

Contest Information



2019 NPC KENTUCKY DERBY FESTIVAL BODYBUILDING, FIGURE, BIKINI, PHYSIQUE, & FITNESS CHAMPIONSHIPS (National Qualifying Event - NPC Sanction)

Keep this for contest information

April 27, 2019

SCHEDULE:

- Friday, April 26, 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, April 26, 2019. There will be no late check-in on Saturday morning.

Saturday, April 27, 2019 at Kentucky International Convention Center

- 9:00 am NPC Athlete Briefing
- 10:00 am NPC Prejudging
- 6:00 pm NPC Finals

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

MUSIC: CD's are the only media type accepted. CD 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/KDFOnlineRegistration.aspx

DEADLINE: *Early Registration ends. Entries received after April 23, 2019 must add an additional \$50.00 Late Fee. Late registration will be open until April 27, 2019. No Entries will be accepted on April 28, 2019 (the day of the show).*

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)**

7 Classes

- Bantamweight - Up to 143-1/4 lbs
- Lightweight - Over 143-1/4 lbs up to & including 154-1/4 lbs
- Welterweight - Over 154-1/4 lbs up to & including 165-1/4 lbs
- Middleweight - Over 165-1/4 lbs up to & including 176-1/4 lbs
- Lightweight - Over 176-1/4 lbs up to & including 198-1/4 lbs
- Heavyweight - 198-1/4 lbs – 225lbs
- Super Heavyweight – over 225 ¼

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 – up to 165 lbs
- Middleweight – over 165 to up to & including 187lbs
- Heavyweight – over 187 lbs

PHYSIQUE DIVISION

Men's Physique Open

(NPC National Qualifier)

6 Classes

- CLASS A - Up to & including 5`7"
- CLASS B - Over 5`7" up to & including 5`8"
- CLASS C - Over 5`8" up to & including 5`9"
- CLASS D - Over 5`9" up to & including 5`11"
- CLASS E - Over 5`11 up to & including 6`
- CLASS F - Over 6`

Collegiate Men's Physique

2 Classes

- Up to & including 5`8"
- Over 5`8"

True Novice Men's Physique

1 Class

Novice Men's Physique

4 Classes

- Up to & including 5`6"
- Over 5`6" up to including 5`8"
- Over 5`8" up to including 5`10"
- Over 5`10"

Master's Men's Physique +35

3 Classes

- Up to & including 5`7"
- Over 5`7" up to including 5`10"
- Over 5`10"

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

2 Classes

- Height classes to be determined at check-in's

True Novice Women's Physique

1 Class

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

PREJUDGING POSES - * Quarter Turns * Front Double Biceps * Side Chest * Back Double Biceps * Abdominal's and Thighs * Favorite Classic Pose (NO "most muscular")

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

3 Classic Open Men's Physique Classes Include:

DIVISION "A" - (UP TO AND INCLUDING 5`7"):

*Up to & including 5`4" with a bodyweight up to & including 160 lbs

*Over 5`4" up to & including 5`5" with a bodyweight up to & including 165 lbs

*Over 5`5" up to & including 5`6" with a bodyweight up to & including 170 lbs

*Over 5`6" up to & including 5`7" with a bodyweight up to & including 175 lbs

CLASS B - (OVER 5`7", UP TO AND INCLUDING 5`10"):

*Over 5`7" up to & including 5`8" with a bodyweight up to & including 182 lbs

*Over 5`8" up to & including 5`9" with a bodyweight up to & including 190 lbs

*Over 5`9" up to & including 5`10" with a bodyweight up to & including 197 lbs

CLASS C - (OVER 5`10"):

*Over 5`10" up to & including 5`11" with a bodyweight up to & including 205 lbs

*Over 5`11" up to & including 6`0" with a bodyweight up to & including 212 lbs

*Over 6`0" up to & including 6`1" with a bodyweight up to & including 220 lbs

*Over 6`1" up to & including 6`2" with a bodyweight up to & including 230 lbs

*Over 6`2" up to & including 6`3" with a bodyweight up to & including 237 lbs

*Over 6`3" up to & including 6`5" with a bodyweight up to & including 245 lbs

*Over 6`4" up to & including 6`5" with a bodyweight up to & including 252 lbs

*Over 6`5" up to & including 6`6" with a bodyweight up to & including 260 lbs

*Over 6`6" up to & including 6`7" with a bodyweight up to & including 267 lbs

*Over 6`7" with a bodyweight up to & including 275 lbs

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

4 Classes

2 Classes

- Height classes to be determined at check-in's

TRUE NOVICE CLASSIC PHYSIQUE

1 Class

NOVICE CLASSIC PHYSIQUE

3 Class

MASTER'S CLASSIC PHYSIQUE

1 Class

MASTER's Classic Men's Physique Classes

- 35 years old & Over

FIGURE DIVISION

OPEN FIGURE

(NPC National Qualifier)

6 Classes

- CLASS A - *Up to and including 5'1"*
- CLASS B - *Over 5'1" and up to and including 5'2-1/2"*
- CLASS C - *Over 5'2-1/2 and up to and including 5'4"*
- CLASS D - *Over 5'4" and up to and including 5'5-1/2"*
- CLASS E - *Over 5'5-1/2 and up to and including 5'7"*
- CLASS F - *Over 5'7"*

TRUE NOVICE FIGURE

1 Class

NOVICE FIGURE

4 Classes

- CLASS A - *Up to and including 5'2"*
- CLASS B - *Over 5'2" and up to and including 5'4"*
- CLASS C - *Over 5'4" and up to and including 5'6"*
- CLASS D - *Over 5'6"*

MASTER FIGURE +35

3 Classes

- CLASS A - *Up to and including 5'4"*
- CLASS B - *Over 5'4" and up to and including 5'6"*
- CLASS C - *Over 5'6"*

MASTER FIGURE +40

3 Classes

- CLASS A - *Up to and including 5'4"*
- CLASS B - *Over 5'4" and up to and including 5'6"*
- CLASS C - *Over 5'6"*

MASTER FIGURE +50

1 Class

BIKINI DIVISION

OPEN BIKINI:

(NPC National Qualifier)

8 Classes:

Class A: *Up to and including 5'1"*

Class B: *Over 5'1" and up to and including 5'2"*

Class C: *Over 5'2" and up to and including 5'3"*

Class D: *Over 5'3" and up to and including 5'4"*

Class E: *Over 5'4" and up to and including 5'5"*

Class F: *Over 5'5" and up to and including 5'6"*

Class G: *Over 5'6" and up to and including 5'7"*

Class H: *Over 5'7"*

TRUE NOVICE BIKINI

1 Class

TRUE NOVICE & NOVICE BIKINI

4 Classes

- CLASS A - *Up to and including 5'2"*
- CLASS B - *Over 5'2" and up to and including 5'4"*
- CLASS C - *Over 5'4" and up to and including 5'6"*
- CLASS D - *Over 5'6"*

COLLEGIATE BIKINI

3 Classes

- CLASS A - *Up to and including 5'4"*
- CLASS B - *Over 5'4" and up to and including 5'6"*

- CLASS C - Over 5'6"

MASTER BIKINI +35

3 Classes

- CLASS A - *Up to and including 5'4"*
- CLASS B - *Over 5'4" and up to and including 5'6"*
- CLASS C - *Over 5'6"*

MASTER BIKINI +40

3 Classes

- CLASS A - *Up to and including 5'4"*
- CLASS B - *Over 5'4" and up to and including 5'6"*
- CLASS C - *Over 5'6"*

MASTER BIKINI +50

3 Classes

- CLASS A - *Up to and including 5'4"*
- CLASS B - *Over 5'4"*

TEENAGE BIKINI

1 Class

FITNESS DIVISION

OPEN FITNESS

(NPC National Qualifier)

1 Class