2021 IRON MUSCLE CHAMPIONSHIPS

Bodybuilding, Figure, Bikini, Physique, Classic Physique, & Wellness

Saturday, May 29, 2021 * Sanction 4277* National Qualifier

PROMOTERS: RICHIE AND AMANDA STEGALL * 137 PRONG ROAD, BRANDON, MS 39047 * WWW.IRONMUSCLECHAMPIONSHIPS.COM

MANDATORY CHECK-IN AND WEIGH-IN

- ALL ATHLETES MUST CHECK-IN & WEIGH-IN ON FRIDAY NIGHT **(May 28, 2021)** BETWEEN THE HOURS OF **5:00 P.M. AND 7:00 P.M. AT THE CLYDE MUSE CENTER (HINDS COMMUNITY COLLEGE - RANKIN); 515 COUNTRY PLACE PARKWAY, PEARL, MS 39208.**
- NPC CARDS CAN BE PURCHASED ONLINE AT https://www.npcregistration.com/ OR THEY CAN BE PURCHASED AT **CHECK-IN WITH A CHECK OR MONEY ORDER FOR $135.00 (NO CASH ACCEPTED)**-- MADE PAYABLE TO THE **NATIONAL PHYSIQUE COMMITTEE.**
- ONLY COMPETITORS WILL BE ALLOWED TO STAND IN THE REGISTRATION/CHECK-IN LINE/ROOM.
- NO WEIGH-IN ON SATURDAY MORNING.
- GOODIE BAGS WILL BE GIVEN ON A FIRST COME FIRST SERVE BASIS.

VENUE

CLYDE MUSE CENTER – HINDS COMMUNICTY COLLEGE (RANKIN CAMPUS)

515 COUNTRY PLACE PARKWAY, PEARL, MS 39208

ACCOMMODATIONS – HOTEL

HOLIDAY INN – PEARL, MS - 110 BASS PRO DRIVE, PEARL, MS 39208

MUSIC/NPC RULES AND REGULATIONS

- ALL COMPETITORS ARE REQUIRED TO BRING BANDS FOR PUMP-UP. NO WEIGHTS ALLOWED BACKSTAGE/IN PUMP-UP ROOM.
- ALL BODYBUILDING, WOMEN PHYSIQUE & CLASSIC PHYSIQUE ATHLETES MUST SUPPLY THEIR OWN MUSIC. MUSIC MUST BE NO LONGER THAN 45 SECONDS.
- POSING MUSIC MUST BE THE ONLY MUSIC ON THE CD AND THE MUSIC MUST BE AT THE BEGINNING OF THE CD. MUSIC MUST BE COLLECTED AT WEIGHT-IN ON FRIDAY NIGHT. COMPETITORS WILL NOT USE MUSIC AT PREJUDGING. **(NO PROFANITY IN MUSIC)**.
- BODYBUILDING, CLASSIC PHYSIQUE, BIKINI, AND WELLNESS COMPETITION SUITS MUST BE WORN TO WEIGH-IN FOR APPROVAL. FIGURE COMPETITORS BRING SUITS TO WEIGH-IN FOR INSPECTION. NO "T" OR THONG SUITS WILL BE ALLOWED. EMPHASIS IS ON "GOOD TASTE".
- AN ATHLETE MAY CROSSOVER IN EVERY DIVISION.
- **OPEN DIVISION –** OPEN TO ANY NPC REGISTERED ATHLETE (AN ATHLETE WHO HAS WON THE OVERALL TITLE IN A CONTEST MAY NOT COMPETE IN A LOWER LEVEL CONTEST IN THE SAME AREA OR DISTRICT AS THE CONTEST HE OR SHE WON).
- **NOVICE DIVISION** IS AN ATHLETE THAT HAS NEVER WON THEIR CLASS OTHER THAN IN TRUE NOVICE.
- **TRUE NOVICE** IS AN ATHLETE THAT HAS NEVER COMPETED IN THE NPC – FIRST TIME COMPETITOR.
- DUE TO VENUE RULES, ALL ATHLETES WEARING TANNING PRODUCTS MUST WEAR LONG SLEEVE SHIRTS AND LONG PANTS TO OCCUPY THE VENUE SEATING! NO EXCEPTIONS!! ****NO DREAM TAN ALLOWED****
- NO REFUNDS.
- **NO DETACHABLE LENSE CAMERAS, NO VIDEO EQUIPMENT, NO SOLICITING OF PHOTOS OR VIDEO SERVICES IS ALLOWED IN THE AUDITORIUM.**

POSING AND AWARDS

ALL COMPETITORS WILL BE INTRODUCED ON STAGE AT THE NIGHT SHOW. THE NPC RESERVES THE RIGHT TO DETERMINE THE NUMBER OF COMPETITORS THAT WILL POSE AT THE NIGHT SHOW. THE TOP 5 COMPETITORS IN EACH HEIGHT/WEIGHT CLASS, AND OVERALL WINNERS WILL BE AWARDED TROPHIES AND/OR MEDALS.

TICKET PRICES

*PREJUDGING - **$20.00** FOR GENERAL ADMISSION; *NIGHT SHOW - **$30.00** FOR GENERAL ADMISSION; AND **$40.00** FOR VIP.
*PRIOR TO THE EVENT, TICKETS ARE AVAILABLE BY CONTACTING **RICHIE AND AMANDA STEGALL AT 601-540-5182.**

ENTRY FEES AND DEADLINES

ENTRY FEES ARE **$110.00** PER ATHLETE, FOR EACH CLASS ENTERED. ALL ENTRY FORMS MUST BE SUBMITTED THROUGH THE ATHLETE MUSCLEWARE APP. FEES SHOULD ALSO BE MADE AT TIME OF ENTRY THROUGH THE ATHLETE MUSCLEWARE APP. IF PAYMENT IS NOT MADE AT THE TIME OF ENTRY THROUGH MUSCLEWARE, PROMOTER WILL ACCEPT MONEY ORDER, CERTIFIED CHECK, PERSONAL CHECK TO **"IRON MUSCLE CHAMPIONSHIPS"** IN THE AMOUNT OF **$110.00** FOR EACH ATHLETE (MEN AND WOMEN) FOR EACH CLASS ENTERED. THERE IS A **$50.00** LATE FEE FOR ENTRIES POSTMARKED AFTER **MAY 15, 2021. CASH, CREDIT, DEBIT, AND MONEY ORDER,** ACCEPTED ON FRIDAY NIGHT ENTRIES.

ENTRY DEADLINE

CHECKLIST: ENTRIES MUST BE POSTMARKED BY SATURDAY, **MAY 15, 2021** TO AVOID A LATE FEE OF **$50.00**. MAIL TO: **IRON MUSCLE CHAMPIONSHIPS AT 137 PRONG ROAD, BRANDON, MS 39047.**

INCLUDE THE FOLLOWING:

- 2021 ENTRY FORM AND RELEASE – SIGNED AND COMPLETED.
- COPY OF 2021 NPC CARD (CAN BE PURCHSED AT CHECK-IN: **CHECK OR MONEY ORDER ONLY MADE PAYABLE TO THE "NATIONAL PHYSIQUE COMMITTEE**."
- COPY OF YOUR 2021 OFFICIAL HEIGHT CARD (WILL BE GIVEN AT CHECK-IN IF YOU DO NOT HAVE ONE).
- CHECK OR MONEY ORDER FOR THE TOTAL FOR EACH CLASS ENTRED **($110.00 PER CLASS)** MADE PAYABLE TO **"IRON MUSCLE CHAMPIONSHIPS."**
- COPY OF DRIVER'S LICENSE IF YOU ARE ENTERING TEENAGE, COLLEGIATE, OR MASTER'S CLASSES.

2020 IRON MUSCLE CHAMPIONSHIPS

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Saturday, May 29, 2020 * Sanction 4277 * National Qualifier

NAME: FIRST _____ LAST _____ DOB _____
STREET ADDRESS: _____ CITY: _____ STATE: ____ ZIP: _____
TELEPHONE: _____ EMAIL (PRINT): _____
AGE: _____HEIGHT: _____ (CONTEST) WEIGHT: _____

PLEASE CHECK THE DIVISION(S)/CLASS(ES) IN WHICH YOU INTEND TO COMPETE

MEN'S TRUE NOVICE BODYBUILDING (FIRST TIME COMPETITOR)
(1)____ Light (Up to & Inc. 176.25 lbs.)
(2)____ Heavy (Over 176.25 lbs.)

MEN'S NOVICE BODYBUILDING
(3)____ Light (Up to & Inc. 165.25 lbs.)
(4)____ Middle (Over 165.25 lbs. Up to & Inc. 187.25 lbs.)
(5)____ Heavy (Over 187.25 lbs.)

MEN'S UNIFORM BODYBUILDING (MILITARY, POLICE, FIRE)
(6)____ Light (Up to 176.25 lbs.)
(7)____ Heavy (Over 176.25 lbs.)

MEN'S MASTERS BODYBUILDING
(8)____ 40 & Over Light (Up to & Inc. 176.25 lbs.)
(9)____ 40 & Over Heavy (Over 176.25 lbs.)
(10)____ 50 & Over (One Class)
(11)____ 60 & Over (One Class)

WOMEN'S PHYSIQUE
(12)____ True Novice (One Class) (FIRST TIME COMPETITOR)
(13)____ Novice (One Class)
(14)____ Ms. Iron Muscle (One Class) (Tri-County)
(15)____ Masters 35 & Over (One Class)
(16)____ Open A (Up to & Inc. 5'4")
(17)____ Open B (Over 5'4")

WOMEN'S BODYBUILDING
(18)____ Masters 35 & Overs (One Class)
(19)____ Open (One Class)

MEN'S CLASSIC PHYSIQUE
(20)____ True Novice Class Physique (One Class) (FIRST TIME COMPETITOR)
(21)____ Novice A (Up to & Including 5'9")
(22)____ Novice B (Over 5'9")
(23)____ Uniform (One Class)
(24)____ Mr. Iron Muscle (One Class) (Tri-County)
(25)____ Masters 35 & Over (One Class)
(26)____ A (Up to & Inc. 5'7") (See Chart on Last Page for Weight)
(27)____ B (Over 5'7" Up to & including 5'10") (See Chart on Last Page for Weight)
(28)____ C (Over 5'10" Up to & Including 6'0" (See Chart on Last Page for Weight)
(29)____ D (Over 6'0") (See Chart on Last Page for Weight)

WOMEN'S FIGURE
(30)___ True Novice (One Class) (FIRST TIME COMPETITOR)
(31)___ Novice (One Class)
(32)___ Ms. Iron Muscle (One Class) (Tri-County)
(33)___ Masters 35 & Over (One Class)
(34)___ Open A (Up to & Inc. 5'4")
(35)___ Open B (Over 5'4" Up to & Inc. 5'6")
(36)___ Open C (Over 5'6")

WOMEN'S WELLNESS
(37)____ True Novice (One Class)
(38)____ Novice (One Class)
(39)____ Ms. Iron Muscle (One Class) (Tri County)
(40)____ Masters 35 & Over (One Class)
(41)____ A Open (Up to & Including 5'4")
(42)____ B Open (Over 5'4")

MEN'S PHYSIQUE
(43)___ True Novice A (Up to & Inc. 5'8") (FIRST TIME COMPETITOR)
(44)___ True Novice B (Over 5'8") (FIRST TIME COMPETITOR)
(45)___ Novice A (Up to & Inc. 5'7")
(46)___ Novice B (Over 5'7" Up to & Inc. 5'10")
(47)___ Novice C (Over 5'10")
(48)___ Mr. Iron Muscle (One Class) (Tri-County)
(49)___ Masters 35 & Over A (Up to & Inc. 5'8")
(50)___ Masters 35 & Over B (Over 5'8")
(51)___ Masters 45 & Over (One Class)
(52)___ Open A (Up to & Inc. 5'6")
(53)___ Open B (Over 5'6" Up to & Inc. 5'8")
(54)___ Open C (Over 5'8" Up to & Inc. 5'10")
(55)___ Open D (Over 5'10")

MEN'S OPEN BODYBUILDING
(56)___ Mr. Iron Muscle (One Class) (Tri-County)
(57)___ Light (Up to & Inc. 154.25 lbs.)
(58)___ Middle (Over 154.25 lbs. & Inc. 176.25 lbs.)
(59)___ Light-Heavy (Over 176.25 lbs. & Inc. 198.25 lbs.)
(60)___ Heavy (Over 198.25 lbs. Inc. 225.25 lbs.)
(61)___ Super-Heavy (Over 225.25 lbs.)

WOMEN'S BIKINI
(62)___ True Novice (One Class) (FIRST TIME COMPETITOR)
(63)___ Novice (One Class)
(64)___ Ms. Iron Muscle (One Class) (Tri-County)
(65)___ Masters 35 & Over (One Class)
(66)___ Open A (Up to & Inc. 5'2")
(67)___ Open B (Over 5'2" Up to & Inc. 5'4")
(68)___ Open C (Over 5'4" & Inc. 5'6"))
(69)___ Open D (Over 5'6")

I agree to waive and release all rights and claims to damages for myself and all heirs, with release extending to the National Physique Committee, the promoters **RICHIE AND AMANDA STEGALL, HOLIDAY INN – PEARL, MS,** the sponsors, agents, leaders, and 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 "**HOLIDAY INN – PEARL, MS**", 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(s) from and against any damages caused by the undersigned to the 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 "**HOLIDAY INN – PEARL, MS"**, 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"

Enter email address below if you wish to receive emails from **Richie & Amanda Stegall**, Promoters, and/or our trusted partners about events and/or contest offers on their website.

YES, I WISH TO RECEIVE EMAILS: Enter Email Address Here: _____

(PLEASE PRINT EMAIL ADDRESS)

***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 regulation of the mass email providers.**

In consideration of being allowed to participate in any way in the **Name of Event "IRON MUSCLE CHAMPIONSHIPS"** ("Event") promoted by **Name of Promoter "RICHIE AND AMANDA STEGALL"** ("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: (a) the risk of contracting communicable diseases and/or illnesses, including, but not limited to, the Coronavirus, exists from my participation in the activities involved in this Event; and (b) 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 COMMUNICABLE DISEASES, ILLNESSES, 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 HOLIDAY INN – PEARL, MS** ("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. NPC administrative Officers shall also have the right to suspend, for a definite or indefinite period of time or to expel an athlete member when such person by action tends to damage or impair the objectives, programs or ideals of the Corporation.

If you are a competitor who has special needs of any kind, it is imperative that you make the Event Promoter aware of your need prior to the event so that they can adequately prepare for you competing at the event.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT AND THE DISCIPLINARY INFORMATION AND, 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: _____/_____/_____
ATHLETE SIGNATURE

X _____ _____
ATHLETE SIGNATURE REQUIRING SPECIAL NEEDS (PLEASE INDICATE IF A SERVICE ANIMAL IS REQUIRED)

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: _____
PARENT/GUARDIAN OR PARTICIPANT'S SIGNATURE

NPC MEN'S CLASSIC PHYSIQUE
WEIGHT REQUIRMENTS

(Visit http://npcnewsonline.com/classic-physique/ for more information)

a) Division "A" Up to and Including 5'7"

Up to & including 5'4" Up to & Including	160 lbs.
Over 5'4" up to & including 5'5" Up to & Including	165 lbs.
Over 5'5" up to & including 5'6" Up to & Including	170 lbs.
Over 5'6" up to & including 5'7" Up to & Including	175 lbs.

b) Division "B" Over 5'7" Up to and including 5'10"

Over 5'7" up to & including 5'8" Up to & Including	182 lbs.
Over 5'8" up to & including 5'9" Up to & Including	190 lbs.
Over 5'9" up to & including 5'10 Up to & Including	197 lbs.

c) Division "C" Over 5'10" Up to and including 6'0"

Over 5'10" up to & including 5'11" Up to & Including	205 lbs.
Over 5'11" up to & including 6'0" Up to & Including	212 lbs.

d) Division "D" (Over 6'0")

Over 6'0" up to & including 6'1" Up to & Including	220 lbs.
Over 6'1" up to & including 6'2" Up to & Including	230 lbs.
Over 6'2" up to & including 6'3" Up to & Including	237 lbs.
Over 6'3" up to & including 6'4" Up to & Including	245 lbs.
Over 6'4" up to & including 6'5" Up to & Including	252 lbs.
Over 6'5" up to & including 6'6" Up to & Including	260 lbs.
Over 6'6" up to & including 6'7" Up to & Including	267 lbs.
Over 6'7" Up to & Including	275 lbs.