



**OCB Cape Cod Natural Bodybuilding & Figure Championships  
October 9th, 2010 – Cape Cod, MA  
(ENTRY DEADLINE: 10/02/2010)**

**PLEASE REVIEW THE GENERAL GUIDELINES ON [WWW.THENATURALMUSCLENETWORK.COM](http://WWW.THENATURALMUSCLENETWORK.COM) FOR QUALIFICATIONS TO ENTER THIS SHOW**

- Location:** Cape Cod Community College 2240 Iyannough Rd W. Barnstable, MA 02668 (Tilden Arts Building)
- Show times:** Pre-judging: 10:30 am, Finals: 5 pm
- Divisions:** **Men's Bodybuilding:** Junior (20-23), Novice, Masters 50+, Masters 40+, Open.  
**Women's Bodybuilding:** Novice, 35+, Open.  
**Figure:** Novice, Open, 35+
- Classes:** All divisions split evenly by height or weight in the manner specified in the OCB Guidelines. *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.*
- 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. Deadline for crossover signup 9/25/2010. No crossovers will be allowed the day of the event. **No crossovers from figure to bodybuilding allowed or vice versa.**
- Check-in:** Thursday 10/7, Friday 10/8 at Cape Cod Nutrition Corner, 75 Iyannough Rd, Hyannis by appointment. **Saturday check-ins will only be allowed with approval of the promoters.**
- Contestant Meeting:** 10:00 am
- Fees:** Entry \$50 before **9/25/10**, \$75 after **9/25/10**. Walk-ins the day of the event are prohibited. Crossovers \$25 per additional class. **OCB Membership \$50 paid directly to OCB, Polygraph Testing \$40 payable directly to the examiner at the time of testing.**
- Awards:** Overall Champions: Men's and Women's bodybuilding and the figure overall, will be awarded a Pro-card as well as supplement prizes upon completion of urinalysis. Top five placements in each class will all be awarded Niels Andersen Sculptures. Best Poser will be awarded for both Men's and Women's Bodybuilding divisions.
- Tickets:** General Admission \$30 (Good for preliminaries and finals)
- Drug Testing:** Polygraph testing for all bodybuilding & figure competitors. **\$40 payable in cash or money order to the polygraph examiner day of the test.** Photo identification for all athletes will be checked prior to polygraph testing. **Results from recent polygraph exams performed for other contests will not be honored. Since this is a PRO qualifying event, all contestants must be tested specifically for this show.** Urine testing for bodybuilding and figure Open 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 check-ins will only be allowed with approval of the promoters**).

- Backstage policy:** 1 assistant per competitor allowed, assistant MUST buy regular ticket (No special trainer's pass needed)
- Routines/T-walks:** Routine length 60 secs. for bodybuilding. Music must be supplied backstage and be on CD-R only. Props allowed for bodybuilding only. **Figure competitors will use music supplied by the Promoters for stage walks and should review and follow guidelines on [www.thenaturalmusclenetwork](http://www.thenaturalmusclenetwork) for t-walks.**
- Spray Tanning:** Elite Bronzing will be available. Contact [www.elitebronzing.com](http://www.elitebronzing.com) for more info.
- Host Hotel:** **Radisson Inn Hyannis** 508-771-1700 [www.radisson.com/hyannisma](http://www.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.
- Directions:** Please use mapquest.com or yahoo.com maps for precise directions from your location
- 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. **Polygraph Fee and OCB Membership Fee MUST be paid separately.**
- Contact:** james@capecodnutrition.com, katie@capecodnutrition.com or call toll free 888-666-3058. Store fax: 508-775-5372

### Competitor Checklist:

- \_\_\_\_ **Show Entry Form** (Signed and completed)
- \_\_\_\_ **Show Entry Fee** (\$50 if postmarked by 9/25/2010, \$75 if after 9/25/2010, made payable by check, money order or credit card to Cape Cod Nutrition Corner – No entries will be accepted after 10/02/2010)
- \_\_\_\_ **Advanced Ticket Sales Order Form**
- \_\_\_\_ **OCB Membership** (\$75 paid directly to the OCB prior to the event, membership may not be available at the event. Please go to [www.thenaturalmusclenetwork.com](http://www.thenaturalmusclenetwork.com) to download membership form)

**Polygraph Fee and OCB Membership Fee MUST be paid separately and individually.**

**Mail entry form, show entry fee, and advance ticket purchase only to:**

Cape Cod Nutrition Corner  
75 Iyannough Road  
Hyannis, MA 02675

**Payment can be made by credit card over the phone by calling 1-888-666-3058 with forms faxed directly to 508-775-5372.**

***Keep this page for your reference.***

# OCB Cape Cod Natural Bodybuilding & Figure

## October 9, 2010 – W. Barnstable, MA

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 [www.theNaturalMuscleNetwork.com](http://www.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 (Check 2 Only)

#### Men's Bodybuilding

Novice  
 50+  
 40+  
 Junior  
 Open

#### Women's Figure

Novice  
 35+  
 Open

#### Women's Bodybuilding

Novice  
 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:

Entry \$50 before **9/25/10**. \$75 after **9/25/10**. **Walk-ins the day of the event are prohibited.** Crossovers \$25 per additional class.

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: \_\_\_\_\_

