



OCB BODYSCULPTING OPEN
February 18, 2012 – Hampton, VA

Coverage in Fitness & Physique Magazine

Notice: The product Dream Tan is not permitted at the contest site. If anyone is caught with Dream Tan at the contest site (inside or outside) he/she will be disqualified from the competition with no refund.

Location: Hampton Roads Convention Center, 1610 Coliseum Drive, Hampton, VA 23666

Show times: Pre-judging: 12:00 pm, Finals: 5:00pm

Divisions: Men's Bodybuilding: Novice (2 classes), Masters 60+, Masters 50+, Masters 40+ (one class each), Open (3 classes), Male Fitness Model (one class). Women's Bodybuilding: Masters 35+ (one class), Open (2 classes). Figure: Novice (3 classes) Masters 45+, Masters 35+ (one class each), Open (3 classes). Bikini – (2 classes).

Classes: Classes will split evenly by height in the manner specified in the OCB guidelines on theOCB.com.

Promoter reserves the right to add or drop classes based on number of entries.

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 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). Open Divisions: Open to anyone regardless of age and level of experience.

Crossovers: A "crossover" is entering more than one division. For example, someone may enter the Masters division, if eligible, and also elect to crossover into the Open division and compete in it as well. Crossovers between Figure, Bikini and Women's Bodybuilding are not permitted.

Awards: Awards for top five placements in each class. Best Poser award for male and female bodybuilding.

Entry Deadline: February 10, 2012 for administrative and award purposes. Walk-in entries will not be accepted the day of the show.

Check-In: Check-in Friday, February 17th 3:00-9:00 pm at THE CONVENTION CENTER or Saturday, February 18th 8:30-10:00 am at THE CONVENTION CENTER. If any competitor does not report for check-in prior to 10 am on Sat. he or she will be scratched from the show.

Contestant meeting: Saturday February 18th at 11:00 am in the check-in room at the Hampton Roads Convention Center.

Fees: If entry received by or postmarked by January 10: Entry \$50. January 11- February 10th: Entry \$60. Crossover Entry \$40 per additional class. Walk-in entries will not be accepted the day of the event. OCB Membership \$60 (if not a current member). Polygraph Exam \$40 (payable to the examiner at the time of testing). **Fees non-refundable.**

Tickets: Tickets will be sold at the door on the day of the event. Single Day \$10 or \$17 for the three day Sports Festival. Kids 10 and under admitted free with a paying adult. Trainers Tickets: \$20 for those helping a competitor prepare backstage- one trainer max per competitor is permitted – trainer tickets are good for backstage access at both show times. Trainers will still have to purchase a \$10 general admission ticket at the front gate. **Tickets non-refundable. Only cash accepted day of the event.**

Drug Testing: Polygraph testing for all competitors \$40 to be paid in cash to the polygraph examiner at the time of testing. Photo identification required. Examiner will contact entrants 1-2 weeks before the show to schedule appointments for testing. ALL COMPETITORS WILL BE TESTED PRIOR TO STEPPING ON STAGE.

Prejudging: The Prejudging portion of the event will consist of: Bodybuilding, Figure and Bikini group comparisons along with the Male Model Swimsuit Round.

Finals: The finals portion of the event will consist of: Bodybuilding routines, Figure and Bikini stage walks, Male Model Fitness Apparel round, awards presentations, and overall judging (for divisions that have more than one class). All competitors will perform at finals regardless of placement from Prejudging. Bodybuilding routines and Figure/Bikini stage walks should last no more than 60 seconds. Competitors are to supply own music for Finals performances on CD with no profanity (if burning music to CD on a computer, please test it afterwards on a regular CD player to ensure it works outside the PC platform). Bring music to contestant meeting. Costume/props are permitted for Bodybuilding and are **not** allowed for Figure or Bikini.

Professional Services Available for Purchase: Stage Photography by Christopher Photography (757) 408-1244 or www.christopher-photo.com. Spray Tanning by Sun Resorts, call (757) 490-0490 for details and to schedule service. Make-Up by Carmen Thomas, call (443)-763-2289 or cth078@yahoo.com for details.

Hotels: Please check www.kparrott.com after December 1st, 2011 for hotel information.

Directions: From Interstate 64 take exit 263-Mercury Blvd. toward Coliseum. Turn right on Coliseum Drive, this will dead-end into the Hampton Roads Convention Center.

Airports: Closest airports to contest site are Newport News Williamsburg International (PHF) – 12.5 miles, Norfolk International (ORF) – 17.5 miles, Richmond International (RIC) – 70 miles.

Payment: Send Entry Form and payments to: Kevin Parrott, C/O Xtreme Muscle Gym, 1415 N. King Street, Hampton, Va 23669. Checks are only accepted through January 31, 2012. February 1-10th only money orders are accepted.

Contact: Kevin Parrott, sculptyourbod@aol.com, (757)291-1115 for more information or questions.

Keep this page for your reference – www.OCBonline.com

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February 18, 2012 – Hampton, VA



ENTRY FORM

Name: _____ Email: _____

Address: _____ Phone: _____

City: _____ State: _____ Postal Code: _____

Date of Birth: _____ Age: _____ Height: _____ Weight: _____

WAIVER/RELEASE	DIVISION(S) ENTERING <i>(check)</i>		
<p>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.</p> <p>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.</p> <p>Name: _____ Date: _____</p> <p>Signature: _____</p> <p>If under 18, parent's name: _____</p> <p>Parent's signature: _____</p>	Men's Bodybuilding <input type="checkbox"/> Grand Masters 60+ <input type="checkbox"/> Masters 50+ <input type="checkbox"/> Masters 40+ <input type="checkbox"/> Novice <input type="checkbox"/> Open	Male Fitness Model <input type="checkbox"/> One Division	
	Women's Bodybuilding <input type="checkbox"/> Masters 35+ <input type="checkbox"/> Open	Figure <input type="checkbox"/> Masters 45+ <input type="checkbox"/> Masters 35+ <input type="checkbox"/> Novice <input type="checkbox"/> Open	
	<input type="checkbox"/> One Division	Bikini	Trainers Pass <input type="checkbox"/> \$20
	Crossover _____ write in division		
	<i>Novice: Open only to those who have not placed 1st in any class besides Teen within any division in the same category (Ex. Figure) with any organization (with the exception of cases where first place was won in a class that only had one competitor in it). Eligibility is verified during polygraph testing.</i>		
	Amount to Enclose with Entry Form:		
	If entry received by or postmarked by Jan.10: Entry \$50, Jan.11. - Feb.10th: Entry \$60, Crossover Entry \$40 per additional class.	Payment by <i>(check one)</i> : <input type="checkbox"/> Check (Not accepted after Jan. 31, 2012) <input type="checkbox"/> Money Order	
	Entry Fee: \$ _____	Send To: Kevin Parrott C/O Xtreme Muscle Gym 1415 N. King Street Hampton, VA 23669	
	Crossover Fee(s): \$ _____	Total: \$ _____	
	Trainer Pass: \$ _____		

Please Note: The **Body Sculpting Open** is part of the **Hampton VA Sports Festival**, a three day Sports Extravaganza. Check it out on Facebook. There will be a separate entrance marked for athletes and those paying for a trainer pass who will not need a general admission ticket