



NGA MONSTER MASH® NATURAL

The only show of its kind!

Dave Finkelman Auditorium at Miami University of Middletown Ohio

I-75 to Exit 32 (Middletown), go west. Bear right onto Grand Ave. Turn right on N Breiel Blvd & travel approx. 1.5 miles to Miami University of Middletown on the left. The Dave Finkelman Auditorium is visible from the main parking lot. Free Parking!

Eligibility – This is a drug tested event open to all 7-year drug free NGA registered athletes.

ATHLETES MUST BE DRUG FREE FOR 7 YEARS. URINALYSIS AND/OR POLYGRAPH TESTING WILL BE PREFORMED

NGA Membership – Annual NGA paid membership is necessary to compete. If you are already a member of the NGA, bring your official NGA card or an official NGA receipt for proof of membership. **Pictures and photocopies not accepted.**

NGA memberships are available on the NGA website, <http://www.nationalgym.com>

Follow the link to NGA Athletes Membership > NGA Armature & Pro Membership > **01. NGA MEMBERSHIP - Amateur Athlete \$75**

Check-in – **MANDATORY FOR ALL COMPETITORS Saturday 10/28/18, 8AM–10AM on stage at venue.**

Suits/trunks be worn at check in for judge's inspection.

Bring posing routine music to check in – Men's Bodybuilding and Men's Classic Physique ONLY

NO ENTRIES ACCEPTED AFTER MANDATORY, IN-PERSON CHECK-IN ENDS AT 10AM.

Contest Day – **Saturday 10/27/18 MANDATORY COMPETITOR MEETINGS 11PM and 5PM** prior to prejudging and finals in the main auditorium

All competitors MUST be present ON TIME. **PREJUDGING starts at 12PM. FINALS start at 6PM.**

Pure Novice Class – These classes are for 1st time NGA competitors only. *NOTE – Competitors that have competed before in the NGA but in a different division are eligible for the Pure Novice class (e.g. former Women's Bikini competitor now competing in Women's Figure)*

Crossovers – Crossovers accepted for an additional fee *PER CROSSOVER*. **All competitors** may crossover between Pure Novice, Junior, Masters, and Open classes within a division depending on eligibility. **Men** – Division crossovers permitted from Physique, Classic Physique, and Bodybuilding.

Women – No division crossovers permitted (must pick Bikini OR Figure).

Entry Fees – Base entry for first class including drug testing fee: \$85 Crossover fee: \$30 for each additional class

Late fee of \$30 for entries post marked after 10/21/2018 or received at check-in.

Entries are accepted up to & including Saturday at athlete check-in.

NO ENTRIES ACCEPTED AFTER MANDATORY, IN-PERSON CHECK-IN ENDS.

Tickets – Tickets available in advance starting Sunday, September 16. Clearly identify how many and which type when ordering.

Morning Prejudging \$15 – Open seating

Evening Finals \$25 – Assigned Seating

VIP Prejudging and Finals Combined \$45 – Assigned seating for both Prejudging and Finals. Best seats in the house!

Get your tickets early. All seats are assigned on a 1st come, 1st served basis. They have sold out in the past

Presale tickets will be held at the ticket box office of the venue and may be claimed by presenting photo id or receipt.

Payments – **Advanced entry & tickets can be paid by check, money order or PayPal.** Visit <http://www.CinciNatty.com>

Advanced ticket payments by check and money order accepted until 10/21. Online payments accepted until 10/25.

Day of show tickets are CASH ONLY.

Attire – All suits must conform to the rules and guidelines of the NGA and must be **WORN FOR INSPECTION AT CHECK-IN**. No thongs, logos etc. Athletes must be tastefully covered (**MINIMUM 50% COVERAGE** on breasts, & glutes) and present themselves in a tasteful manor. No breast or glute shakes, air kisses etc. No "stripper" type suits. If your suit accentuates your groin area or does not cover 50% of glutes, it is not acceptable.

**** If your suit does not properly cover, you will not be permitted on stage! Bring a backup if you are not sure.****

Costumes & Props – Costumes and props are permitted and encouraged at the **EVENING FINALS ONLY**. Costumes and props must be safe and not prevent the judge's view of the competitor's physique. Costumes & props are optional and will not affect judging.

Tanning Products – For all tanning inquires, including scheduling, please contact the official tan supplier (The Sassy Co. - 586-481-5994 or contact@suitsbysassy.com). **No Tanning Products permitted in the building. NO EXCEPTIONS!** All tanning products must be applied before the competition or at the competition by the official spray tan supplier. Official tan supplier will be backstage for the entire show.

****No "instant wipe on/off" products permitted. Failure to comply will result in immediate disqualification.****

Presentation – Prejudging: No individual posing routines to music, only mandatory poses and presentations.

Finals: Men's Bodybuilding and Men's Classic Physique- 90 second maximum, posing routine to music provided by the competitor.

Music – Finals music for Men's Bodybuilding and Men's Classic Physique individual routines **ONLY**. Maximum 90 seconds.

Must be provided in the form of CD with **ONLY 1 track. NO PROFANITY!** Profanity will result in immediate disqualification.

Use CDA formatting when creating your CD. **DO NOT USE MP3** formatting when creating your CD. They will not play at the theatre!

Awards – Presented to the top 5 in each class. Awards will consist of custom trophies.

Pro Qualifier - **ONLY** the OPEN and MASTERS overall winners are eligible to receive their NGA pro cards. (There must be a minimum of 5 competitors in the division to be a pro qualifier).

Scores – Scores will be available on the <http://www.CinciNatty.com> website after the show.

Feedback – All judges are extremely experienced and most are, or were high level athletes, typically from several different cities/states. They will be glad to give one on one feedback **after** the competition at the judges' panel.

Photos – Professional photographers will be on site offering on stage and backdrop photos for sale. Details provided at the show.

****Absolutely no videos or photos may be made available for sale without expressed written consent prior to the show from CinciNatty Productions.****

Don't forget!!! MANDATORY COMPETITOR CHECK-IN is Saturday, October 27, onstage at the venue!!!

Official 2018 NGA Monster Mash® Natural Entry Form

(No Refunds)

Please Print Clearly

(No Refunds)

Payments to: Jared Weitzel

Send to: 7369 Appleridge Ct, Cincinnati, Ohio 45247

Name _____ Age on day of the competition _____

Address _____ City _____

State _____ Zip _____ Phone (____) _____ - _____ Email _____ @ _____

Est. Body Wt. _____ Height _____ Team Name _____

CROSSOVERS

ALL COMPETITORS – Class crossovers WITHIN A DIVISION ARE PERMITTED.
You may crossover from Pure Novice, Junior, Masters, and Open classes.

MEN – Division crossovers are also permitted. **WOMEN** – Division crossovers are NOT permitted.

For crossovers please mark all classes on one entry form and add additional fee of \$30 for each crossover to the Base entry fee of \$85 for the first class.

Late Fee of \$30 for entries after 10/21

Example: Base Entry: Open (\$85) + Pure Novice (\$30) + Masters (add \$30) = \$145

PURE NOVICE ELIGIBILITY

1st time NGA competitors only. Competitors that have competed before in the NGA but in a different division are eligible for the Pure Novice class

Example: If you are a 1st time Figure competitor and have competed in Bikini you ARE eligible for Pure Novice

<p style="text-align: center;"><u>Men's Bodybuilding Division</u></p> <p><input type="checkbox"/> Pure Novice Bodybuilding</p> <p><input type="checkbox"/> Junior Bodybuilding (23 & Under)</p> <p><input type="checkbox"/> Masters Bodybuilding (40 & Over)</p> <p><input type="checkbox"/> Masters Bodybuilding (50 & Over)</p> <p><input type="checkbox"/> Open Class – Up to 4 Classes</p> <p>Light Weight – Up to & inc. 156¼ lbs.</p> <p>Middle Weight – Over 156 ¼ up to & inc. 172¼ lbs.</p> <p>Light Heavy Weight – Over 172¼ up to & inc. 189¼ lbs.</p> <p>Heavy Weight – Over 189¼ lbs.</p>	<p style="text-align: center;"><u>Men's Classic Physique Division</u></p> <p><input type="checkbox"/> Pure Novice Physique</p> <p><input type="checkbox"/> Masters Physique (40 & Over)</p> <p><input type="checkbox"/> Open Class – Up to 3 Classes</p> <p>Up to & inc. 156¼ lbs.</p> <p>Over 156 ¼ up to & inc. 172¼ lbs.</p> <p>Over 172 ¼ lbs.</p> <p style="text-align: center;"><u>Men's Physique Division</u></p> <p><input type="checkbox"/> Pure Novice Physique</p> <p><input type="checkbox"/> Masters Physique (40 & Over)</p> <p><input type="checkbox"/> Open Class – Up to 3 Classes</p> <p>Up to & inc. 156¼ lbs.</p> <p>Over 156 ¼ up to & inc. 172¼ lbs.</p> <p>Over 172 ¼ lbs.</p>	<p style="text-align: center;"><u>Women's Figure Division</u></p> <p><input type="checkbox"/> Pure Novice Figure</p> <p><input type="checkbox"/> Masters Figure (35 & Over)</p> <p><input type="checkbox"/> Masters Figure (40 & Over)</p> <p><input type="checkbox"/> Open Class – Up to 4 Classes</p> <p>Up to & inc. 5'4"</p> <p>Over 5'4" up to & inc. 5'6"</p> <p>Over 5'6" up to & inc. 5'8"</p> <p>Over 5'8"</p> <p style="text-align: center;"><u>Women's Bikini Division</u></p> <p><input type="checkbox"/> Pure Novice Bikini</p> <p><input type="checkbox"/> Junior Bikini (23 & Under)</p> <p><input type="checkbox"/> Masters Bikini (35 & Over)</p> <p><input type="checkbox"/> Open Class – Up to 4 Classes</p> <p>Up to & inc. 5'4"</p> <p>Over 5'4" up to & inc. 5'6"</p> <p>Over 5'6" up to & inc. 5'8"</p> <p>Over 5'8"</p>
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* Proof of age is required for all Masters and Juniors classes

**Classes may be adjusted at Promoters discretion

Read Entirely Before Signing Entry: In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, waive all rights and claims for damages I may have against the National Gym Association, Cincinnati Productions their agents, Miami Univ. of Middletown OH, their representatives and assigns, for any and all injuries incurred by me, in connection with these events and traveling to and from the events. I hereby give my consent, knowing full well, without compensation for myself, for all video / audio rights, for the filming / taping of my performance in the aforementioned event(s). I realize that I will not hold the aforementioned persons / institution(s) responsible for any theft or damage incurred before, during, or traveling to and from the event(s). I understand that there will be no refund on entries for any reason. I understand the preceding material and agree to all terms.

IMPORTANT *I understand that this is a **DRUG TESTED EVENT** and by entering this event and signing this entry I am willing to submit to any and all test(s) requested by the NGA and or promoter and understand all test results are final and may be available to the public. Failed test(s) will be subject to disqualification, as well as failure to submit sample(s) for testing when requested. I understand that athletes who fail drug test(s) agree to return any and all awards within 72 hours of notification at their own expense. I am responsible for any and all damage caused by me at venue or guest hotel.

Signature X _____ Date _____

Guardian (if under 18) X _____ Date _____

BY SIGNING ABOVE I AM STATING THAT I AM A DRUG FREE ATHLETE AND AGREE TO ALL RULES AND CONDITIONS PRINTED AND STATED BY THE NGA AND PROMOTER. I UNDERSTAND THAT IF I AM DISQUALIFIED IT WILL BE POSTED ON THE SCORE SHEETS AND WEB SITE(S) AVAILABLE TO THE PUBLIC.

Competitor Intro Sheet

Please **PRINT** legibly!

Competitor #: _____

First & Last Name: _____

Phonetic Name: _____

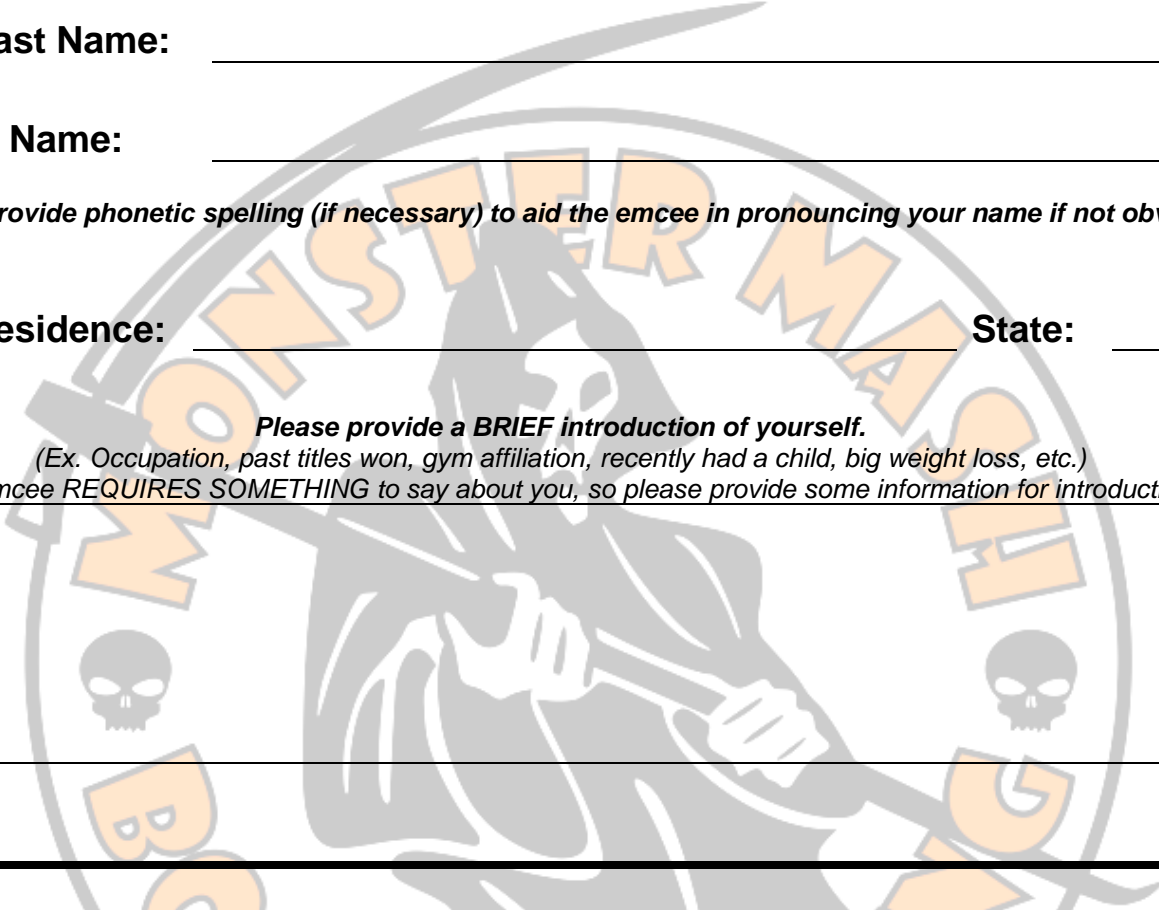
Please provide phonetic spelling (if necessary) to aid the emcee in pronouncing your name if not obvious.

City of Residence: _____ State: _____

Please provide a BRIEF introduction of yourself.

(Ex. Occupation, past titles won, gym affiliation, recently had a child, big weight loss, etc.)

*The emcee **REQUIRES SOMETHING** to say about you, so please provide some information for introduction.*



Men's Bodybuilding Division

- ___ Pure Novice Bodybuilding
- ___ Junior Bodybuilding (23 & Under)
- ___ Masters Bodybuilding (40 & Over)
- ___ Masters Bodybuilding (50 & Over)
- ___ **Open Class – Up to 4 Classes**
- ___ Light Weight – Up to & inc. 156¼ lbs.
- ___ Middle Weight – Over 156 ¼ up to & inc. 172¼ lbs.
- ___ Light Heavy Weight – Over 172¼ up to & inc. 189¼ lbs.
- ___ Heavy Weight – Over 189¼ lbs.

Men's Classic Physique Division

- ___ Pure Novice Physique
- ___ Masters Physique (40 & Over)
- ___ **Open Class – Up to 3 Classes**
- ___ Up to & inc. 156¼ lbs.
- ___ Over 156 ¼ up to & inc. 172¼ lbs.
- ___ Over 172 ¼ lbs.

Men's Physique Division

- ___ Pure Novice Physique
- ___ Masters Physique (40 & Over)
- ___ **Open Class – Up to 3 Classes**
- ___ Up to & inc. 156¼ lbs.
- ___ Over 156 ¼ up to & inc. 172¼ lbs.
- ___ Over 172 ¼ lbs.

Women's Figure Division

- ___ Pure Novice Figure
- ___ Masters Figure (35 & Over)
- ___ Masters Figure (40 & Over)
- ___ **Open Class – Up to 4 Classes**
- ___ Up to & inc. 5'4"
- ___ Over 5'4" up to & inc. 5'6"
- ___ Over 5'6" up to & inc. 5'8"
- ___ Over 5'8"

Women's Bikini Division

- ___ Pure Novice Bikini
- ___ Junior Bikini (23 & Under)
- ___ Masters Bikini (35 & Over)
- ___ **Open Class – Up to 4 Classes**
- ___ Up to & inc. 5'4"
- ___ Over 5'4" up to & inc. 5'6"
- ___ Over 5'6" up to & inc. 5'8"
- ___ Over 5'8"