

2020 OCB NYS XX
November 14th, 2020 Syracuse, NY
Masters & Open Pro Qualifier

VENUE : The Civic Center's Carrier Theater, 415 Montgomery St Syracuse NY 13202 *may change to Host Hotel due to COVID

Tickets: *There is a good chance the COVID format may only allow for the competitor and coach/assistant.

HOST HOTEL : Comfort Suites 5875 Carmenica Dr., Cicero, NY 13039
Be sure to ask for the Natural Bodybuilding Championship Rate 315-752-0150

SHOW DETAILS: The event will be broken up into two separate show times. Both shows will begin with prejudging, a brief intermission, followed by routines/awards.

TIMES : 8:30am- Mens Bodybuilding, Mens/Womens Physique & Classic Physique
 2:30pm- Womens Bikini/Figure; PRO Masters Bikini/Figure
******DUE TO COVID: format may be in blocks (if venue is at the host hotel, you will get a text message when to come back stage and begin your pump up, therefore creating less of a group of people together.) More info to come**

PROMOTOR :

Mike Halsey
ph. 315-415-6801
www.nysnatural.com
abfreak@aol.com

Divisions :

Men's Bodybuilding : Debut, Teen, Juniors, Novice, Masters 40+ Pro-Qualifier, Masters 50+, Masters 60+, Open Pro-Qualifier

Classic Physique : Debut, Open Pro-Qualifier

Figure: Debut, Teen, Novice, Masters 40+ Pro-Qualifier, Masters 50+, Open Pro-Qualifier

Women's Physique : Debut, Novice, Masters 40+, Open Pro-Qualifier

Bikini : Debut, Teen, Novice, Masters 40+, Open Pro-Qualifier

Men's Physique: Debut, Teen, Novice, Masters 40+, Open Pro-Qualifier

DIVISION DETAILS :

TEEN: Open only to those who are age 19 and under. (Please refer to ocbonline.com for minimum ages .)

JUNIOR: Open to those who are 22 and under .

DEBUT: Open to first time competitors only.

NOVICE: Open only to those who have not placed first in any class besides Teen within any division in the same category.

MASTERS: Open only to those falling into the stipulated age range (ex. 40+ is age forty and over).

OPEN: Open to anyone regardless of age and level of experience .

CROSSOVER :

A "crossover" is entering more than one division. For example, someone may enter the Masters division, if eligible, and also elect to crossover into the Open division and compete in it as well. Crossovers between Figure, Bikini and Women's Bodybuilding are not permitted . Crossovers between Men's Bodybuilding and Physique are not permitted.

FEES :

\$20 **early bird** entry fee for all classes until September 19th in celebration of our 20th Anniversary!; \$80 entry fee per class September 20th until November 4th;
Late entry November 5th -November 11th for a fee of \$100. **Registration deadline is November 11th**

OCB Membership : visitOCBonline.com for online membership . **You must purchase online prior to event .**

Polygraph : \$50 cash payment, payable to Examiner at the time of testing. **You must show ID .**

DRUG TESTING :

- Polygraph testing for all competitors. \$50 payable in cash or money order to the polygraph examiner at the time of testing. Photo identification required. It is the competitor's responsibility to ensure they are polygraph tested for the event. If any competitors are not polygraph tested for the event they are ineligible for competition. Urine testing for overall winners in addition to their polygraph tests .
- Urine samples will be collected immediately after the conclusion of the show. It is the competitor's responsibility to ensure a sample is provided before leaving the event. If competitors do not provide samples eligibility for OCB pro competition will be void. Plus all competitors subject to additional forms of testing, if requested, at the discretion and expense of the promoter.

SHOW CHECK IN: Show check in will take place **Thursday and Friday only** at the Host Hotel .

BACKSTAGE POLICY : Competitors assistant **MUST** buy a trainers ticket for backstage access (\$20.00) .

Trainers must also buy a general admission ticket (see above). If you have clients in both shows (Bodybuilding/Physique & Figure/Bikini), you **must** purchase a general admission ticket for both events. ***subject to change due to COVID**

NO HEATERS OR PAM ALLOWED BACKSTAGE!!!!!! Dream tan is ok!!!

ROUTINES : Bodybuilding competitors can provide a 60 second music routine in MP3 format, submitted by email. Directions to do so will follow in the competitor information email (3/4 weeks prior to the show). All other competitors will use house music provided by the DJ for their walk/routine. HOWEVER, a competitor in ANY category may walk to their own music if desired. If you choose to do this, you must contact tmlagrange@yahoo.com and directions will be sent on how to submit your 60 second routine. ***MUSIC instruction may change depending on theater used. More info to follow in the competitor information email.**

REFUND POLICY: There will be no refunds given for any classes entered. If you have to cancel, you may speak to the Promoter if you would like to use a credit towards another NYS Natural Show. Any and all info subject to change.

Competitors will receive an email from tmlagrange@yahoo.com 3/4 weeks prior to the competition with show details. Please feel free to email with any questions.

2020 OCB NYS XX ENTRY FORM

SEND APPLICATION WITH CHECK OR
MONEY ORDER MADE OUT TO:

NYS Natural
4318 Lazybrook Circle
Liverpool, NY 13088

NAME: _____ EMAIL:(Required) _____

ADDRESS: _____

CITY _____ STATE _____ ZIP CODE _____ Shirt Size (required) _____

PHONE: (Required) _____ D.O.B _____ AGE _____ HEIGHT(Required) _____ WEIGHT(Required) _____

Have you ever won first-place in any class, within any division, with any organization? () No () Yes
If you answered yes to this question, you are not eligible for Novice. ****If you have competed at any time in
the past then you are not eligible for Debut. ****

Please check all that apply:

MENS BODYBUILDING:

- () DEBUT () MASTERS 40+ PRO-QUALIFIER
() TEEN () MASTERS 50+
() JUNIORS () MASTERS 60+
() NOVICE () OPEN PRO-QUALIFIER

MENS CLASSIC PHYSIQUE:

- () DEBUT
() OPEN PRO-QUALIFIER

WOMENS FIGURE:

- () DEBUT () TEEN () MASTERS 40+ PRO-QUALIFIER
() NOVICE () NOVICE () MASTERS 50+
() MASTERS 40+ PRO-QUALIFIER () OPEN PRO-QUALIFIER
() MASTERS 50+
() OPEN PRO-QUALIFIER

WOMENS BIKINI:

- () DEBUT () TEEN
() NOVICE
() MASTERS 40+ PRO-QUALIFIER
() OPEN PRO-QUALIFIER

MENS PHYSIQUE:

- () DEBUT
() TEEN
() JUNIORS
() NOVICE
() MASTERS 40+
() OPEN PRO-QUALIFIER

WOMENS PHYSIQUE:

- () DEBUT () MASTERS 40+
() NOVICE () OPEN PRO-QUALIFIER

AMOUNT TO ENCLOSE WITH ENTRY FORM:

\$20.00 earlybird entry per class until Sept 19th. \$80.00 per class Sept 20th-Nov 4th . Late Fee of \$100 Nov 5th-11th. Registration deadline is Nov 11th.

#of classes entered: _____

Total enclosed: _____

Waiver: I hereby intend to be legally bound for myself, my heirs, executors and administrators, and waive and release any and all rights and claims for damages I may have against the facility owners, OCB, the promoters, and any sponsors, agents, or representatives for any injuries suffered by me as a result of my participation and/or losses suffered by me as a result of my participation and/or attendance at this contest. I hereby grant the promoters, OCB, any approved magazine, video or entertainment organization and all of their agent's successors, licensees and assignees, the right to photograph or otherwise reproduce my voice, appearance and name and exhibit, distribute, transmit and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, printing, or any other medium now known or hereafter devised, including audio with respect to any merchandising, advertising, and/or publicity and the right to use my name and information about me in connection with any of the foregoing. No further compensation shall be payable to me at any time in connection therewith. Nothing contained herein shall be deemed to obligate, OCB and/or any magazine, video or any approved video entertainment organization to photograph or otherwise reproduce my voice, appearance or name, or to make use of any of the rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further comment.

I agree to abide by the decision of the OCB, and/or contest promoters concerning my participation in an OCB-sanctioned contest pending the results of any form of testing used to detect use of banned substances with OCB. I understand that the administrator or laboratory utilized for substance screenings is the choice of OCB and/or the promoters, and agree to accept the results of said testing, whatever they may be. I hereby waive and release any claims or demands against the OCB, its representatives, sponsors and promoters that may arise out of my participation in an OCB-sanctioned event or my membership in the OCB.

I have read, understand, and agree to the above terms.

Signature: _____ Date: _____

Parent/Guardian Signature: _____ (18 and under) Date: _____

Please fill this form out and send with application...

City/State of Residence: _____ **One sentence** of comments you'd like announced for your introduction (ex. Occupation, anyone you'd like to thank, past title won, etc. If wanting none write in "NONE": _____

Competitor #: _____

Name _____

Spell name as it sounds to aid emcee if not obvious: _____