

Contest Information



2022 NPC KENTUCKYMUSCLE CHAMPIONSHIPS BODYBUILDING, FIGURE, BIKINI, PHYSIQUE, WELLNESS, CLASSIC PHYSIQUE (National Qualifying Event - NPC Sanction)

Keep this for contest information

October 15, 2022

SCHEDULE:

- **Friday, October 14, 2022** at the Louisville Marriott Downtown, 140 N Fourth St, Louisville, KY 40202.
- **CHECK IN / WEIGH IN / HEIGHT CHECK SCHEDULE:** (All competitors must wear competition suits at weigh-in).
- **6:00 pm to 9:00pm** Contestant Check-in (Louisville Marriott Downtown)
- **(2022 NPC Cards available for purchase \$135 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 14, 2022. There will be no late check-in on Saturday morning.

Saturday, October 15, 2022 at Louisville Memorial Auditorium

- **9:15 am** NPC Athlete Briefing
- **10:00 am** NPC Prejudging
- **6:00 pm** NPC Finals

Host Hotel:

Louisville Marriott Downtown
280 West Jefferson, Louisville, Kentucky 40202 USA
Phone: 502-627-5045 Group Name: KentuckyMuscle
Booking Link:

Note: The host hotel is directly across the street to the Convention Center!

Tanning Sponsor:

Liquid Sun Rays
Schedule your Tan: [Schedule Your Tan Here!](#)

Make-up Sponsor:

Karenne Styles
Schedule your Tan: [Schedule Your MakeUp Here!](#)

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

MUSIC: CD or USB are the only media type accepted. CD\USB must contain only one track and contestant name must be on media. Routines are limited to 60. **(applies to only bodybuilding, women's physique, and classic physique competitors).**

ENTRY FEE: Please either complete mail in entry form or complete the online entry form. Entry Fee is **\$110.00**. Crossover are additional **\$110.00**. For example: crossing over to 2 divisions\classes, then entry fee is **\$220**, crossing over to 3 divisions\classes entry fees is **\$330**. Check\ Money Order payable to KentuckyMuscle, llc:
Mail to KentuckyMuscle, llc, PO Box 91048, Louisville, KY. 40281

Online Registration: <https://www.muscleware.com/register.php?c=2022-KNTKY-MSCL>

DEADLINE: **Early Registration ends. Entries received after October 12, 2022 must add an additional \$50.00 Late Fee. Late registration will be open until October 14, 2022. No Entries will be accepted on October 15, 2022 (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
- General Admission - \$30.00

VIDEO: Video cameras **WILL NOT** be allowed into the venue.

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, Wellness CAN crossover!

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

DIVISIONS AND CLASSES

BODYBUILDING DIVISION

NPC National rules (<http://npcnewsonline.com/official-bodybuilding-rules/>)

TEENAGE (18 TO 19 YR)

TRUE NOVICE LIGHTWEIGHT (FIRST CONTEST)

MASTERS 60+ (60 YR and OVER)
MASTERS 50+ (50 YR and OVER)
MASTERS 40+ (40 YR and OVER)

NOVICE LIGHTWEIGHT (UP TO and INCL 165¼ LBS, NEVER PLACED 1ST IN CLASS)
NOVICE MIDDLEWEIGHT (OVER 165-1/4 UP TO AND INCLUDING 187 1/4 lbs, NEVER PLACED 1ST IN CLASS)
NOVICE HEAVYWEIGHT (OVER 187 1/4 LBS, NEVER PLACED 1ST IN CLASS)

(NPC National Qualifier)

OPEN BANTAMWEIGHT (UP TO and INCL 143¼ LBS)
OPEN LIGHTWEIGHT (OVER 143¼ LBS UP TO and INCL 154¼ LBS)
OPEN WELTERWEIGHT (OVER 154¼ LBS UP TO and INCL 165¼ LBS)
OPEN MIDDLEWEIGHT (OVER 165¼ LBS UP TO and INCL 176¼ LBS)
OPEN LIGHT HEAVYWEIGHT (OVER 176¼ LBS UP TO and INCL 198¼ LBS)
OPEN HEAVYWEIGHT (OVER 198¼ LBS UP TO and INCL 225¼ LBS)
OPEN SUPER HEAVYWEIGHT (OVER 225¼ LBS)

BIKINI DIVISION

NPC National rules (<http://npcnewsonline.com/bikini-rules/>)

WOMEN'S BIKINI - TEENAGE (18 TO 19 YR)

TRUE NOVICE A (UP TO and INCL 5'2", FIRST CONTEST)
TRUE NOVICE B (OVER 5'2" AND UP TO AND INCLUDING 5'4", FIRST CONTEST)
TRUE NOVICE C (OVER 5'4" AND UP TO AND INCLUDING 5'6", FIRST CONTEST)
TRUE NOVICE D (OVER 5'6", FIRST CONTEST)

COLLEGIATE

MASTERS 50+ (50 YR and OVER)

MASTERS 40+ (UP TO and INCL 5'4", 40 YR and OVER)
MASTERS 40+ (OVER 5'4", 40 YR and OVER)

MASTERS 35+ A (UP TO INCL 5'4", 35 YR and OVER)
MASTERS 35+ B (OVER 5'4", 35 YR and OVER)
MASTERS 35+ C (OVER 5'4", 35 YR and OVER)

NOVICE A (UP TO and INCL 5'2", NEVER PLACED 1ST IN CLASS)
NOVICE B (OVER 5'2" AND UP TO AND INCLUDING 5'4", NEVER PLACED 1ST IN CLASS)
NOVICE C (OVER 5'4" AND UP TO AND INCLUDING 5'6", NEVER PLACED 1ST IN CLASS)
NOVICE D (OVER 5'6", NEVER PLACED 1ST IN CLASS)

(NPC National Qualifier)

OPEN CLASS A (UP TO and INCL 5'1")
OPEN CLASS B (OVER 5'1" UP TO and INCL 5'2")
OPEN CLASS C (OVER 5'2" UP TO and INCL 5'3")
OPEN CLASS D (OVER 5'3" UP TO and INCL 5'4")
OPEN CLASS E (OVER 5'4" UP TO and INCL 5'5")
OPEN CLASS F (OVER 5'5" UP TO and INCL 5'6")
OPEN CLASS G (OVER 5'6" UP TO and INCL 5'7")
OPEN CLASS H (OVER 5'7")

MEN'S CLASSIC PHYSIQUE DIVISION

NPC National rules (<http://npcnewsonline.com/classic-physique/>)

TEENAGE (18 TO 19 YR)

TRUE NOVICE (FIRST CONTEST)

COLLEGIATE

MASTERS 60+ (60 YR and OVER – One Class)

MASTERS 50+ (50 YR and OVER – One Class)

MASTERS 40+ (40 YR and OVER – One Class)

MASTERS 35+ (35 YR and OVER)

NOVICE A (UP TO and INCL 5'9", NEVER PLACED 1ST IN CLASS)

NOVICE B (OVER 5'9", NEVER PLACED 1ST IN CLASS)

(NPC National Qualifier)

OPEN CLASS A (UP TO and INCL 5'7")

OPEN CLASS B (OVER 5'7", UP TO and INCL 5'10")

OPEN CLASS C (OVER 5'10", UP TO and INCL 6'0")

OPEN CLASS D (OVER 6'0")

WOMEN'S WELLNESS DIVISION

NPC National rules (<http://npcnewsonline.com/wellness/>)

TRUE NOVICE (FIRST CONTEST)

COLLEGIATE

MASTERS 50+ (50 YR and OVER – One Class)

MASTERS 40+ (40 YR and OVER – One Class)

MASTERS 35+ (35 YR and OVER – One Class)

WOMEN'S WELLNESS - NOVICE

(NPC National Qualifier)

OPEN CLASS A (UP TO and INCL 5'2")

OPEN CLASS B (OVER 5'2" UP TO and INCL 5'4")

OPEN CLASS C (OVER 5'4" UP TO and INCL 5'6")

OPEN CLASS D (OVER 5'6")

MEN'S PHYSIQUE DIVISION

NPC National rules (<http://npcnewsonline.com/official-npc-mens-physique-division/>)

TEENAGE (18 TO 19 YR)

TRUE NOVICE A (UP TO and INCL 5'8", FIRST CONTEST)

TRUE NOVICE B (OVER 5'8", FIRST CONTEST)

COLLEGIATE

MASTERS 60+ (50 YR and OVER)

MASTERS 50+ (50 YR and OVER)

MASTERS 40+ (40 YR and OVER)

MASTERS 35+ (UP TO and INCL 5'7")

MASTERS 35+ (OVER 5'7" UP TO and INCL 5'10")

MASTERS 35+ (OVER 5'10")

NOVICE A (UP TO & INCLUDING 5'6", NEVER PLACED 1ST IN CLASS)

NOVICE B (OVER 5'6" UP TO INCLUDING 5'8", NEVER PLACED 1ST IN CLASS)

NOVICE C (OVER 5'8" UP TO INCLUDING 5'10", NEVER PLACED 1ST IN CLASS)

NOVICE D (OVER 5'10", NEVER PLACED 1ST IN CLASS)

(NPC National Qualifier)

OPEN CLASS A (UP TO and INCL 5'7")

OPEN CLASS B (OVER 5'7" UP TO and INCL 5'8")

OPEN CLASS C (OVER 5'8" UP TO and INCL 5'9")

OPEN CLASS D (OVER 5'9" UP TO and INCL 5'11")

OPEN CLASS E (OVER 5'11" UP TO and INCL 6'0")

OPEN CLASS F (OVER 6'0")

WOMEN'S PHYSIQUE DIVISION

NPC National rules (<http://npcnewsonline.com/official-npc-womens-physique-division/>)

TRUE NOVICE (FIRST CONTEST)

MASTERS 35+ (35 YR and OVER)

(NPC National Qualifier)

OPEN CLASS A (UP TO and INCL 5'4")

OPEN CLASS B (OVER 5'4" AND UP TO AND INCLUDING 5'6"),

OPEN CLASS C (UP TO and INCL 5'6")

WOMEN'S FIGURE DIVISION

NPC National rules (<http://npcnewsonline.com/official-npc-figure-division-rules/>)

TRUE NOVICE A (FIRST CONTEST)

MASTERS 50+ (50 YR and OVER)

MASTERS 40+ A (UP TO and INCL 5'4", 40 YR and OVER)

MASTERS 40+ B (OVER 5'4", 40 YR and OVER)

MASTERS 35+ A (UP TO and INCL 5'4", 35 YR and OVER)

MASTERS 35+ B (OVER 5'4", 35 YR and OVER)

NOVICE A (UP TO and INCL 5'4", NEVER PLACED 1ST IN CLASS)

NOVICE B (OVER 5'4" and INCL 5'6", NEVER PLACED 1ST IN CLASS)

NOVICE C (OVER 5'6", NEVER PLACED 1ST IN CLASS)

(NPC National Qualifier)

OPEN CLASS A (UP TO and INCL 5'1")

OPEN CLASS B (OVER 5'1" UP TO and INCL 5'2 1/4")

OPEN CLASS C (OVER 5'2 1/2" UP TO and INCL 5'4")

OPEN CLASS D (OVER 5'4" UP TO and INCL 5'5 1/2")

OPEN CLASS E (OVER 5'5 1/2" UP TO and INCL 5'7")

OPEN CLASS F (OVER 5'7")