

PGH Natural Championships 2015

Competitor Registration Form – Bio – Waivers

2015 REGISTRATION FORM Division(s)

Check-in and registration time is between 10 a.m. – 10:45 a.m. Saturday, May 23rd NO EXCEPTIONS. Please report to the Main Stage and head to the upstairs “Green Room.”

Do NOT be late out of respect to the judges, competitors and spectators! We will have a meeting at 11 a.m. to review the show agenda.

Show starts promptly at NOON – even if you are not there.

[Circle all that apply]:

- Natural Bodybuilding Junior Males (13 – 17 years)
- Natural Bodybuilding Men Open (18 and over)
- Natural Bodybuilding Men Masters (40 years+)
- Natural Bodybuilding Women (18 and over)
- Natural Bodybuilding Women Masters (40 years+)
- Natural Men's Physique (18 and over)
- Natural Figure Women Open (18 and over)
- Natural Figure Women Classic (35 and over)
- Natural Fitness Women (18 and over)
- Natural Fitness Men (18 and over)
- Natural Bikini Open (18 and over)
- Natural Bikini Classic (35 +)
- Natural Model Men (18 and over)
- Natural Model Women (18 and over)

PERSONAL INFORMATION

Full Legal Name:

Address:

City/Area: State or Country:

Postal Code:

Telephone:

Email:

Facebook:

Age:

Date of Birth: / /

Height: ' " Weight:

ABOUT YOURSELF – Keep it short and sweet! Use bullet points:

Education Background(s):

Occupation(s):

Noteworthy Athletic and/or Competition Experience:

Other Interesting Information About Yourself:

Lifetime Ambitions:

Sponsors:

Entry Fees CHECKLIST:

- ✓ One Division = \$60 post marked on or before May 1st
 - \$75 after May 1st
 - \$100 the day of the show, May 23rd
- ✓ Each additional Division adds on an additional \$30.
- ✓ MONEY ORDER, registration and waivers must be mailed and made payable to:

Kumite Classic

1810 Pennsylvania Avenue

Irwin, PA 15642

Liability Waiver

By signing below, I acknowledge that I am voluntarily participating in the *PGH Natural Championships* presented by the Kumite Classic at the Pittsburgh Fitness Expo at the Monroeville Convention Center.

By signing below, I hereby waive, release and agree not to sue, on behalf of myself and my heirs, executors, and administrators and assigns, the Kumite Classic and all its affiliates participating or involved in providing or promoting the *PGH Natural Championships* at the Pittsburgh Fitness Expo or any component thereof, including without limitation, the owners, directors, officers, employees and representatives thereof, with respect to any and all claims, suits, losses, damages, liabilities, judgments, amounts paid in settlement, costs of expenses (including without limitation, attorneys' fees and disbursements), and any amounts paid in connection therewith, arising in any manner from participation in the Program, or any resulting illness, injury or condition; and I agree to indemnify, defend and hold harmless any of the foregoing from and against any and all such claims. I also assume full responsibility to notify my personal healthcare provider of my participation in the on-site exercise program and of notifying him/her of any clinical conditions that are identified or develop during the program's duration. This waiver shall survive forever.

BY SIGNING BELOW, I HEREBY AFFIRM THAT I WISH TO PARTICIPATE IN THE *PGH Natural Championships* PRESENTED BY THE KUMITE CLASSIC AT THE PITTSBURGH FITNESS EXPO AT MONROEVILLE CONVENTION CENTER:

DATE:_____

Permission to use images taken by approved, Pittsburgh Fitness Expo/Kumite Classic/PGH Natural photographer

I hereby give the afore mentioned, as well as its subsidiaries, assignees, licensees, and legal representatives the irrevocable right to use my image in whole or in part, in all forms of media and in all manners, including advertising, trade, or any other lawful purposes, and I waive any right to inspect or approve the finished product that may be created in connection therewith. I have read this release and am fully familiar with its contents.

DATE:_____

Onsite Services Must Be Booked in Advance:

- Spray tan – Sarah Rubino, owner of Bronze Beauty Spray Tanning 412-301-5455
- Hair – Amy Gurke, co-owner of Vanity Salon; 724-864-1201
- Make-up Artist - Jessica Gencarelli; 724.312.2719
- Natural Muscle Magazine Photographer – John “Coach A” Atherton; ateamx@patriot.net

PGH Natural Championships 2015

Bodybuilding, Men's Physique, Figure, Fitness, Bikini & Model Competition

The *PGH Natural Championships'* mission is to provide a positive platform for natural athletes to compete fairly against other natural athletes.

A natural athlete is a person training for a fitness-type event/competition that has never used or abused any illegal substance or steroid in order to provide him/her a heightened physical advantage. Our goal is to help support and commend athletes of all ages who choose to train and compete without sports enhancement drugs.

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Natural Bodybuilding Category

DIVISIONS

Open Junior Male (13-17 years of age)

Open Men (ages 18 and over)

- Lightweight Class (154 lbs and under)
- Middleweight Class (155 lbs – 176 lbs)
- Light heavyweight Class (177 lbs – 198 lbs)
- Heavyweight Class (199 lbs and over)

Open Women (ages 18 and over)

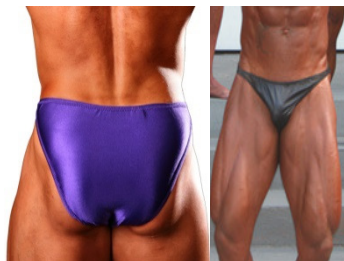
- One Division

Masters

- 40 years of age and over

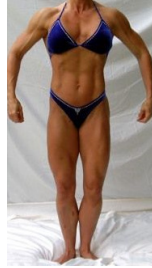
QUALIFICATIONS

Any natural bodybuilder is welcome to compete at the *PGH Natural Championship* regardless of competitive experience including beginners, novices and veterans. All competitors may compete regardless of past or current bodybuilding federation affiliations as long as they are a natural athlete. Male Natural Bodybuilders are required to wear posing briefs. See example:



Female Natural Bodybuilders are to wear a suit similar to a Figure competitor which crisscrosses at the low back; however stoning embellishments are not necessary and the female bodybuilder will be in her bare feet. See example:

JUDGING AND NATURAL



PERFORMANCES FOR BODYBUILDERS:

Round 1:

Group Comparisons

- Head judge will call out all 8 mandatory poses for every competitor in the line up to perform next to each other
 - Follow the link for examples of all mandatory poses:
 - <http://bodybuilding.about.com/od/bodybuildingcompetition/ss/The-Eight-Mandatory-Poses-In-Bodybuilding.htm#step-heading>
- Once completed, all competitors will exit stage while judges tabulate scores and MC begins to introduce Round 2.

Round 2:

- Individual, 60 second posing “routine” set to music of choice and can be a combination of the 8 Mandatory poses as well as any additional flexed poses or even dance-like movement. All music MUST be clean and profanity-free; otherwise you will be disqualified from the competition. Please provide your music on a CD-R disk ONLY (no iPods, cell phones, USBs can be used). Bring your music the day of your event. This round is a perfect time for friends and family to take video or pictures. Make your routine entertaining.

Round 3:

- All Natural Bodybuilders will be brought back on the stage to announce the top finalists. This is done per Division. First place will be awarded and photographed.
- Division winners will be instructed to perform the 8 Mandatory Poses followed by a “pose down.”
- An OVERALL winner will be announced as well (this is the highest scoring competitor in all Divisions).
- Recognition of the, “Best Poser” will be announced.

Natural Bodybuilding judging criteria is based upon the following categories:

- Overall Body Symmetry – 30%
- Muscularity – 30%
- Definition – 30%
- Posing & Presentation – 10%

DRUG TESTING CRITERIA

The winner of each division may be subject to a urinalysis test. If a competitor tests positive for any listed banned substances, he/she will be disqualified from the competition, forfeit any prizes and/or rewards and be unable to compete in any *PGH Natural Championship* moving forward.

Men's Natural Physique Category

The PGH Natural Championship is looking for men who want to compete with other natural athletes and are interested in showcasing their muscularity along with more stage presence than in the Bodybuilding Category. 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 or sexually suggestive acts are permitted. Judges are looking for the contestant with the best stage presence and poise who can successfully convey his personality to the audience.

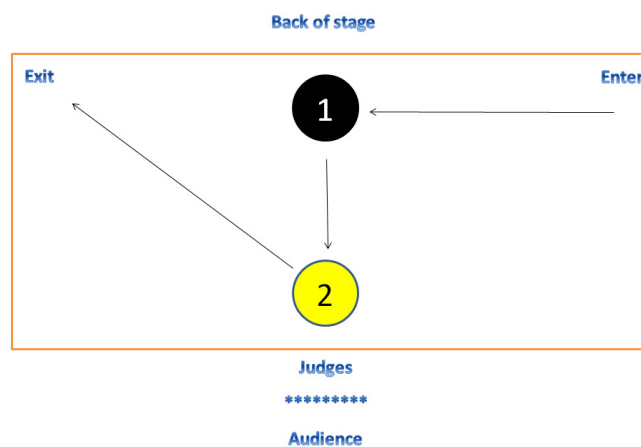


There are two rounds:

- **Round 1 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, finish facing the judges as directed then proceed to the side of the stage.

Balance Beam + Spotlight Walk Diagram



- **Round 2 Comparison:**

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.

- **Round 3:**

- All Natural Physique competitors will be brought back on the stage to announce the top finalists. First place will be awarded and photographed.

Natural FIGURE Category

The *PGH Natural Championship* is looking for women who have worked hard on building a muscular and feminine physique. A Natural Figure competitor should carry a greater amount of lean muscle mass than a natural Bikini competitor, with slightly lower appearance of body fat.

There are two divisions based upon age. However, mature competitors may compete in any age division.

- Open Division (18 and over)
 - Short Class
 - Tall Class
- Classic Division (35+ Years of Age)

Natural Figure judging criteria is based upon the following categories:

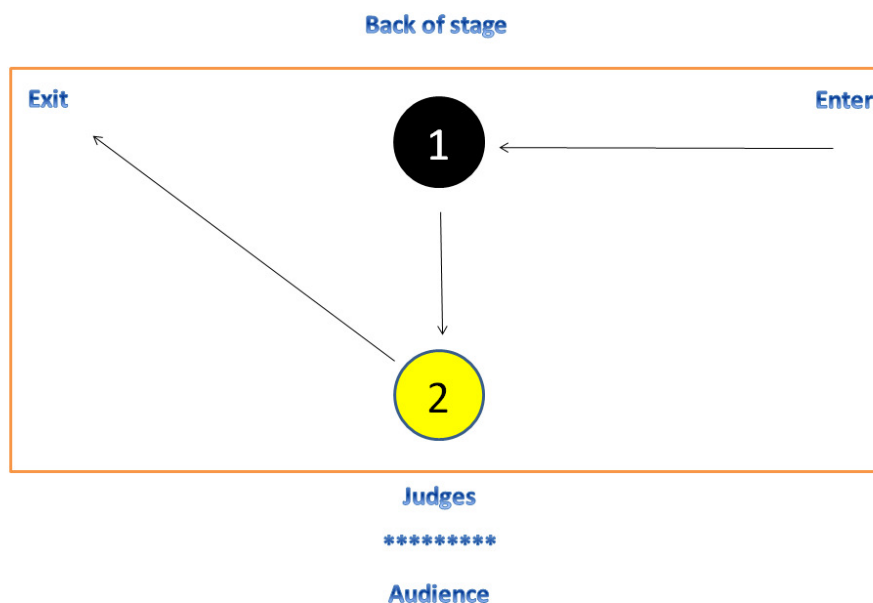
- Overall Body Symmetry – 30%
- Muscularity – 30%
- Definition – 30%
- Posing & Presentation – 10%

Height classes will be set following competitor registration to provide balanced distribution, but is dependent upon the number of contestants registered.

Round 1:

- Individual Presentations – this consists of the Natural Figure competitor

Balance Beam + Spotlight Walk Diagram



performing a *Balance Beam + Spotlight Walk* as demonstrated here:

-
- Each individual Figure competitor will walk to the center of the stage furthest from the audience and perform one front pose with legs closed of her choice prior to walking in a straight line (like on a balance beam) to the center of the stage closest to the audience and judges. The stage will be clearly marked with numbers in order to avoid confusion. Once at the center of the stage closest to the judges, the Figure competitor will perform her series of flexed poses and quarter turns that she has practiced turning clockwise. Front, side, back, side, front and finish with a pose of her choice before exiting the stage. See demo here:



Round 2:

- Group Comparisons - all Natural Figure competitors will be lined-up on the stage and instructed to perform her series of poses again with the group. The Head Judge may request certain competitors to move within the line-up once the quarter turns are completed.
- Once completed, all competitors will exit stage while judges tabulate scores

Round 3:

- All Figure competitors will be brought back out onto the stage per Division one final time to announce the finalists and 1st place winner.
- Winners of each Division will be brought back out on stage and be instructed to perform her mandatory poses
- The Overall 1st place winner will be announced, awarded and photographed.

DRUG TESTING CRITERIA

The winner of each division may be subject to a urinalysis test. If a competitor tests positive for any listed banned substances, he/she will be disqualified from

the competition, forfeit any prizes and/or rewards and be unable to compete in any *PGH Natural Championship* moving forward.

This is an all-age, family show. Posing in an overly provocative or suggestive will result in being disqualified from the competition. NO open-legged posing.

SHOES: Proper shoes are 4" – 5", clear heels. Simple rhinestone embellishments are permitted, but nothing that lights-up or has distracting colors. See example here:



FIGURE SWIMSUIT DESIGN

The suit should fit the competitor well. Any wardrobe malfunctions will result in points deducted. The suits should crisscross at the low back and connect to the bottom of the suit. NO THONGS permitted! Embellishments are not mandatory but recommended. See specific examples here:



MULTIPLE EVENTS

Competitors are permitted to “crossover” in other events, but will be judged separately based on the division description. A \$30 add-on fee is required.

Natural FITNESS Category

The *PGH Natural Championship* is determined to resurrect the Fitness Division in Pittsburgh and is focused on bringing greater awareness to Western Pennsylvania by defining what it takes to compete in this category successfully. Fitness competitors are required to execute a 90 second – 2 minute performance that showcases his/her strong suits and talent. Elements may range from:

- Flexibility
- Dance
- Cheer
- Strength, fitness and power moves
- Acrobatics and gymnastics, etc.

There are no compulsory moves, however the routine should have an identifiable theme, be entertaining and all-age appropriate, including the music. We highly recommend showcasing, leaps, jumps, push-up variations, high kicks, splits, and strength moves.

The Fitness Routine costume should complement the routine theme. Any wardrobe malfunctions will result in points deducted. Shoes are to the choice of the competitor. Bare feet are permitted. Props are permitted but not mandatory. Any props used should take less than 60 seconds to set-up. Assistance on prop set-up is permitted if necessary, but you must provide your own assistant. Music must be professionally recorded and have good sound quality. Only CD-R recordings will be accepted – NO mini CD's, CD-RW, DVD, MP4 or USB recordings will be accepted.

The *PGH Natural Championship Fitness Category* has two Divisions:

Open Women Division (Ages 18+)

Open Men Division (Ages 18+)

Competition rules and format are identical for all Divisions. There are four rounds to the Natural Fitness Competition.

Round 1:

- Fitness Performance Round – 50% of Score

Execution – 25%
Difficulty – 25%
Creativity – 25%
Entertainment Value – 25%

Round 2:

- Swimsuit Round – 50% of Score

Poise and Presence – 25%
Body Condition – 25%
Femininity – 25% (Women)
Masculinity – 25% (Men)
Appearance – 25%

- Individual Presentations – this consists of the Natural Fitness competitor performing a *Balance Beam + Spotlight Walk* as demonstrated above under the Natural Figure Category. The Fitness competitor will walk to the center of the stage furthest from the audience and perform one pose of her choice prior to walking in a straight line (like on a balance beam) to the center of the stage closest to the audience and judges. The stage will be clearly marked with numbers in order to avoid confusion. Once at the center of the stage closest to the judges, the Fitness competitor will perform her series of poses and half turns that she has practiced turning clockwise. Front, back, front and finish with a pose of her choice before exiting the stage. See example:



Round 3:

- Group comparisons – all Fitness competitors will be brought back on stage in their swimsuit for comparisons

Round 4:

- All Fitness competitors will be brought back out onto the stage one final time to announce the Top 5 Finalists and 1st place winner.
- The 1st place winner will be awarded and photographed.

Judges will analyze body shape, tone, symmetry, complexion, poise, presentation and overall condition. Also, they will be looking for fit, toned bodies that display proper conditioning. Ladies must have an attractive feminine appearance and men a muscular and athletic look. Natural Fitness competitors should be more muscular and defined than Natural Bikini competitors. Fitness competitors will be judged individually only. There are no group comparisons.

STAGE ETIQUETTE

This is an all-age, family show. Posing in an overly provocative or suggestive will result in being disqualified from the competition. NO open-legged posing of any kind is permitted.

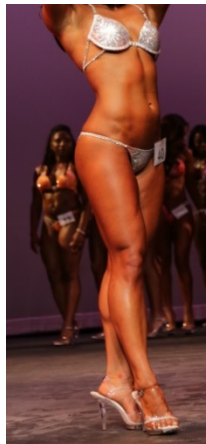
MULTIPLE EVENTS

Competitors are permitted to “crossover” in other events, but will be judged separately based on the division description.

Natural BIKINI Category

Natural Bikini

The *PGH Natural Championship* is looking for women who have a healthy, toned, and feminine physique. A Natural Bikini competitor should carry a healthy amount of body fat (slightly more than a Natural Figure or Fitness competitor). See example



The Open Division and Classic Division will be judged separately.

- Open Division (18 years of age or over)
 - Short*
 - Tall*
- Classic Division (35+ Years of Age)

* Height classes will be determined at show after check-in only if there are more than 10 competitors.

JUDGING CRITERIA

Judges will analyze body shape, tone, symmetry, complexion, poise presentation and overall condition. Also, they will be looking for fit, toned feminine body that display proper conditioning. Contestants will be judged individually and in group comparisons. Natural Bikini competitors must wear a two-piece, professional bikini swimsuit and clear, 4" or 5" high heel shoes.

Absolutely NO G-String or thong type swimsuits are permitted. The below photo is acceptable for Natural Bikini, Fitness and Model.

This is an all-age, family show. Posing in an overly provocative or suggestive manner including bending over in a reverse position with legs open wide, moves indicative of an exotic dancer or other sexually suggestive poses and/or movements will result in a deduction of points at the discretion of the head judge. The competitor may be immediately disqualified from the competition if such acts are performed.



- Body Composition (healthy amount of body fat)– 25%
- Overall Appearance (i.e. fit of suit, hair, make-up, tan, etc.) – 25%

- Overall Symmetry (proportion) – 25%
- Stage Presentation – 25%

Round 1:

- Individual Presentations – this consists of the Natural Bikini competitor performing a *Balance Beam + Spotlight Walk* as demonstrated in the Natural Figure Diagram above. The Bikini competitor will walk to the center of the stage furthest from the audience and perform one pose of her choice prior to walking in a straight line (like on a balance beam) to the center of the stage closest to the audience and judges. The stage will be clearly marked with numbers in order to avoid confusion. Once at the center of the stage closest to the judges, the Bikini competitor will perform her series of poses and half turns that she has practiced turning clockwise. Front, back, front and finish with a pose of her choice before exiting the stage. This style of posing is identical to the Natural Fitness Swimsuit Round.

Round 2:

- Group Comparisons - all Natural Bikini competitors will be lined-up on the stage and instructed to perform her series of poses again with the group. The Head Judge may request certain competitors to move within the line-up once the half turns are completed.
- Once completed, all competitors will exit stage while judges tabulate scores

Round 3:

- All Bikini competitors will be brought back out onto the stage one final time to announce the Top 5 Finalists and 1st place winner.
- The 1st place winner will be awarded and photographed.

Natural MODEL Category

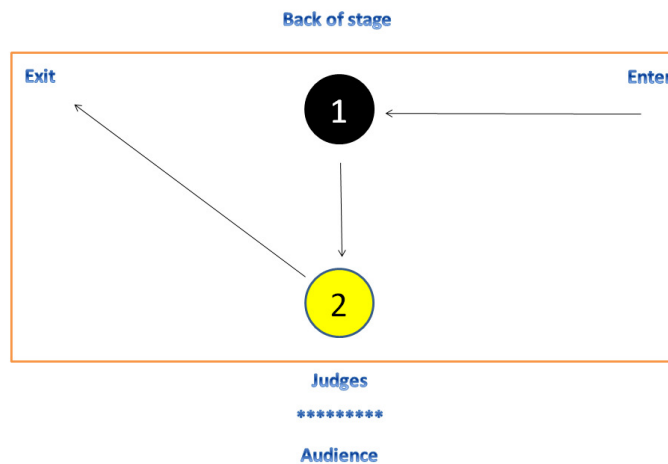
The *PGH Natural Championship* is looking for both men and women who have a healthy, attainable physique and are facially appealing and photogenic. There are no height or weight requirements. The Natural Female Model is typically less muscular than the Natural Bikini competitor and for men, less muscular than the Natural male Bodybuilder.

There are two Categories:

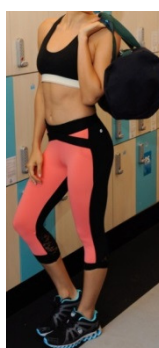
- Natural Model Women (18 and older)
- Natural Model Men (18 and older)

All contestants will be required to perform their presentation using the “Balance Beam + Spotlight Walk” format in 2 of the following Competition Rounds.

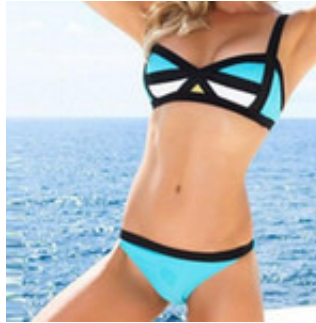
Balance Beam + Spotlight Walk Diagram



- Sportswear Round – workout attire that flatters the physique and clean sneakers (no bare feet, no heels in this round). This is NOT a theme-round. Attire would be appropriate for a fitness photo shoot or something you would see on the cover of a reputable fitness magazine; see examples:



- Swimsuit Round– Women in two piece style (simple, off-the-rack suits) and clear, 4"-5" heels; Men in one color suit, i.e. board shorts, and bare feet; see examples:



The judging criteria will be scored upon the following considerations:

- Physical Appearance – 25%
- Marketability – 25%
- Stage Presentation – 25%
- Apparel Quality and Fit (i.e. does the outfit flatter you) – 25%

***NOTE: Natural Model is the ONLY category that open-legged posing IS permitted. HOWEVER it must be done in a NON-SEXUAL manner and treated with class and respect to the audience.