DIVISIONS

OPEN MEN’S BB
1st - 5th & Overall
- Bantamweight - Up to 143 1/4
- Lightweight - 143 1/2 - 154 1/2
- Middleweight - 154 1/4 - 176 1/4
- Light-heavy - 176 1/2 - 198
- Heavyweight - 198 1/2 - 225 1/4
- Super-heavy - 225 1/2 & Over

JUNIOR MEN’S BB
1st - 5th & Overall
- Lightweight - Up to 176 1/4
- Heavyweight - Over 176 1/4

TRUE NOVICE MEN’S BB
1st - 5th & Overall
- Light-heavy - Up to 176 1/4
- Heavyweight - Over 176 1/4

COLLEGIATE MEN’S BB
- One Class - 1st - 5th

TEENAGE MEN’S BB
- One Class - 1st - 5th

MASTERS MEN’S BB 35+
- One Class - 1st - 5th
- MASTERS MEN’S BB 40+
- One Class - 1st - 5th
- MASTERS MEN’S BB 50+
- One Class - 1st - 5th
- MASTERS MEN’S BB 60+
- One Class - 1st - 5th

OPEN WOMEN’S BB
- One Class - 1st - 5th

OPEN FIGURE
- One Class - 1st - 5th

OPEN BIKINI
- One Class - 1st - 5th

JUNIOR FIGURE
- One Class - 1st - 5th

TRUE NOVICE FIGURE
- One Class - 1st - 5th

TRUE NOVICE MENS PHYSIQUE
1st - 5th & Overall
- Class A - Up to 5’7
- Class B - Over 5’7 up to & including 5’9
- Class C - Over 5’9 up to & including 5’11
- Class E - Over 5’11 up to & including 5’7
- Class F - Over 5’7

TRUE NOVICE BIKINI
1st - 5th & Overall
- Class A - Over 5’4
- Class B - Over 5’4 - 5’6
- Class C - Over 5’6

COLLEGIATE BIKINI
- One Class - 1st - 5th

TEEN BIKINI
- One Class - 1st - 5th

JUNIOR BIKINI
- One Class - 1st - 5th

MASTERS BIKINI 35+
- One Class - 1st - 5th
- MASTERS BIKINI 40+
- One Class - 1st - 5th

MASTERS PHYSIQUE 35+
- One Class - 1st - 5th
- MASTERS PHYSIQUE 40+
- One Class - 1st - 5th
- MASTERS PHYSIQUE 50+
- One Class - 1st - 5th

OPEN MENS PHYSIQUE
1st - 5th & Overall
- Class A - Up to & including 5’7
- Class B - Over 5’7 up to & including 5’9
- Class C - Over 5’9 up to & including 5’11
- Class E - Over 5’11 up to & including 5’7
- Class F - Over 5’7

MASTERS PHYSIQUE 35+
- One Class - 1st - 5th
- MASTERS PHYSIQUE 40+
- One Class - 1st - 5th

MASTERS PHYSIQUE 50+
- One Class - 1st - 5th

OPEN WOMENS PHYSIQUE
1st - 5th & Overall
- Class A - Up to 5’2
- Class B - Over 5’2 up to & including 5’4

TEEN PHYSIQUE
- One Class - 1st - 5th

JUNIOR PHYSIQUE
- One Class - 1st - 5th

COLLEGIATE PHYSIQUE
- One Class - 1st - 5th

MASTERS PHYSIQUE 35+
- One Class - 1st - 5th
- MASTERS PHYSIQUE 40+
- One Class - 1st - 5th

MASTERS PHYSIQUE 50+
- One Class - 1st - 5th

OPEN BIKINI
- One Class - 1st - 5th

ENTRY FEES
- Post Marked on or before April 6, 2019 - $100
- Post Marked after April 6, 2019 - $120
- Crossovers - Add $100
Make money order (only form of prepayment) payable to:
V-Group, Inc.
1319 Military Cutoff Rd - Suite CC #227
Wilmington, NC 28405
Only money orders or cash taken day of show

TICKETS
- Prejudging: $25
- Finals: $45 Reserved seating | $35 General seating

NPC CARDS
- Must have 2019 NPC Card to compete
- NPC Cards available for purchase at weigh-ins or online at www.NPCNewsOnline.com for $125. Must show proof of purchase if purchased online
- NPC Cards may be purchased the day of the show by CASH or CHECK only

HOST HOTEL
Raleigh Marriott Center City
500 Fayetteville Street - Raleigh, NC 27601
800.228.9290
- For contest special rate mention “NPC State Championships” when making reservations. Make reservations by March 13th, 2019
- Book rooms online: www.NCNPC.com

CONTEST VENUE
Raleigh Convention Center - 500 Salisbury Street | Hall C

RULES
- All contestants must supply their own music
- Music required ONLY for Bodybuilding, Fitness, Women’s Physique & Classic Mens Physique
- Posing music must be on a CD & brought to check-ins on Friday night
- Posing music for finals must be no longer than 60 seconds
- Music must be at the beginning of the CD & contain no vulgarity
- Music is not used during prejudging
- Please email music files to kpthornhill@gmail.com complete with your name, contest name & divisions of competition
- Competition suits must be worn at weigh-ins
- No “T” back suits
- Bikini suits must be in good taste. Minimum 50% glute coverage
- Bikini competitors - it is recommended you bring 2 suits
- Approved & Official Classic Physique Shorts:
www.npc-wear.com/product_detail.cfm?id=344

ELIGIBILITY FOR NPC
- MUST BE A RESIDENT OF NORTH CAROLINA TO COMPETE
- Crossovers available to compete in all divisions & categories in which they qualify
- Open - Open to any NC NPC Athlete
- Junior - Open to any competitor who has not won his or her class in an Open division and who has not won the Overall in the Junior division
- Masters - Must be at least 35, 40, 45, 50 or 60 years of age or older as of April 13th, 2019 (Proof of Age Required)
- True Novice - For first time NPC competitors only
- Teen - Eligible from 16 years old until the day prior to 20th birthday. Must be at least 16 years old to compete (Proof of Age Required)
- Collegiate - Must show proof of college enrollment for the Spring 2018 semesters & be no older than 26 on April 13th, 2019

TANNING, MAKEUP & HAIR
- Elite Performance Tanning, Makeup & Hair
www.ElitePerformanceTanning.com

For More Info, Visit: www.NCNPC.com or Contact Mike Valentino
championsofpandg@gmail.com | (910) 790-9598 ext 106
In consideration of being allowed to participate in any way in the 2019 NPC North Carolina State Championships ("Event") promoted by Michael Valentino, Patrick Valentino, Lauren Valentino & V-Group, Inc. ("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. White 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 customary terms and conditions for participation and bring such to the attention of the Promoter immediately; and, I, for myself and on the 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 ("Releases"), 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 Host Hotel (Raleigh Marriott City Center) including and 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 may 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, 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, distributes, 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.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

SIGNATURE ___________________________ AGE_______ DATE________
PRINT NAME_____________________________

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 Releases, and, for myself, my child and our heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releases 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.

SIGNATURE ___________________________ AGE_______ DATE________
PRINT NAME_____________________________

PARTICIPANTS SIGNATURE ___________________________ AGE_______ DATE________
PRINT NAME_____________________________