2018 NPC VULCAN CLASSIC
May 26th 2018

Bodybuilding, Bikini, Figure, Fitness, Physique & Classic Physique

DoubleTree by Hilton Hotel Birmingham
808 20th Street South A
Birmingham, AL 35205
Phone: 205-933-9000

ALL ATHLETES MUST CHECK-IN AND WEIGH-IN ON FRIDAY NIGHT, MAY 25th BETWEEN THE HOURS OF 5:00 P.M. AND 7:00 P.M.

NPC cards will be sold at check-in but NO CASH will be accepted!! CHECK OR MONEY ORDER ONLY, made payable to the NATIONAL PHYSIQUE COMMITTEE. Cards are also available at any time at www.npcnewsonline.com

ONLY ATHLETES WILL BE PERMITTED IN THE ROOM DURING WEIGH-IN. NO SATURDAY MORNING WEIGH-IN.

COMPETITION BAG & T-SHIRT WILL BE GIVEN TO THE FIRST 75 PRE-ENTERED ATHLETES. SEND YOUR ENTRY IN EARLY!!

Music/NPC Regulations

- ALL COMPETITORS ARE REQUIRED TO BRING BANDS FOR PUMP-UP. NO WEIGHTS WILL BE ALLOWED IN PUMP-UP ROOM.

- ALL BODYBUILDING, WOMEN PHYSIQUE & MEN’S CLASSIC PHYSIQUE ATHLETES MUST SUPPLY THEIR OWN MUSIC. MUSIC CAN BE NO LONGER THAN 45 SECONDS. FITNESS NO LONGER THAN 2 MINUTES.

- POsing MUSIC MUST BE THE ONLY MUSIC ON THE CD AND WILL BE COLLECTED AT CHECK-IN ON FRIDAY NIGHT.

- COMPETITORS WILL NOT USE MUSIC AT PREJUDGING.

- BODYBUILDING, BIKINI & CLASSIC PHYSIQUE COMPETITION SUITS MUST BE WORN TO WEIGH-IN FOR APPROVAL.

- NO “T” OR THONG SUITS WILL BE ALLOWED. EMPHASIS IS ON “GOOD TASTE”!

- ATHLETES MAY CROSSOVER TO ANY DIVISION.

- 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

- THE NPC RESERVES THE RIGHT TO DETERMINE THE NUMBER OF COMPETITORS THAT WILL POSE AT NIGHT SHOW.

- NO DETACHABLE LENS CAMERAS, NO VIDEO EQUIPMENT, NO SOLICITING OF PHOTO OR VIDEO SERVICES ALLOWED IN THE AUDITORIUM. NO LIVE VIDEO STREAMING WITHOUT SIGNED CONSENT FROM THE NATIONAL PHYSIQUE COMMITTEE HOME OFFICE.

TICKET PRICE

PREJUDGING $20 OPEN SEATING
NIGHT SHOW $30 GENERAL ADMISSION
$40 VIP/RESERVED

ENTRY FEES

Money order or check made payable to “Morris Pruett” in the amount of $100.00 for each athlete (Men and Women) for each class entered, $50.00 LATE FEE after entry deadline of May 13th. Only cash accepted on Friday night entries.

ENTRY DEADLINE

All entries must be postmarked no later than Saturday, May 13th to avoid a late fee of $50.00.

Check List:
- Entry form & RELEASE- signed and completed
- Copy of your 2018 NPC card
- Check or money order for $100.00 payable to “Morris Pruett”
- Copy of driver’s license if you are entering Teenage, All Masters/Military or service ID for Uniform divisions.
ELIGIBILITY: All competitors must be a current member of the NPC. NPC cards available at Weigh-in for $125.00. Check or Money Order ONLY

ENTRY FEES: $100.00 FOR EACH CLASS.
Make checks payable to “Morris Pruett”

Entries received after MAY 12TH subject to a $50.00 late fee.
NO REFUNDS! CASH ONLY FOR FRIDAY NIGHT ENTRIES

MUSIC & POSING: Music must be on CD ONLY, no longer than 45 seconds for Bodybuilding, Women’s Physique & Men’s Classic Physique and must contain ONLY the music being used for posing. Music will be collected at Friday night check-in. NO PROFANITY IN MUSIC WILL BE PERMITTED OR ALLOWED OR THE COMPETITOR WILL BE IMMEDIATELY DISQUALIFIED.

PLEASE BRING BANDS TO PUMP UP!! NO WEIGHTS ARE PROVIDED OR ALLOWED BACKSTAGE!!

SCHEDULE OF EVENTS:

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Friday</td>
<td>5:00-7:00 PM</td>
<td>Weigh-in</td>
<td>DoubleTree Foyer/Centennial</td>
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Only Athletes will be permitted in the room during weigh-in.

*Competition suits must be worn at weigh-in. All competitors must weigh-in/check-in Friday night. NO SATURDAY CHECK-INS*

<table>
<thead>
<tr>
<th>Saturday</th>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>8:00 AM</td>
<td>Check-in &amp; briefing</td>
<td>DoubleTree Heritage Room</td>
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<tr>
<td>9:00 AM</td>
<td>Prejudging begins</td>
<td>DoubleTree Heritage Room</td>
<td></td>
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<tr>
<td>5:15 PM</td>
<td>Finals check-in &amp; roll call</td>
<td>DoubleTree Heritage Room</td>
<td></td>
</tr>
<tr>
<td>6:00 PM</td>
<td>Finals</td>
<td>DoubleTree Heritage Room</td>
<td></td>
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VENUE: DoubleTree by Hilton Hotel Birmingham - Ballroom

TICKETS: Prejudging: Adult $20  Children 12 & Under $10
Finals: Adult General/Reserved $30 / Children 12 & Under $10  VIP/Reserved $40

***No children pricing for VIP section***

HOST HOTEL: Reservations
DoubleTree by Hilton Hotel Birmingham
808 20th Street South A
Birmingham, AL 35205

Special room rate for the NPC Vulcan Classic is $109 for reservations made before May 4th.
Ask for the “NPC Vulcan Classic” when making reservations. Reservations made after Friday May 4th are NOT guaranteed the special room rate and will ONLY be accepted on a space and rate available basis.

It is recommended that all competitors stay at the host hotel which is the site for the weigh-in/check-in Friday night. It sometimes becomes necessary to change event schedules at the last minute and this information is only disseminated at the host hotel. In addition, competitors seem more properly prepared to compete when they have settled into and stay at the location of the event as opposed to driving to the event location from other hotels.

Spray Tanning: Tan2Win. There are a limited number of spots available so reserve your time in advance and guarantee your discounted price. Contact Becky Roney 615-418-6364 or Curtis Dodson 615-517-4082 email: Atan2win@gmail.com website: www.tan2win.com

Photo and DVD Information: Mark Mason will be returning as the official photographer and videographer. For information contact Mark at Markmason@mindspring.com

INFORMATION: Morris & Kelly Pruett
Email: GetFitStayFit@comcast.net
Kellywpruett@comcast.net

PHONE NUMBER: 256-490-1115 or 256-490-5858
Website: www.thenpcvulcanclassic.com
Facebook: NPC Vulcan Classic
In consideration of being allowed to participate in any way in the NPC Vulcan Classic (“Event”) promoted by Morris & Kelly Pruett ("Promoter") and sanctioned by the National Physique Committee of the USA, Inc. (“NPC”), its related events and activities, I, Please print 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 KNOWLINGLY 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 DoubleTree by Hilton Hotel Birmingham (“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 on 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 compensat

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________________

SIGNATURE
MEN'S DIVISIONS

BODYBUILDING

Teenage: Athlete 16 yrs. or over who has not reached his 20th birthday by May 26th. **ONE CLASS** (5 places).

True Novice: Athlete that has never competed in a NPC show – **FIRST TIME COMPETITOR**. (5 places in each weight class).

- **Lightweight**: Up to & including 176.25
- **Heavyweight**: Over 176.25

Masters 35 & over: Athlete who has reached his 35th birthday by May 26th. **ONE CLASS** (5 places).

Masters 40 & over: Athlete who has reached his 40th birthday by May 26th. (5 places in each weight class and Overall).

- **Lightweight**: Up to & including 176.25
- **Heavyweight**: Over 176.25

Grand Masters 50 & over: Athlete who has reached his 50th birthday by May 26th. **ONE CLASS** (5 places).

Grand Masters 60 & over: Athlete who has reached his 60th birthday by May 26th. **ONE CLASS** (5 places).

Novice Men: Athlete who has never won his weight class. (5 places in each weight class and Overall).

- **Lightweight**: Up to & including 165.25
- **Middleweight**: Over 165.25 up to & including 187.25
- **Heavyweight**: Over 187.25

Open Men: Any Athlete over the age of 16. (5 places in each weight class & Overall).

- **Bantamweight**: Up to & including 143.25
- **Lightweight**: Over 143.25 up to & including 154.25
- **Welterweight**: Over 154.25 up to & including 165.25
- **Middleweight**: Over 165.25 up to & including 176.25
- **Light Heavyweight**: Over 176.25 up to & including 225.25
- **Heavyweight**: Over 225.25

CLASSIC PHYSIQUE

True Novice: Athlete that has never competed in a NPC show – **FIRST TIME COMPETITOR** (5 places).

Novice: Athlete who has never won his height/weight class. (5 places).

Masters 35 & over: Athlete who has reached his 35th birthday by May 26th. **ONE CLASS** (5 places).

Open Men: Any athlete over the age of 16. (5 places in each height/weight class and Overall).

- **A CLASS**: Up to & including 5’7”
- **B CLASS**: Over 5’7” up to & including 5’10”
- **C CLASS**: Over 5’10”

PHYSIQUE

Teenage: Athlete 16 or over who has not reached his 20th birthday by May 27th. **ONE CLASS** (5 places).

True Novice: Athlete that has never competed in a NPC show – **FIRST TIME COMPETITOR. ONE CLASS** (5 places).

Masters 35 & over: Athlete who has reached his 35th birthday by May 26th. **ONE CLASS** (5 places).

Masters 40 & over: Athlete who has reached his 40th birthday by May 26th. **ONE CLASS** (5 places).

Masters 50 & over: Athlete who has reached his 50th birthday by May 26th. **ONE CLASS** (5 places).

Novice: Athlete who has never won his height class. **ONE CLASS** (5 places).

Open Men: Any Athlete over the age of 16. (5 places in each height class - overall trophy).

- **A CLASS**: Up to & including 5’7”
- **B CLASS**: Over 5’7” up to & including 5’10”
- **C CLASS**: Over 5’10”

Uniform Division: Any athlete that is active military, police, firefighter or rescue worker. **ONE CLASS** (5 places).

*Bodybuilding, Classic Physique or Physique

Mr. Birmingham: Any athlete over 16 who lives in Jefferson County. **ONE CLASS** (5 places).

*Bodybuilding, Classic Physique or Physique

*****ALL CLASSES SUBJECT TO CHANGE BASED ON PARTICIPATION*****
FIGURE

Teenage: Athlete 16 yrs. or over who has not reached his 20th birthday by May 26th. ONE CLASS (5 places).
True Novice: Athlete that has never competed in a NPC show – FIRST TIME COMPETITOR. ONE CLASS (5 places).

Masters 35 & over: Athlete who has reached her 35th birthday by May 26th. ONE CLASS (5 places).
Masters 40 & over: Athlete who has reached her 40th birthday May 26th. ONE CLASS (5 places).
Masters 50 & over: Athlete who has reached her 50th birthday by May 26th. ONE CLASS (5 places).
Novice: Athlete who has never won her height class. ONE CLASS (5 places).
Open: Any Athlete over the age of 16. (5 places in each height class & overall).
  A CLASS   Up to & including 5’2”
  B CLASS   Over 5’2” up to & including 5’4”
  C CLASS   Over 5’4” up to & including 5’6”
  D CLASS   Over 5’6”

BIKINI

Teenage: Athlete 16 yrs. or over who has not reached her 20th birthday by May 26th. ONE CLASS (5 places).
True Novice: Athlete that has never competed in a NPC show – FIRST TIME COMPETITOR. ONE CLASS (5 places).

Masters 35 & over: Athlete who has reached her 35th birthday by May 26th. ONE CLASS (5 places).
Masters 40 & over: Athlete who has reached her 40th birthday May 26th. ONE CLASS (5 places).
Masters 50 & over: Athlete who has reached her 50th birthday by May 26th. ONE CLASS (5 places).
Novice: Athlete who has never won her height class. ONE CLASS (5 places).
Open: Any Athlete over the age of 16. (5 places in each height class & overall).
  A CLASS   Up to & including 5’2”
  B CLASS   Over 5’2” up to & including 5’4”
  C CLASS   Over 5’4” up to & including 5’6”
  D CLASS   Over 5’6”

PHYSIQUE

Teenage: Athlete 16 yrs. or over who has not reached her 20th birthday by May 26th. ONE CLASS (5 places).
True Novice: Athlete that has never competed in a NPC show – FIRST TIME COMPETITOR. ONE CLASS (5 places).

Masters 35 & over: Athlete who has reached her 35th birthday by May 26th. ONE CLASS (5 places).
Novice: Athlete who has never won her height class. ONE CLASS (5 places).
Open: Any Athlete over the age of 16. ONE CLASS (5 places).

FITNESS: Any female over 16. ONE CLASS (5 places).

BODYBUILDING: Any female over 16. ONE CLASS (5 places).

Uniform Division: Any athlete that is active military, police, firefighter or rescue worker. ONE CLASS (5 places).
  *Bikini, Figure or Physique

Ms. Birmingham: Any athlete over 16 who lives in Jefferson County. ONE CLASS (5 places).
  *Bikini, Figure or Physique

*****ALL CLASSES SUBJECT TO CHANGE BASED ON PARTICIPATION*****
NPC MEN’S CLASSIC PHYSIQUE – COMPETITION BREAKDOWN FOR THREE CLASSES:

DIVISION “A” (UP TO AND INCLUDING 5’7”)

- Up to and including 5’ 4”                     Up to and including 160 lbs.
- Over 5’ 4”, up to and including 5’ 5”         Up to and including 165 lbs.
- Over 5’ 5”, up to and including 5’ 6”         Up to and including 170 lbs.
- Over 5’ 6”, up to and including 5’ 7”         Up to and including 175 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 182 lbs.
- Over 5’ 8”, up to and including 5’ 9”         Up to and including 190 lbs.
- Over 5’ 9”, up to and including 5’ 10”        Up to and including 197 lbs.

DIVISION “C” (OVER 5’ 10” UP TO AND INCLUDING 6’0”)

- Over 5’ 10”, up to and including 5’11”       Up to and including 206 lbs.
- Over 5’ 11”, up to and including 6’0”         Up to and including 212 lbs.
- Over 6’0”, Up to and Including 6’1”          Up to and Including 220 lbs.
- Over 6’1”, Up to and Including 6’2”          Up to and Including 230 lbs.
- Over 6’2”, Up to and Including 6’3”          Up to and Including 237 lbs.
- Over 6’3”, Up to and Including 6’4”          Up to and Including 245 lbs.
- Over 6’4”, Up to and Including 6’5”          Up to and Including 252 lbs.
- Over 6’5”, Up to and Including 6’6”          Up to and Including 260 lbs.
- Over 6’6”, Up to and Including 6’7”          Up to and Including 267 lbs.
- Over 6’7”                                    Up to and Including 275 lbs.

CROSSOVERS: NPC Classic Physique Athletes will be allowed to crossover and compete in additional divisions. This way you can choose where you fit best. Crossovers to bodybuilding will do routine in both divisions.

- 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 45 seconds)
  - Confirmation round (if necessary)
  - Pose down (overall title only)
OFFICIAL ENTRY FORM

NAME: (First) ___________________________ (Last) ________________________ DOB ________________

Address ______________________________ City ______________________ State ______ Zip ______

Phone __________________ Email: (PRINT) _______________________________

Hotel Stay ________________________________ Height ______ Weight ______ Age ______ Shirt Size____

AMOUNT ENCLOSED ($100 each class) $__________

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

Men's Open Bodybuilding

____ Bantam (63)
____ Lightweight (64)
____ Welterweight (65)
____ Middleweight (66)
____ Light-Heavyweight (67)
____ Heavyweight (68)
____ Super-Heavyweight (69)

Men's Masters Bodybuilding

____ 35+ (5)
____ 40+ Lightweight (6)
____ 40+ Heavyweight (7)
____ 50+ (8)
____ 60+ (9)

Men's Novice Bodybuilding

____ Lightweight (13)
____ Middleweight (14)
____ Heavyweight (15)

Men's Classic Physique (See chart)

____ True Novice (36)
____ Masters 35+ (37)
____ Masters 50+ (48)
____ Masters 60+ (59)
____ Masters 65+ (60)

Men's Physique

____ Teen (4)
____ Teen 50+ (51)
____ Teen 60+ (52)
____ Teen 70+ (53)

True Novice Bodybuilding

____ Light-Heavyweight (2)
____ Heavyweight (3)

Mr. Birmingham – Men's

_____ Bodybuilding (11)
_____ Classic Physique (38)
_____ Men's Physique (49)

Uniform – Men's

_____ Bodybuilding (12)
_____ Classic Physique (39)
_____ Men's Physique (50)

Open Women Bodybuilding

_____ Open (1)

Women's Bikini

____ True Novice (55)
____ Teen (56)
____ Masters 35+ (57)
____ Masters 40+ (58)
____ Masters 50+ (59)
____ Masters 60+ (60)

Women's Physique

____ True Novice (24)
____ Teen (25)
____ Uniform Figure (26)
____ Masters 35+ (28)
____ Masters 40+ (29)
____ Masters 50+ (30)
____ Masters 60+ (31)

Women's Fitness

_____ Uniform (21)
_____ Novice (22)
_____ Open (23)

In consideration of your acceptance of this entry, I hereby waive all rights and claims for damages against Morris & Kelly Pruett, Doubletree by Hilton-Birmingham, the National Physique Committee and their associated bodies, officials, agents, employees or assigns by reason of injuries or damages which I may incur while traveling to and from, or participation in this 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. The undersigned consents and agrees that the undersigned will comply with all rules and regulations of the Doubletree by Hilton-Birmingham 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 Host Hotel or damages to a guest room or rooms occupied by or registered to the undersigned. Finally, the undersigned acknowledges that the undersigned’s failure to comply with any rule or regulation of the 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

Parent or Guardian (if under 18 years of age)

Return Entry To:

Morris Pruett c/o The Athletic Club
958 Rainbow Drive
Gadsden, AL 35901

Include:

1. Completed/Signed Entry Form & Waiver
2. Entry fee payable to: Morris Pruett
3. Copy of Driver's License
4. Copy of 2018 NPC card (if previously purchased)

**NPC cards will be available for purchase at weigh-in (check or money order made payable to NPC)**