://www.nationalgym.com>

Follow the link to NGA Athletes Membership > NGA Armature & Pro Membership > [01. NGA MEMBERSHIP - Amateur Athlete \\$75](#)

**Check-in** – **MANDATORY FOR ALL COMPETITORS Saturday 4/13/2019, 8AM–10AM on stage in the auditorium.**

**Suits/trunks be worn at check in for judge's inspection.**

Bring posing routine music to check in – Men's Bodybuilding and Men's Classic Physique ONLY

**NO ENTRIES ACCEPTED AFTER MANDATORY, IN-PERSON CHECK-IN ENDS AT 10AM.**

**Contest Day** – **Saturday 4/13/2019 MANDATORY COMPETITOR MEETINGS 11AM and 4PM** prior to prejudging and finals in the auditorium

All competitors MUST be present ON TIME. **PREJUDGING starts at 12PM. FINALS start at 5PM.**

**Pure Novice Class** – These classes are for 1<sup>st</sup> time competitors only. *NOTE – Competitors that have competed before but in a different division are eligible for the Pure Novice class (e.g. former Women's Bikini competitor now competing in Women's Figure)*

**Crossovers** – Crossovers accepted for an additional fee **PER CROSSOVER. All competitors** may crossover between Pure Novice, Junior, Masters, and Open classes within a division depending on eligibility. **Men** – Division crossovers permitted from Physique, Classic Physique, and Bodybuilding.

**Women** – No division crossovers permitted (must pick Bikini OR Figure).

**Entry Fees** – Base entry for first class including drug testing fee: **\$85** Crossover fee: **\$30** for each additional class

**Late fee of \$30 for entries post marked after 4/6/2019 or received at check-in.**

Entries are accepted up to & including Saturday at athlete check-in.

**NO ENTRIES ACCEPTED AFTER MANDATORY, IN-PERSON CHECK-IN ENDS.**

**Tickets** – Tickets available in advance starting Saturday, March 2<sup>nd</sup> and ending Tuesday, April 9<sup>th</sup>.

Morning Prejudging \$15 – Open seating (only available for purchase day of the show at the box office)

Evening Finals \$25 – Assigned Seating

VIP Prejudging and Finals Combined \$45 – Assigned seating for both Prejudging and Finals. Best seats in the house!

**Presale tickets will be held at the ticket box office of the venue and may be claimed by presenting photo id or PayPal receipt.**

Clearly identify how many and which type when ordering online at <https://www.CinciNatty.com>. **Day of show tickets are CASH ONLY.**

**\*Get your tickets early. All seats are assigned on a 1<sup>st</sup> come, 1<sup>st</sup> served basis. They have sold out in the past\***

**Attire** – All suits must conform to the rules and guidelines of the NGA and must be **WORN FOR INSPECTION AT CHECK-IN.** No thongs, logos etc. Athletes must be tastefully covered (**MINIMUM 50% COVERAGE** on breasts, & glutes) and present themselves in a tasteful manor. No breast or glute shakes, air kisses etc. No "stripper" type suits. If your suit accentuates your groin area or does not cover 50% of glutes, it is not acceptable.

**\*\* If your suit does not properly cover, you will not be permitted on stage! Bring a backup if you are not sure.\*\***

**Tanning Products** – For all tanning inquires, including scheduling, please contact the official tan supplier (The Sassy Co. - 586-481-5994 or [contact@suitsbysassy.com](mailto:contact@suitsbysassy.com)). **No Tanning Products permitted in the building. NO EXCEPTIONS!** All tanning products must be applied before the competition or at the competition by the official spray tan supplier. Official tan supplier will be backstage for the entire show.

**\*\*No "instant wipe on/off" tanning products permitted. Failure to comply will result in immediate disqualification.\*\***

**Presentation** – Prejudging: **No** individual posing routines to music, only mandatory poses and presentations.

Finals: Men's Bodybuilding and Men's Classic Physique- 90 second maximum, posing routine to music provided by the competitor.

**Music** – Finals music for Men's Bodybuilding and Men's Classic Physique individual routines **ONLY.** Maximum 90 seconds.

Must be provided in the form of CD with **ONLY 1 track. NO PROFANITY!** Profanity will result in immediate disqualification.

**Use CDA** formatting when creating your CD. **DO NOT USE MP3** formatting when creating your CD. They will not play at the theatre!

**Awards** – Presented to the top 5 in each class. Awards will consist of custom trophies and/or medals.

**Pro Qualifier** - ONLY the OPEN and MASTERS overall winners are eligible to receive their NGA pro cards. (There must be a minimum of 5 competitors in the division to be a pro qualifier).

**Scores** – Scores will be available on the <https://www.CinciNatty.com> website after the show.

**Feedback** – All judges are extremely experienced and most are, or were high level athletes, typically from several different cities/states. They will be glad to give one on one feedback **after** the competition at the judges' panel.

**Photos** – Professional photographers will be on site offering on stage and backdrop photos for sale. Details provided at the show.

**\*\*Absolutely no videos or photos may be made available for sale without expressed written consent prior to the show from CinciNatty Productions\*\***

Don't forget!!! **MANDATORY COMPETITOR CHECK-IN is Saturday, April 13, 8AM–10AM, onstage at the venue auditorium!!!**

# Official 2019 NGA Cincinnati Natural Entry Form

(No Refunds)

*Please Print Clearly*

(No Refunds)

**Payments to: Jared Weitzel**

**Mail-In Entries to: 7369 Appleridge Ct, Cincinnati, Ohio 45247**

Name \_\_\_\_\_ Gender (M/F): \_\_\_ Age on day of the competition \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email \_\_\_\_\_ @ \_\_\_\_\_

Est. Body Wt. \_\_\_\_\_ Height \_\_\_\_\_ Team Name \_\_\_\_\_ Gym \_\_\_\_\_

### CROSSOVERS

**ALL COMPETITORS** – Class crossovers WITHIN A DIVISION ARE PERMITTED.  
You may crossover from Pure Novice, Junior, Masters, and Open classes.

**MEN** – Division crossovers are also permitted. **WOMEN** – Division crossovers are NOT permitted.

For crossovers please mark all classes on one entry form and add additional fee of \$30 for each crossover to the Base entry fee of \$85 for the first class.

Late Fee of \$30 for entries after 4/6/2019

Example: Base Entry: Open (\$85) + Pure Novice (\$30) + Masters (add \$30) = \$145

### PURE NOVICE ELIGIBILITY

1st time competitors only. Competitors that have competed before but in a different division are eligible for the Pure Novice class

Example: If you are a 1<sup>st</sup> time Figure competitor and have competed in Bikini you ARE eligible for Pure Novice

<p style="text-align: center;"><b><u>Men's Bodybuilding Division</u></b></p> <p><input type="checkbox"/> Pure Novice Bodybuilding</p> <p><input type="checkbox"/> Junior Bodybuilding (23 &amp; Under)</p> <p><input type="checkbox"/> Masters Bodybuilding (40 &amp; Over)</p> <p><input type="checkbox"/> Masters Bodybuilding (50 &amp; Over)</p> <p><input type="checkbox"/> <b>Open Class – Up to 4 Classes</b></p> <p>Light Weight – Up to &amp; inc. 156¼ lbs.</p> <p>Middle Weight – Over 156 ¼ up to &amp; inc. 172¼ lbs.</p> <p>Light Heavy Weight – Over 172¼ up to &amp; inc. 189¼ lbs.</p> <p>Heavy Weight – Over 189¼ lbs.</p> <p style="text-align: center;"><b><u>Men's Classic Physique Division</u></b></p> <p><input type="checkbox"/> Pure Novice Physique</p> <p><input type="checkbox"/> Masters Physique (40 &amp; Over)</p> <p><input type="checkbox"/> <b>Open Class – Up to 3 Classes</b></p> <p>Up to &amp; inc. 156¼ lbs.</p> <p>Over 156 ¼ up to &amp; inc. 172¼ lbs.</p> <p>Over 172 ¼ lbs.</p>	<p style="text-align: center;"><b><u>Men's Physique Division</u></b></p> <p><input type="checkbox"/> Pure Novice Physique</p> <p><input type="checkbox"/> Masters Physique (40 &amp; Over)</p> <p><input type="checkbox"/> <b>Open Class – Up to 3 Classes</b></p> <p>Up to &amp; inc. 156¼ lbs.</p> <p>Over 156 ¼ up to &amp; inc. 172¼ lbs.</p> <p>Over 172 ¼ lbs.</p> <p style="text-align: center;"><b><u>Women's Figure Division</u></b></p> <p><input type="checkbox"/> Pure Novice Figure</p> <p><input type="checkbox"/> Masters Figure (35 &amp; Over)</p> <p><input type="checkbox"/> Masters Figure (40 &amp; Over)</p> <p><input type="checkbox"/> Masters Figure (50 &amp; Over)</p> <p><input type="checkbox"/> <b>Open Class – Up to 4 Classes</b></p> <p>Up to &amp; inc. 5'4"</p> <p>Over 5'4" up to &amp; inc. 5'6"</p> <p>Over 5'6" up to &amp; inc. 5'8"</p> <p>Over 5'8"</p>	<p style="text-align: center;"><b><u>Women's Bikini Division</u></b></p> <p><input type="checkbox"/> Pure Novice Bikini</p> <p><input type="checkbox"/> Junior Bikini (23 &amp; Under)</p> <p><input type="checkbox"/> Masters Bikini (35 &amp; Over)</p> <p><input type="checkbox"/> Masters Bikini (40 &amp; Over)</p> <p><input type="checkbox"/> <b>Open Class – Up to 4 Classes</b></p> <p>Up to &amp; inc. 5'4"</p> <p>Over 5'4" up to &amp; inc. 5'6"</p> <p>Over 5'6" up to &amp; inc. 5'8"</p> <p>Over 5'8"</p>
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\* Proof of age is required for all Masters and Juniors classes

\*\*Classes may be adjusted at Promoters discretion

**Read Entirely Before Signing Entry:** In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, waive all rights and claims for damages I may have against the National Gym Association, Cincinnati Productions their agents, Miami Univ. of Middletown OH, their representatives and assigns, for any and all injuries incurred by me, in connection with these events and traveling to and from the events. I hereby give my consent, knowing full well, without compensation for myself, for all video / audio rights, for the filming / taping of my performance in the aforementioned event(s). I realize that I will not hold the aforementioned persons / institution(s) responsible for any theft or damage incurred before, during, or traveling to and from the event(s). I understand that there will be no refund on entries for any reason. I understand the preceding material and agree to all terms.

**IMPORTANT** \*I understand that this is a **DRUG TESTED EVENT** and by entering this event and signing this entry I am willing to submit to any and all test(s) requested by the NGA and or promoter and understand all test results are final and may be available to the public. Failed test(s) will be subject to disqualification, as well as failure to submit sample(s) for testing when requested. I understand that athletes who fail drug test(s) agree to return any and all awards within 72 hours of notification at their own expense. I am responsible for any and all damage caused by me at venue or guest hotel.

Signature X \_\_\_\_\_ Date \_\_\_\_\_

Guardian (if under 18) X \_\_\_\_\_ Date \_\_\_\_\_

**BY SIGNING ABOVE I AM STATING THAT I AM A DRUG FREE ATHLETE AND AGREE TO ALL RULES AND CONDITIONS PRINTED AND STATED BY THE NGA AND PROMOTER. I UNDERSTAND THAT IF I AM DISQUALIFIED IT WILL BE POSTED ON THE SCORE SHEETS AND WEB SITE(S) AVAILABLE TO THE PUBLIC.**

# Competitor Intro Sheet

Please **PRINT** legibly!

Competitor #: \_\_\_\_\_

First & Last Name: \_\_\_\_\_

Phonetic Name: \_\_\_\_\_

*Please provide phonetic spelling (if necessary) to aid the emcee in pronouncing your name if not obvious.*

City of Residence: \_\_\_\_\_ State: \_\_\_\_\_

Age: \_\_\_\_\_ Team: \_\_\_\_\_ Gym: \_\_\_\_\_

**Please provide a BRIEF introduction of yourself.**

*(Ex. Occupation, past titles won, gym affiliation, recently had a child, big weight loss, etc.)*

*The emcee **REQUIRES SOMETHING** to say about you, so please provide some information for introduction.*

## Men's Bodybuilding Division

- \_\_\_ Pure Novice Bodybuilding
- \_\_\_ Junior Bodybuilding (23 & Under)
- \_\_\_ Masters Bodybuilding (40 & Over)
- \_\_\_ Masters Bodybuilding (50 & Over)
- \_\_\_ **Open Class – Up to 4 Classes**
  - Light Weight – Up to & inc. 156¼ lbs.
  - Middle Weight – Over 156 ¼ up to & inc. 172¼ lbs.
  - Light Heavy Weight – Over 172¼ up to & inc. 189¼ lbs.
  - Heavy Weight – Over 189¼ lbs.

## Men's Classic Physique Division

- \_\_\_ Pure Novice Physique
- \_\_\_ Masters Physique (40 & Over)
- \_\_\_ **Open Class – Up to 3 Classes**
  - Up to & inc. 156¼ lbs.
  - Over 156 ¼ up to & inc. 172¼ lbs.
  - Over 172 ¼ lbs.

## Men's Physique Division

- \_\_\_ Pure Novice Physique
- \_\_\_ Masters Physique (40 & Over)
- \_\_\_ **Open Class – Up to 3 Classes**
  - Up to & inc. 156¼ lbs.
  - Over 156 ¼ up to & inc. 172¼ lbs.
  - Over 172 ¼ lbs.

## Women's Figure Division

- \_\_\_ Pure Novice Figure
- \_\_\_ Masters Figure (35 & Over)
- \_\_\_ Masters Figure (40 & Over)
- \_\_\_ Masters Figure (50 & Over)
- \_\_\_ **Open Class – Up to 4 Classes**
  - Up to & inc. 5'4"
  - Over 5'4" up to & inc. 5'6"
  - Over 5'6" up to & inc. 5'8"
  - Over 5'8"

## Women's Bikini Division

- \_\_\_ Pure Novice Bikini
- \_\_\_ Junior Bikini (23 & Under)
- \_\_\_ Masters Bikini (35 & Over)
- \_\_\_ Masters Bikini (40 & Over)
- \_\_\_ **Open Class – Up to 4 Classes**
  - Up to & inc. 5'4"
  - Over 5'4" up to & inc. 5'6"
  - Over 5'6" up to & inc. 5'8"
  - Over 5'8"