



OCB "THE UPRISING"

March 24th, 2012 – West Chazy, NY

Coverage in Fitness & Physique Magazine

Location: Beekmantown High School, 37 Eagle Way, West Chazy, NY 12992

Show Times: Pre-judging: 12:00 PM, Finals: 5:00 PM

Divisions: Men's Bodybuilding: Novice, Masters Age 35+, Junior, Open – Women's Bodybuilding: Open. Figure: Novice, Open. Bikini: Open

Division Details: Novice: 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: Open only to those falling into the stipulated age range (ex. 40+ is age forty and over). Junior: Open to those who are age 22 and under. Open: Open to anyone regardless of age and level of experience.

Classes: Men's Novice two classes split evenly by weight. Men's Open four classes split evenly by weight. Figure Open two classes split evenly by height. All other divisions one class. Promoter reserves the right to add or drop classes based on number of entries received.

Awards: Top 5 in each class will receive an award.

Crossovers: A "crossover" is entering more than one division. For example, someone may enter the Novice division, if eligible, and also elect to crossover into the Open division and compete in it as well.

Check-In/Polygraph Testing: Optional early check-in Friday March 23rd, 2012 6-9pm at the host hotel. Check-in the day of show is 9-11am at the contest venue. Bring music to check-in. Polygraph tests done in conjunction with check-in.

Contestant Meeting: Saturday March 24th at 11:00am and 4:00pm at the contest venue.

Fees: Entry fee \$35, Crossover fee \$25 per additional class if entry received by March 3rd. After March 3rd Entry fee \$45, crossover fee \$35 per additional class. OCB Membership \$60 (if not already a current member). Polygraph Test \$40 payable to the examiner at the time of testing. Fees non-refundable.

Tickets: \$20.00 All-Day Pass (good for both pre-judging and finals). Tickets non-refundable.

Photography: Photo coverage will be available for purchase. Personal video cameras and still cameras will be permitted in the theatre.

Spray Tanning Service: (info coming soon...)

Drug Testing: Polygraph testing for all Bodybuilding & Figure competitors. \$40 payable in cash or money order to the polygraph examiner at the time of testing. Photo identification required. 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. Plus all competitors subject to additional forms of testing, if requested, at the discretion and expense of the promoter. Promoter will contact entrants 1-2 weeks before the show to schedule appointments for testing.

Backstage Policy: One assistant per competitor allowed, assistant MUST buy a trainers ticket (\$20), which is good for General Admission and back stage access.

Routines: Routine length 90 seconds for Bodybuilding. Props allowed. Figure competitors furnish their own music for stage walks at finals. Music for stage walks should be at least 90 seconds long. Music can be faded out as competitors exit the stage area if longer than actually needed. Props are not allowed for Figure stage walks. All Music is to be provided on CD only with only one track on it and with no profanity.

Host Hotel: Comfort Inn – 411 Route 3, Plattsburgh, NY 12901. **(518)562-2730**

Payment: Send Entry Form and Advance Ticket sale information and payments to: Ron Parmeter, 756 Rand Hill Rd, Morrisonville, NY 12962. Checks are only accepted through March 3rd. After March 3rd only money orders are accepted.

Contact: Ron Parmeter, (518) 593-0473 or Dave LaClair, (518) 569-8672 or e-mail ocbtheuprising@gmail.com

www.TheOCB.com

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ENTRY FORM

Name: _____ Email: _____
 Address: _____ Phone: _____
 City: _____ State: _____ Postal Code: _____
 Date of Birth: _____ Age: _____ Height: _____ Weight: _____
 Have you ever won first-place in any class, within any division, with any organization? ___No ___Yes (If yes, not eligible for Novice).

WAIVER/RELEASE

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 (check)

Men's Bodybuilding

- Novice
- Masters Age 35+
- Junior (Age 22 and Under)
- Open

Women's Bodybuilding

- Open

Figure

Bikini

- Novice Open
- Open

Amount to Enclose with Entry Form:

Entry fee \$35, Crossover fee \$25 per additional class if entry received by March 3rd. After March 3rd Entry fee \$45, crossover fee \$35 per additional class.

Entry Fee: \$ _____
Crossover Fee(s): \$ _____
Total: \$ _____

Payment by (check one):

- Check
(Not accepted after 3/3)
- Money Order

Send Entry & Payment to:

Ron Parmeter
756 Rand Hill Rd
Morrisonville, NY
12962