



NGA MONSTER MASH® NATURAL

28th Annual Bodybuilding Competition!

CinciNatty

Saturday, October 24, 2026

Dave Finkelman Auditorium at Miami University of Middletown Ohio

4200 N University Blvd, Middletown, OH 45042



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 PREFORMED

NGA Membership – Annual **NGA membership is necessary to compete in this sanctioned event.** 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>. Membership valid 12 months from purchase. Follow the link to NGA Athletes Membership > NGA Armature & Pro Membership > [01. NGA MEMBERSHIP - Amateur Athlete](#)

Entry – Base entry for first class including drug testing fee: **\$150** Crossover fee: **\$50** for each additional class

Early bird discount of \$50 for entries post marked by 10/4/2026.

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

NO ENTRIES ACCEPTED AFTER MANDATORY, IN-PERSON CHECK-IN ENDS. See Check-in section for details.

Check-in – **MANDATORY FOR ALL COMPETITORS** Friday 10/23/2026, 6:00 PM–7:30 PM at host hotel (Hampton Inn Middletown).

Women's suits/trunk bottoms may be worn at check in for judge's inspection. See Attire section below for details.

Men's Bodybuilding, Men's Classic Physique and Women's Physique ONLY Bring finals posing routine music to check in.

Contest Day – **MANDATORY COMPETITOR MEETINGS AT THE VENUE: 9AM BEFORE PREJUDGING and 2PM BEFORE FINALS**

All competitors MUST be present ON TIME. **PREJUDGING starts at 10AM. FINALS start at 3PM.**

Tickets – Available day of the show at the venue ticket box office.

Attire – All suits must conform to the rules and guidelines of the NGA. No thongs, no large logos. Athletes must be tastefully covered and present themselves in a tasteful manor. No breast shakes, glute shakes, air kisses or the like.

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

Costumes & Props – Costumes and props are permitted and encouraged at the **EVENING FINALS ONLY**. Costumes and props must be safe and not prevent the judge's view of the competitor's physique. Costumes & props are optional and will not affect judging.

Custom award for best competitor costume.

Tanning Products – **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 i.e., Dream Tan. Failure to comply will result in disqualification.****

Presentation – **Prejudging:** Mandatory poses and presentations.

Finals: Men's Bodybuilding, Men's Classic Physique and Women's Physique - 60 second maximum, posing routine.

Men's Physique, Women's Bikini, Women's Figure and Women's Wellness T-walk

Only 1 finals routine/presentation if you crossover.

Music – **ALL COMPETITORS** may provide a 60 second music track for Finals. mp3 file is preferred.

Must be emailed to cincinnatiat@gmail.com 1 week before the show. **NO PROFANITY!** Profanity will result in disqualification.

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

Feedback – Feedback is available **after** the competition at the judges' table.

Photos – Professional photographers will be on site. Details provided at the show.

****Absolutely no videos or photos may be made available for sale or commercial use without expressed written consent from CinciNatty Productions, LLC****

Don't forget!!! MANDATORY COMPETITOR CHECK-IN is FRIDAY, October 23, 6:00PM–7:30PM, at the host hotel – Hampton Inn Middletown!!!

(No Refunds)

Official 2026 NGA Monster Mash® Natural Entry Form

(No Refunds)

Payments to: CinciNatty Productions LLC Mail-In Entries to: 7369 Appleridge Ct, Cincinnati, Ohio 45247

Name _____ Sex (M/F): _____ Age on day of the competition _____

Address _____ City _____

State _____ Zip _____ Phone (____) _____ - _____ Email _____ @ _____

Est. Body Wt. _____ Height _____ Shirt Size (XS, S, M, L, XL, XXL) _____

Facebook Name _____ Instagram @ _____

Team Name _____ Gym _____ *Include location if it is a chain

CROSSEOVERS (Compete in Multiple Classes)

You may crossover from Novice, Masters, and Open classes.

For crossovers please mark all classes on one entry form and add an additional fee of \$50 for each additional crossover class beyond the first class included with the base entry fee.

Entry Price Example: Base Entry: Open (\$150) + Novice (\$50) + Masters (add \$50) = \$250 for 3 classes
Early-bird discount of \$50 for entries by 10/4/2026 Early bird price would be \$250 - \$50 = \$200 for 3 classes

NOVICE ELIGIBILITY

Competitors that have not placed 1st in a class within a division with at least 2 competitors present regardless of organization.
 Example: If you are a 1st time Figure competitor and have competed in Bikini previously you ARE eligible for Novice in Figure.

Men's Bodybuilding Division

- ☐ Novice Bodybuilding
☐ Masters Bodybuilding (40 & Over)
☐ Masters Bodybuilding (50 & Over)
☐ Masters Bodybuilding (60 & 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

- ☐ Novice Classic Physique
☐ Masters Classic 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

- ☐ 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 Bikini Division

- ☐ Novice Bikini
☐ Masters Bikini (40 & Over)
☐ Masters Bikini (50 & Over)
☐ **Open Class – Up to 4 Classes**

Women's Wellness Division

- ☐ **Open Class – Up to 2 Classes**

Women's Figure Division

- ☐ Novice Figure
☐ Masters Figure (40 & Over)
☐ Masters Figure (50 & Over)
☐ **Open Class – Up to 4 Classes**

Women's Physique Division

- ☐ **Open Class – Up to 2 Classes**

* Proof of age is required for all Masters 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 "NGA", CinciNatty Productions, LLC their agents, Miami University, 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), as well as the sharing of my information with the "NGA" and their affiliates for marketing purposes. 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) as well as failure to submit sample(s) for testing when requested will be subject to disqualification. 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 host 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 #:

(assigned at check-in)

First & Last Name:

Phonetic Name:

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

Sex:

City of Residence:

State:

Age: _____ **Team:** _____ **Gym:** _____

Please provide a BRIEF introduction of yourself.

(Ex. Occupation, past titles won, 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

- ___ Novice Bodybuilding
- ___ Masters Bodybuilding (40 & Over)
- ___ Masters Bodybuilding (50 & Over)
- ___ Masters Bodybuilding (60 & 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

- ___ Novice Classic Physique
- ___ Masters Classic 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

- ___ 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 Bikini Division

- ___ Novice Bikini
- ___ Masters Bikini (40 & Over)
- ___ Masters Bikini (50 & Over)
- ___ **Open Class – Up to 4 Classes**

Women's Wellness Division

- ___ **Open Class – Up to 2 Classes**

Women's Figure Division

- ___ Novice Figure
- ___ Masters Figure (40 & Over)
- ___ Masters Figure (50 & Over)
- ___ **Open Class – Up to 4 Classes**

Women's Physique Division

- ___ **Open Class – Up to 2 Classes**