



OCB Cape Cod Natural - October 9, 2010 – West Barnstable, MA

IFPA Open & Masters Pro Qualifier. Coverage in Fitness & Physique Magazine

Held in conjunction with the IFPA Gaspari Nutrition Pro Classic. For IFPA Pro details visit IFPApro.com

Location: Cape Cod Community College 2240 Iyannough Rd W. Barnstable, MA 02668 (Tilden Arts Building)

Show Times: Prejudging: 10:30 am, Finals: 5 pm

Natural Competition: This is a natural competition. All competitors must meet the eligibility criteria listed in the OCB Drug Testing Guidelines in order to participate. Competitors must review these procedures and the list of banned substances at thenaturalmusclenetwork.com/OCB/forms/DrugTestingGuidelines.pdf prior to registering for this event

OCB Membership: All competitors required to be members of OCB to participate in this event. OCB Membership forms and online membership registration options can be found on the OCBwebsite.com, or membership can be obtained when checking in for the event. Cost is \$50 for the annual membership and includes a one-year subscription to *Fitness & Physique Magazine*

Divisions: Men's Bodybuilding: Junior (Under Age 23), Novice, Grand Masters Age 50+, Masters Age 40+, Open. Women's Bodybuilding: Novice, Masters Age 35+, Open. Figure: Novice, Masters Age 35+, Open

Division Details: Novice Division: Open only to those who have not placed first in any class besides Teen within any division in the same category (Ex. Figure) with any organization (unless was the only competitor in the class). Eligibility will be verified during polygraph testing. Masters Divisions: Open only to those falling into the stipulated age range (ex. 40+ is age forty and over). Junior Division: Under Age 23. Open Division: Open to anyone regardless of age and level of experience

Classes: When more than one class in a division, classes will be formed by splitting divisions evenly by height

Crossovers: A competitor may elect to enter more than one division, but will not be allowed to enter more than two. For example, someone may enter the Novice division and also elect to crossover into the Open division and compete in it as well. Entry changes cannot be made after 10/02. Crossovers are not allowed between Figure and Bodybuilding

Check-in/Polygraph: Thursday 10/7, Friday 10/8 at Cape Cod Nutrition Corner, 75 Iyannough Rd, Hyannis, MA by appointment. Saturday check-ins will only be allowed with approval of the promoters

Contestant Meeting: Saturday October 9th at 10:00 am at the contest venue

Fees: If postmarked by 9/25: Entry \$50, Crossover Entry \$25. If postmarked after 9/25, Entry \$75, Crossover Entry \$40. Walk-in entries the day of the event will not be accepted. OCB Membership (if not a current member) \$50. Polygraph Testing \$40 payable directly to the examiner at the time of testing. **Entry Deadline:** October 2nd

Awards: Overall Champions: Men's & Women's Bodybuilding and Figure Open & Masters overall winners will become eligible to compete as IFPA Pros and will receive supplement prizes after urine test results come back negative. Top five placements in all classes will all be awarded Niels Andersen sculptures. Best Poser awards for both Men's and Women's Bodybuilding

Tickets: General Admission \$30 (Good for preliminaries and finals)

Drug Testing: Polygraph testing for all competitors. \$40 payable in cash or money order to the polygraph examiner at the time of testing. Photo identification for all athletes will be checked prior to polygraph testing. It is the competitors' responsibility to ensure they are polygraph tested for the event. If any competitors are not polygraph tested for the event they are ineligible for competition. Urine testing for Bodybuilding and Figure Open and Masters overall winners also. In addition, all competitors subject to additional forms of testing, if requested, at the discretion and expense of the promoter. Polygraph testing will take place on Thursday 10/7 and Friday 10/8 at Cape Cod Nutrition Corner and Saturday 10/9 at the contest site (Saturday testing will only be allowed with approval of the promoters)

Backstage Policy: One assistant per competitor max, assistant MUST buy ticket (No special trainer's pass needed)

Routines/Stage-Walks: Bodybuilding routine length 60 seconds max. Music must be supplied backstage and be on CD-R only. Props allowed for Bodybuilding. Figure competitors will use music supplied by the promoters for stage walks. Competitors should review and follow guidelines listed on thenaturalmusclenetwork.com for t-walks

Spray Tanning Services: Elite Bronzing will be available. Contact elitebronzing.com for more info

Host Hotel: Radisson Inn Hyannis 508-771-1700 radisson.com/hyannisma Centrally located in Hyannis, the hub of Cape Cod. Cape Cod Fitness Center is located in the hotel. Ask for Cape Cod competition rates

Payment: Send Entry Form and Advance Ticket sale information and payments to: Cape Cod Nutrition Corner 75 Iyannough Rd, Hyannis, MA 02601 Makes payments payable to: Cape Cod Nutrition Corner. Payment can be made by credit card over the phone by calling 1-888-666-3058 with forms faxed directly to 508-775-5372. Polygraph Fee and OCB Membership Fee MUST be paid separately

Contact: james@capecodnutrition.com, katie@capecodnutrition.com, 888-666-3058, fax: 508-775-5372

Keep this page to reference

OCB Cape Cod Natural Bodybuilding & Figure

October 9, 2010 - West Barnstable, MA

ENTRY FORM

Name: _____ Email: _____
 Address: _____ Phone: _____
 City: _____ State: _____ Zip Code: _____
 Date of Birth: _____ Age: _____ Height: _____ Weight: _____

WAIVER/RELEASE

Note: If you are not a current member of OCB and entering bodybuilding or figure, you must also submit an OCB membership form (available on theNaturalMuscleNetwork.com - \$50 annual fee, includes a one-year subscription to Fitness & Physique magazine).

Waiver: I hereby intend to be legally bound for myself, my heirs, executors and administrators, and waive and release any and all rights and claims for damages I may have against the facility owners, OCB, the promoters, and any sponsors, agents, or representatives for any injuries suffered by me as a result of my participation and/or losses suffered by me as a result of my participation and/or attendance at this contest. I hereby grant the promoters, OCB, any approved magazine, video or entertainment organization and all of their agent's successors, licensees and assignees, the right to photograph or otherwise reproduce my voice, appearance and name and exhibit, distribute, transmit and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, printing, or any other medium now known or hereafter devised, including audio with respect to any merchandising, advertising, and/or publicity and the right to use my name and information about me in connection with any of the foregoing. No further compensation shall be payable to me at any time in connection therewith. Nothing contained herein shall be deemed to obligate, OCB and/or any magazine, video or any approved video entertainment organization to photograph or otherwise reproduce my voice, appearance, or name, or to make use of any of the rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further comment.

I agree to abide by the decision of the OCB, and/or contest promoters concerning my participation in an OCB-sanctioned contest pending the results of any form of testing used to detect use of banned substances with OCB. I understand that the administrator or laboratory utilized for substance screenings is the choice of OCB and/or the promoters, and agree to accept the results of said testing, whatever they may be. I hereby waive and release any claims or demands against the OCB, its representatives, sponsors and promoters that may arise out of my participation in an OCB-sanctioned event or my membership in the OCB.

I have read, understand, and agree to the above terms.

Name: _____ Date: _____

Signature: _____

If under 18, parent's name: _____

Parent's signature: _____

DIVISION(S) ENTERING (2 Max)

Men's Bodybuilding

- Novice
- Age 50+
- Age 40+
- Junior (<Age 23)
- Open

Figure

- Novice
- Age 35+
- Open

Women's Bodybuilding

- Novice
- Age 35+
- Open

To be eligible for a novice division, you cannot have placed first in any class besides Teen within any division with any organization. Eligibility will be verified during polygraph testing.

Amount to Enclose with Entry Form:

Postmarked by 9/25: Entry \$50, Crossover Entry \$25. If postmarked after 9/25, Entry \$75, Crossover Entry \$40. Walk-in entries the day of the event will not be accepted

Entry Fee: \$ _____ Crossover Fee: \$ _____

Send Entry & Payment to:

**Cape Cod Nutrition Corner
 75 Iyannough Rd
 Hyannis, MA 02601**

Payment by (check one): Check or Money Order Visa or MasterCard

Complete this section if paying by Visa or MasterCard (additional 3.5% service fee charged).

Name as it appears on card: _____

Card #: _____ Exp Date: _____

Signature: _____ Date: _____



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Show Times: Prejudging: 10:30 am, Finals: 5 pm

Tickets will be mailed if payment is received by September 30th. Otherwise tickets will be available on Will Call at the box office the day of the contest. Tickets can be purchased the day of the show also.

Advance Ticket Sales Order Form			
Name: _____			
Address: _____			
City: _____		State: _____	Zip: _____
Phone: _____		Email: _____	

Ticket Type	Cost	Quantity	Total Cost
General Admission (Good all day - for both prejudging and finals)	\$30.00		
Total Cost			

Payment by (check one): <input type="checkbox"/> Check or Money Order <input type="checkbox"/> Visa or MasterCard	
Complete this section if paying by Visa or MasterCard <i>(additional 3.5% service fee charged)</i> .	
Name as it appears on card: _____	
Card #: _____	Exp Date: _____
Signature: _____	Date: _____

Make Checks Payable and Mail to:

Cape Cod Nutrition Corner
75 Iyannough Rd
Hyannis, MA 02601