



**2019 NPC KENTUCKYMUSCLE
BODYBUILDING, FIGURE, BIKINI, PHYSIQUE, & FITNESS
CHAMPIONSHIPS**

(National Qualifying Event - NPC Sanction)

This event is open to everyone regardless of residence

Keep this for contest information

OCTOBER 19, 2019

Contest Information

SCHEDULE:

Friday, October 18, 2019 at the Galt House, 140 N Fourth St, Louisville, KY 40202.

CHECK IN / WEIGH IN / HEIGHT CHECK SCHEDULE: (Bodybuilding competitors must wear competition posing suits at weigh-in.)

6:00 pm to 9:00pm Contestant Check-in (The Galt House)

(2019 NPC Cards available for purchase \$125 cash, check, or money order only)

Official numbers will be assigned to all Athletes. Collection of cd's for evening posing (Bodybuilders, Women's Physique, and Classic Physique only).

No profanity on cd permitted or athlete will be disqualified!

All competitors must check-in on Friday evening, October 19, 2019. There will be no late check-in on Saturday morning.

Friday, October 18, 2019 at The Galt House Hotel

6:00 pm to 9:00pm Contestant Check-in

Saturday, October 19, 2019 at Kentucky International Convention Center

8:00 am NPC Athlete Briefing

9:00 am IFBB/NPC Prejudging

6:00 pm IFBB/NPC Finals

AWARDS: Trophies will be presented to athletes 1st through 5th place in each weight group or class.

MUSIC: CD's or USB stick are the only media type accepted. CD/USB must contain only one track, must be limited to 60 seconds for bodybuilder and women's physique, 120 for

fitness competitors, and must bear the contestant's name (applies to only bodybuilding, women's physique, Fitness, and Classic Physique).

ENTRY FEE: Please complete this form and mail with check or money order or CC payment for **\$100.00** (each crossovers include an additional **\$100.00**) For example: crossing over to 2 divisions\classes, then entry fee is **\$200**, crossing over to 3 divisions\classes entry fee is **\$300**. Check\ Money Order payable to KentuckyMuscle, llc: Mail to KentuckyMuscle, llc , PO Box 91048, Louisville, KY. 40281 Note: Collegiate Divisions Entry fee is \$75.00.

Online Registration: www.kentuckymuscle.com

DEADLINE: **Early Registration ends. Entries received after October 16, 2019 must add an additional \$50.00 Late Fee. Late registration will be open until October 19, 2019. No Entries will be accepted on October 20, 2019.**

TICKETS: Visit www.KentuckyMuscle.com for advance ticket sales. Tickets paid by cc at the day of the show will be subject to a 2-dollar surcharge per ticket.

- Saturday Prejudging \$25.00
- Finals Show – VIP (center row seating) - 40.00
- Reserved Section \$35.00
- General Admission - \$30.00

VIDEO: Video cameras **WILL NOT** be allowed into the venue. Orders for the official KentuckyMuscle Championship video will be taken at the evening show.

CONTACT: For more information, call L. Brent Jones at (502) 387-3808, email at LBrentJones@KentuckyMuscle.com or visit KentuckyMuscle.com.

CROSSOVERS:

Crossover means competing in more than one class or division - \$100.00 entry fee per class\division.

CROSSOVERS ARE PERMITTED BETWEEN THE FOLLOWING DIVISIONS:

COMPETITORS CAN CROSSOVER!!

Women's Physique, Figure & Bikini competitors CAN crossover!

Men's Physique, Bodybuilding, and Classic Men's Physique competitors CAN crossover!

DIVISIONS AND CLASSES

BODYBUILDING DIVISION

Open Men's Bodybuilding

(NPC National Qualifier)

Classes will use the NPCNewsOnline Regulations

[Class Setup visit: www.npcnewsonline.com](http://www.npcnewsonline.com)

6 Classes

- Bantamweight
- Lightweight
- Welterweight
- Middleweight
- Lightweight
- Heavyweight

Master's Men's Bodybuilding

3 Classes

- 40 - 49 years old
- 50 – 59 years old
- 60 – over

Teenage Men's Bodybuilding:

1 Class

- 16 - 19 years old

True Novice Bodybuilding

1 Class

Novice Men's Bodybuilding

3 Classes

- Lightweight
- Middleweight
- Heavyweight

PHYSIQUE DIVISION

Men's Physique Open

(NPC National Qualifier)

Classes will use the NPCNewsOnline Regulations

[Class Setup visit: www.npcnewsonline.com](http://www.npcnewsonline.com)

6 Classes

- CLASS A
- CLASS B
- CLASS C
- CLASS D
- CLASS E
- CLASS F -

Collegiate Men's Physique

1 Classes

- CLASS A

True Novice Men's Physique

2 Classes

- CLASS A
- CLASS B

Novice Men's Physique

4 Classes

- CLASS A
- CLASS B
- CLASS C
- CLASS D

Master's Men's Physique +35

2 Classes

- CLASS A
- CLASS B

Master's Men's Physique +45

1 Class

- 45 years old & Over

Master's Men's Physique +55

1 Class

- 55 years old & Over

Teenage Men's Physique

1 Class:

- 16 - 19 years old

Open Women's Physique

(NPC National Qualifier)

Classes will use the NPCNewsOnline Regulations

[Class Setup visit: www.npcnewsonline.com](http://www.npcnewsonline.com)

2 Classes

- CLASS A
- CLASS B

Master's Women's Physique

1 Class

- 35 years old & Over

CLASSIC PHYSIQUE DIVISION

CLASSIC MEN'S PHYSIQUE (National Qualifier) - For competitors who want to present more muscular size than is currently acceptable for Men's Physique, but not as extreme for Bodybuilding. ****CLASSIC MEN'S PHYSIQUE CAN CROSSOVER!!****

Judging Criteria - Muscularity and Body Condition - Judges will be looking for muscular size, symmetry, balance and proportion, with an emphasis on definition and condition. The ideal physique will display an aesthetic appearance highlighted by a small waist,

Classic Men's Physique Suits - POSING TRUNKS, which can be found on: https://www.npc-wear.com/product_detail.cfm?id=344

FINALS POSING - ALL competitors will perform a 60 second posing routine to their music up to a maximum 60 seconds.

**NO refunds for any athlete that does not make weight. Any competitor who doesn't make weight can compete in Bodybuilding or Men's Physique. **

More information can be found on www.npcnewsonline.com

OPEN CLASSIC PHYSIQUE

(NPC National Qualifier)

Classes will use the NPCNewsOnline Regulations

[Class Setup visit: www.npcnewsonline.com](http://www.npcnewsonline.com)

4 Classes

- CLASS A
- CLASS B
- CLASS C
- CLASS D

TRUE NOVICE CLASSIC PHYSIQUE

2 Classes

- CLASS A
- CLASS B

NOVICE CLASSIC PHYSIQUE

2 Classes

- CLASS A
- CLASS B

MASTER'S CLASSIC PHYSIQUE

1 Class

- 35 years old & Over

FIGURE DIVISION

OPEN FIGURE

(NPC National Qualifier)

Classes will use the NPCNewsOnline Regulations

[Class Setup visit: www.npcnewsonline.com](http://www.npcnewsonline.com)

6 Classes

- CLASS A
- CLASS B
- CLASS C
- CLASS D
- CLASS E
- CLASS F

TRUE NOVICE FIGURE

1 Classes

- CLASS A

NOVICE FIGURE

3 Classes

- CLASS A
- CLASS B
- CLASS C

MASTER FIGURE +35

2 Classes

- CLASS A
- CLASS B

MASTER FIGURE +40

2 Classes

- CLASS A
- CLASS B
-

MASTER FIGURE +50

1 Class

BIKINI DIVISION

OPEN BIKINI:

(NPC National Qualifier)

Classes will use the NPCNewsOnline Regulations

[Class Setup visit: www.npcnewsonline.com](http://www.npcnewsonline.com)

8 Classes:

- CLASS A
- CLASS B
- CLASS C
- CLASS D
- CLASS E
- CLASS F
- CLASS G
- CLASS H

TRUE NOVICE BIKINI

3 Class

- CLASS A
- CLASS B
- CLASS C

NOVICE BIKINI

4 Classes

- CLASS A
- CLASS B
- CLASS C
- CLASS D

COLLEGIATE BIKINI

1 Class

MASTER BIKINI +35

3 Classes

- CLASS A
- CLASS B
- CLASS C

MASTER BIKINI +40

3 Classes

- CLASS A
- CLASS B
- CLASS C

MASTER BIKINI +50

1 Class

TEENAGE BIKINI

1 Class

FITNESS DIVISION

OPEN FITNESS

(NPC National Qualifier)

Classes will use the NPCNewsOnline Regulations

[Class Setup visit: www.npcnews.com](http://www.npcnews.com)

1 Class