



# 2016 NPC Dexter Jackson Memphis Classic

## Bodybuilding, Fitness, Figure, Bikini, Physique, and Classic Physique



2016 DEXTER JACKSON CLASSIC PRO/AM  
NPC NATIONAL QUALIFYING COMPETITION

### **Mandatory Check-Ins and Weigh-Ins**

**June 24, 2016 between 5:00pm-8:00pm**

**At The Cook Convention Center 255 N. Main Street, Memphis, TN 38103**

**ALL ATHLETES MUST CHECK-IN AND WEIGH-IN ON FRIDAY NIGHT June 24, 2016 BETWEEN 5:00pm and 8:00pm.**

**ONLY ATHLETES WILL BE PERMITTED IN THE ROOM DURING WEIGH-IN.**

Bodybuilding and Classic Physique competitors must wear competition suit to weigh-ins. All Women must bring suits to check-ins for approval. Emphasis is on "Good Taste" no "T" or thong suits will be allowed.

**No one will be allowed to weigh-in on Saturday Morning!**

- NPC cards can be purchased online: <https://www.npcregistration.com/>. Or they will be sold at check-in but NO CASH will be accepted!! CHECK OR MONEY ORDER ONLY. \$125 made payable to the NATIONAL PHYSIQUE COMMITTEE**

### **NPC Regulations and Music**

- ALL COMPETITORS ARE REQUIRED TO BRING BANDS FOR PUMP-UP. NO WEIGHTS WILL BE ALLOWED IN PUMP-UP ROOM.**
- ALL BODYBUILDING, WOMEN PHYSIQUE & CLASSIC PHYSIQUE ATHLETES MUST SUPPLY THEIR OWN MUSIC. MUSIC MUST BE NO LONGER THAN 45 SECONDS. FITNESS NO LONGER THAN 2 MIN POSING MUSIC MUST BE THE ONLY MUSIC ON THE CD AND WILL BE COLLECTED AT WEIGH-IN ON FRIDAY NIGHT.**
  - BODYBUILDING, WOMEN PHYSIQUE & CLASSIC PHYSIQUE COMPETITORS WILL NOT USE MUSIC AT PREJUDGING.**
- ALL ATHLETES MAY CROSSOVER IN THE SAME DIVISION WITH A LIMITATION OF THREE TIMES. NO CROSSOVER WILL BE PERMITTED BETWEEN DIVISION, EXAMPLE: PHYSIQUE TO BODYBUILDING, BIKINI TO FIGURE. \*Men's Classic Physique is permitted to crossover into Bodybuilding/Men's Physique- With a limitation of 3 classes\***
- NO REFUNDS**
- DUE TO VENUE RULES, ALL ATHLETES WEARING TANNING PRODUCTS MUST WEAR LONG SLEEVE SHIRTS AND LONG PANTS TO SIT IN AUDITORIUM SEATING!! NO EXCEPTIONS. NO DREAM TAN!!!!**
- THE NPC RESERVES THE RIGHT TO DETERMINE THE NUMBER OF COMPETITORS THAT WILL POSE AT NIGHT SHOW.**
- JUNIOR DIVISION IS AN ATHLETE THAT HAS NEVER WON A JUNIOR OVERALL OR WON AN OVERALL OPEN.**

### **POSING AND AWARDS**

All competitors in Bodybuilding, Fitness, Figure, Bikini, Physique & Classic Physique will be introduced on stage at the night show. The top 5 competitors in each height class, and the overall winners will be awarded trophies

### **TICKET PRICES**

8am- Prejudging	General Admission	\$25.00
5pm- Night Show	Finals (Reserved Seating)	\$50.00
	VIP (Both Prejudging & Finals Reserved First 8 Rows)	\$75.00

### **ENTRY FEES**

**\$100.00** for each division entered.

Late fee of **\$50.00** if postmarked after Friday June 10, 2016

Entry Fees should be paid by check or money order made payable to "Built By Blade, Inc."

**Only cash, money order, certificated check will be accepted on Friday night entries.**

### **ENTRY CHECKLIST**

Mail to: Dexter Jackson, PO Box 551389, Jacksonville, FL 32255

- Entry form & RELEASE- signed and completed**
- Check or money order for \$100.00 (each class) payable to "Built By Blade, Inc."**
- Copy of your 2016 NPC card (can be purchased at check-in) Check or money order payable to: National Physique Committee**
- Copy of driver license if you are entering Teenage or All Masters**
- Copy of your 2016 NPC Official Height Card (will be given at check-in if you don't have one)**

## **2016 NPC Dexter Jackson Memphis Classic**

**Official Bodybuilding, Fitness, Figure, Bikini, Physique, and Classic Physique Entry Form- Sanction #1447?**

**Name:** First \_\_\_\_\_ Last \_\_\_\_\_  
**DOB** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Email:** \_\_\_\_\_  
**Address** \_\_\_\_\_  
**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_ **Phone (     )** \_\_\_\_\_  
**Height:** \_\_\_\_\_ **Contest Weight:** \_\_\_\_\_

### **PLEASE CHECK THE DIVISIONS/CLASS IN WHICH YOU INTEND TO COMPETE**

#### **Men's Bodybuilding**

##### **True Novice Bodybuilding (First-time Competitor Only)**

- \_\_\_\_ True Novice Light (Up to & Inc. 165.25 lbs)  
\_\_\_\_ True Novice Middle (Over 165.25 lbs & Inc. 187.25 lbs)  
\_\_\_\_ True Novice Heavy (Over 187.25 lbs)

##### **Junior Bodybuilding (Never Won a Junior or Open Overall)**

- \_\_\_\_ Light (Up to & Inc. 165.25 lbs)  
\_\_\_\_ Middle (Over 165.25 lbs & Inc. 187.25 lbs)  
\_\_\_\_ Heavy (Over 187.25 lbs)

##### **Teenage Bodybuilding**

\_\_\_\_ Teen 16-19

##### **Masters Bodybuilding**

- \_\_\_\_ 35-39 (One Class)  
\_\_\_\_ 40-49 (One Class)  
\_\_\_\_ 50-59 (One Class)  
\_\_\_\_ 60+ (One Class)

##### **Uniform Bodybuilding (Military, Police or Fire)**

\_\_\_\_ One class

##### **Wheelchair Bodybuilding**

\_\_\_\_ One class

##### **Open Bodybuilding**

- \_\_\_\_ Bantam (Up to & Inc. 143.25)  
\_\_\_\_ Lightweight (Over 143.25 & Inc. 154.25)  
\_\_\_\_ Middleweight (Over 154.25 & Inc. 176.25)  
\_\_\_\_ Light-Heavyweight (Over 176.25 & Inc. 198.25)  
\_\_\_\_ Heavyweight (Over 198.25 & Inc. 225.25)  
\_\_\_\_ Super-Heavyweight (Over 225.25)

#### **Men's Physique**

##### **True Novice Men's Physique (First-time Competitor Only)**

- \_\_\_\_ True Novice A (Up to & Inc. 5'7")  
\_\_\_\_ True Novice B (Over 5'7" & Inc. 5'10")  
\_\_\_\_ True Novice C (Over 5'10")

##### **Junior Men's Physique (Never Won a Junior or Open Overall)**

- \_\_\_\_ Junior A (Up to & Inc. 5'7")  
\_\_\_\_ Junior B (Over 5'7" & Inc. 5'10")  
\_\_\_\_ Junior C (Over 5'10")

##### **Teenage Men's Physique**

\_\_\_\_ Teen 16-19

##### **Masters Men's Physique**

- \_\_\_\_ 35-39 (One Class)  
\_\_\_\_ 40-49 (One Class)  
\_\_\_\_ 50+ (One Class)

##### **Open Men's Physique**

- \_\_\_\_ Open A (Up to & Inc. 5'7")  
\_\_\_\_ Open B (Over 5'7" & Inc. 5'8")  
\_\_\_\_ Open C (Over 5'8" & Inc. 5'9")  
\_\_\_\_ Open D (Over 5'9" & Inc. 5'11")  
\_\_\_\_ Open E (Over 5'11" & Inc. 6')  
\_\_\_\_ Open F (Over 6')

#### **Men's Classic Physique**

**(See last page for required height and weight breakdown)**

##### **Teenage Men's Classic Physique**

\_\_\_\_ Teen 16-19

##### **Masters Men's Classic Physique**

- \_\_\_\_ 35-45 (One Class)  
\_\_\_\_ 45+ (One Class)

##### **Open Men's Classic Physique**

- \_\_\_\_ Open A (Up to & Inc. 5'7")  
\_\_\_\_ Open B (Over 5'7" & Inc. 5'10")  
\_\_\_\_ Open C (Over 5'10")

#### **Open Bodybuilding**

- \_\_\_\_ Open (One class)

#### **Women's Physique**

##### **True Novice Women's Physique (First-time Competitor Only)**

- \_\_\_\_ Open (One class)

##### **Masters Women's Physique**

- \_\_\_\_ 35+ (One Class)

##### **Open Women's Physique**

- \_\_\_\_ Open A (Up to & Inc. 5'4")  
\_\_\_\_ Open B (Over 5'4")

#### **Women's Fitness**

- \_\_\_\_ Open (One class)

#### **Women's Figure**

##### **True Novice Figure (First-time Competitor Only)**

- \_\_\_\_ True Novice A (Up to Inc. 5'4")  
\_\_\_\_ True Novice B (Over 5'4" & Inc. 5'6")  
\_\_\_\_ True Novice C (Over 5'6")

##### **Junior Figure (Never Won a Junior or Open Overall)**

- \_\_\_\_ Junior A (Up to Inc. 5'4")  
\_\_\_\_ Junior B (Over 5'4" & Inc. 5'6")  
\_\_\_\_ Junior C (Over 5'6")

##### **Teenage Figure**

\_\_\_\_ Teen 16-19

##### **Masters Figure**

- \_\_\_\_ 35-39 (One Class)  
\_\_\_\_ 40-49 (One Class)  
\_\_\_\_ 50+ (One Class)

##### **Open Figure**

- \_\_\_\_ Open A (Up to Inc. 5'1")  
\_\_\_\_ Open B (Over 5'1" & Inc. 5'2½")  
\_\_\_\_ Open C (Over 5'2½" & Inc. 5'4")  
\_\_\_\_ Open D (Over 5'4" & Inc. 5'5½")  
\_\_\_\_ Open E (Over 5'5½" & Inc. 5'7")  
\_\_\_\_ Open F (Over 5'7")

#### **Women's Bikini**

##### **True Novice Bikini (First-time Competitor Only)**

- \_\_\_\_ True Novice A (Up to Inc. 5'2")  
\_\_\_\_ True Novice B (Over 5'2" & Inc. 5'4")  
\_\_\_\_ True Novice C (Over 5'4" & Inc. 5'6")  
\_\_\_\_ True Novice D (Over 5'6")

##### **Junior Bikini (Never Won a Junior or Open Overall)**

- \_\_\_\_ Junior A (Up to Inc. 5'4")  
\_\_\_\_ Junior B (Over 5'4" & Inc. 5'6")  
\_\_\_\_ Junior C (Over 5'6")

##### **Teenage Bikini**

\_\_\_\_ Teen 16-19

##### **Masters Bikini**

- \_\_\_\_ 35-39 (One Class)  
\_\_\_\_ 40-49 (One Class)  
\_\_\_\_ 50+ (One Class)

##### **Open Bikini**

- \_\_\_\_ Open A (Up to Inc. 5'1")  
\_\_\_\_ Open B (Over 5'1" & Inc. 5'2½")  
\_\_\_\_ Open C (Over 5'2½" & Inc. 5'4")  
\_\_\_\_ Open D (Over 5'4" & Inc. 5'5½")  
\_\_\_\_ Open E (Over 5'5½" & Inc. 5'7")  
\_\_\_\_ Open F (Over 5'7")

#### **Women's Bodybuilding**

I agree to waive and release all rights and claims to damages for myself and all heirs from the release extends to the National Physique Committee, Dexter Jackson, Al Smith, the promotions and sponsors, agents, leaders, officials of the above described contest I also grant the promoter the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my appearance and name in any and all media with respect to any advertising or publicity. I also understand that this contest may be videotaped for

television and I hereby release and waive all rights to the television productions of this contest. The NPC reserves the right to determine the number of competitors that will pose at the evening show. The undersigned consents and agrees that the undersigned will comply with all rules and regulations of the "Sheraton Memphis Downtown, Memphis, TN" Host Hotel including any rules or regulations prohibiting cooking or food preparation in the Hotel Rooms. The undersigned further agrees that the undersigned will indemnify and hold harmless the NPC and the promoter from and against any damages caused by the undersigned to the "Sheraton Memphis Downtown, Memphis, TN" Host Hotel or damages to a guest room or rooms occupied or registered to the undersigned. Finally, the undersigned acknowledges that the undersigned's failure to comply with any rule or regulation of the "Sheraton Memphis Downtown, Memphis TN" Host Hotel or damage to any guest room occupied by or registered to the undersigned may result in disciplinary action against the undersigned including, but not limited to, suspension as a member of the NPC and/or competing in contests sanctioned by the NPC.

Signature: \_\_\_\_\_ PARENTS/GUARDIAN (if Athlete is under 18 years of Age) \_\_\_\_\_

**\*\*THIS FORM MUST BE SIGNED AND MAILED IN WITH YOUR ENTRY FORM\*\***

**DO YOU WISH TO RECEIVE EMAILS FROM US? YES OR NO**

**Enter email below if you wish to receive emails from (Dexter Jackson/AI Smith/ NPC Dexter Jackson Memphis Classic) about events and physique competitions. YES, I WISH TO RECEIVE EMAILS:**

**Enter Email Address Here:**

**Promoters may NOT send promotional emails to any competitor who has not given permission to receive them, on the entry form release statement, as it violates the regulations of the mass email providers.**

In consideration of being allowed to participate in any way in the **Name of Event NPC Dexter Jackson Memphis Classic** ("Event") promoted by **Name of Promoter Dexter Jackson and AI Smith** ("Promoter") and sanctioned by the National Physique Committee of the USA, Inc. ("NPC"), its related events and activities,

I, **Please print your name** \_\_\_\_\_), the undersigned, acknowledge, appreciate and agree that: The risk of injury from the activities involved in this Event is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE PROMOTER AND/OR THE NPC or others, and assume full responsibility for my participation; and, I willingly agree to comply with the stated and customary terms and conditions for participation, if, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Promoter immediately; and, I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE PROMOTER AND THE NPC and each of their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY DISABILITY, DEATH, or loss or damage to person or property associated with my presence at or participation in or in traveling to and from the Event, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

The undersigned further consents and agrees that the undersigned will comply with all rules and regulations of the **Name of Hotel Sheraton Memphis Downtown, Memphis TN** ("Hotel") including any rules or regulations prohibiting cooking or food preparation in the hotel rooms. The undersigned further agrees that the undersigned will indemnify and hold harmless the NPC and the Promoter from and against any damages caused by the undersigned to the Hotel or damages to a guest room or rooms occupied or registered to the undersigned. Finally, the undersigned acknowledges that the undersigned's failure to comply with any rule or regulation of the Hotel or damage to any guest room occupied by or registered to the undersigned may result in disciplinary action against the undersigned including, but not limited to, suspension as a member of the NPC and/or competing in contests sanctioned by the NPC. And in further consideration of permission being granted to me to participate in the Event and its related events. I hereby grant the NPC, Promoter and/or any other NPC- approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing on digital or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at any time in connection therewith. Nothing contained herein shall be deemed to obligate the NPC, Promoter, and/or any other NPC- approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that the NPC, the Promoter and/or any NPC-approved video or entertainment organization, are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to the NPC, Promoter and/or any other NPC-approved video or entertainment organization hereunder. **I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.**

**X** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Date Signed** \_\_\_\_\_ **PARTICIPANTS SIGNATURE**

**FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT TIME OF REGISTRATION)**

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my child and our heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

**X** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Date Signed** \_\_\_\_\_ **PARTICIPANTS SIGNATURE**

### **Classic Physique Height-Weight Information**

The National Physique Committee announces the creation of a new division called Classic Physique. Competition will take place in the following categories:

#### **DIVISION "A" (UP TO AND INCLUDING 5' 7")**

- |   |                             |
|---|-----------------------------|
| • Up to and including 5' 4"             | Up to and Including 155 lbs |
| • Over 5' 4", up to and including 5' 5" | Up to and Including 160 lbs |
| • Over 5' 5", up to and including 5' 6" | Up to and Including 165 lbs |
| • Over 5' 6", up to and including 5' 7" | Up to and Including 170 lbs |

#### **DIVISION "B" (OVER 5' 7", UP TO AND INCLUDING 5' 10")**

- |  |                             |
|--|-----------------------------|
| • Over 5' 7", up to and including 5' 8"  | Up to and Including 177 lbs |
| • Over 5' 8", up to and including 5' 9"  | Up to and Including 185 lbs |
| • Over 5' 9", up to and including 5' 10" | Up to and Including 192 lbs |

#### **DIVISION "C" (OVER 5' 10")**

- |   |                             |
|---|-----------------------------|
| • Over 5' 10", up to and including 5' 11" | Up to and Including 200 lbs |
| • Over 5' 11", up to and including 6' 0"  | Up to and Including 207 lbs |
| • Over 6' 0", up to and including 6' 1"   | Up to and Including 215 lbs |
| • Over 6' 1", up to and including 6' 2"   | Up to and Including 225 lbs |
| • Over 6' 2", up to and including 6' 3"   | Up to and Including 232 lbs |
| • Over 6' 3", up to and including 6' 4"   | Up to and Including 247 lbs |
| • Over 6' 4", up to and including 6' 5"   | Up to and Including 255 lbs |
| • Over 6' 5", up to and including 6' 6"   | Up to and Including 262 lbs |
| • Over 6' 6", up to and including 6' 7"   | Up to and Including 270 lbs |
| • Over 6' 7"                              |                             |

#### **CONTEST WITH ONLY 2 CLASSES**

- |                             |                               |
|-----------------------------|-------------------------------|
| • Up to and including 5' 7" | Must make weight as indicated |
| • Over 5' 7"                | Must make weight as indicated |

The Judging is scored 100% and will consist of comparisons of the quarter turns and the following four mandatory poses:

- Front Double Biceps
- Side Chest
- Back Double Biceps
- Abdominals and Thighs
- Favorite Classic Pose (No Most Muscular)

The Finals will consist of:

- Posing routine (up to a maximum of 60 seconds)
- Confirmation round (if necessary)
- Posedown (overall title only)

For 2016 only, crossovers are permitted and if an athlete does not make weight, they have the option of competing in bodybuilding or men's physique with proper attire for the division – trunks for bodybuilding and board shorts for men's physique.

In order to compete at a National contest in 2016, athlete must have competed in a NPC Classic Physique event, no other qualification is required.