



**NPC Arnold Amateur Men's Physique Championships**  
 Bob Lorimer 1215 Worthington Woods Blvd. 614.430.5962 ext.103  
 e-mail: bob@arnoldexpo.com website: arnoldamateur.com



**2012 ARNOLD AMATEUR MEN'S PHYSIQUE REGISTRATION**

NOTE: Please Print (no script) all information.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

(International Competitors must register on the IFBB web site)

Phone No. \_\_\_\_\_ E-mail Address \_\_\_\_\_

**Men's Physique Classes:**

SHORT: Up to 5 feet, 8 inches

TALL: Over 5 feet, 8 inches

**THERE ARE NO QUALIFICATIONS NECESSARY TO COMPETE IN MEN'S PHYSIQUE AT THE 2012 ARNOLD AMATEUR.**

District Chairman Name: \_\_\_\_\_

NPC Card No. \_\_\_\_\_

2012 cards can be purchased at the show

\$100.00 USD Entry Fee enclosed. Payments must be in US currency **received by January 31, 2012.**

Payment type:

**Cashiers Check**

**Money Order**

Make cashiers checks and money orders payable to **ARNOLD AMATEUR** and send to:

**METRO FITNESS**  
 attn Bob Lorimer  
 1215 Worthington Woods Blvd.  
 Worthington, OH 43085



NPC National Qualifier  
 Sanction 11167



In consideration of your acceptance of this entry and fee, I waive and release all rights and claims for damages against the National Physique Committee, IFBB, Metro Fitness of Columbus, the Fitness Factory, Michael J. Davies, and their associates, officials, agents, and employees, or assign by reason of injury or damages which may occur while traveling to or from or participating in this contest. I have read and understand all information on this page. I further agree to abide by the decisions of the National Physique Committee, IFBB, the respective judges, Metro Fitness of Columbus, and Michael J. Davies. I declare that all information contained herein is, the best of my knowledge, true, correct, and complete.

Signature: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Notice: No Refunds on Accepted Applications. There will only be refunds on Denied Applications.

## 2012 ARNOLD AMATEUR

### MEN'S PHYSIQUE RULES AND REGULATIONS (COURTESY OF THE NPC)

Beginning in 2011 a new division for men will be introduced – Men's Physique. The following are the guidelines/rules.

Judging Criteria:

- **Muscularity and Body Condition**

Judges will be looking for fit contestants who display proper shape and symmetry combined with muscularity and overall condition. This is not a bodybuilding contest so extreme muscularity should be marked down.

- **Stage Presence and Personality**

Contestants will be asked to walk in board shorts (shorts must be just above the knee in length and can be one inch below the belly button, no spandex and **no logos** are permitted on the board shorts however a manufacturer's logo such as Nike symbol or Billabongs are acceptable.) Competitors will enter the stage without a shirt and barefoot. No lewd acts allowed for example the moon pose. Judges are looking for the contestant with the best stage presence and poise who can successfully convey his personality to the audience.

### **COMPETITION JUDGING**

Presentation:

- Competitors will walk to the center of the stage alone and perform quarter (1/4) turns with **optional pose of hand on hip or hand in pocket**, face the judges as directed then proceed to the side of the stage.

Comparison Round –

- The competitors will be brought back out in a group and directed to do quarter turns
- Judges will have the opportunity to compare competitors against each other in quarter turns.

### **NO CROSSOVERS**

**The Arnold Amateur DOES NOT PERMIT MEN'S PHYSIQUE** competitors to crossover into Bodybuilding. All other competitions are permitted to have crossovers at the discretion of the promoter with district chairperson's approval.