

POSING:

PREJUDGING:

BODYBUILDING, CLASSIC PHYSIQUE & WOMEN'S PHYSIQUE will NOT perform their 60 second posing routines at Prejudging. All judging will be based on mandatory poses.

FIGURE & BIKINI competitors will be introduced and perform their presentations at Prejudging.

FINALS:

ALL COMPETITOR WILL BE IN THE FINALS!!

Any competitor that does not return for Finals are placed last.

CONTEST OPENING will include ALL Bikini & Figure competitors introduced on stage to music, lasers and lights!!

ALL BODYBUILDING, CLASSIC PHYSIQUE & WOMEN'S PHYSIQUE will perform their 60 second posing routines to their music.

Awards presented to top 5 in each class.

ALL FIGURE & BIKINI competitors will be introduced. Figure competitors will be quarter turned at the Finals. Bikini competitors will do a front and back pose at Finals. Awards presented to top 5 in each class.

OVERALL TROPHY will be awarded after comparison posing and quarter turns which is **JUDGED LIVE at the Finals!**

MUSIC:

BODYBUILDING, CLASSIC PHYSIQUE, & WOMEN'S PHYSIQUE competitors MUST bring their music to Friday, October 7th, check in's!

MEN'S PHYSIQUE, FIGURE, & BIKINI competitors will pose to house music provided by the promoter's.

All music for Finals 60 second (max) routines for Bodybuilding, Classic Physique, and Women's Physique will start when the competitor's name is announced.

Music must be the only recording on a new CD. Verify that your disk works in another player other than computer (example: car radio, CD player).

MUSIC CANNOT CONTAIN ANY OBSCENE OR VULGAR WORDS.

Promoter's reserve the right to reject any music.

POSING CLINIC

: (Optional)

PROFESSIONAL POSING & PRESENTATION CLINIC will take place on **SUNDAY, OCTOBER 2nd** (1 week before the October 8th, 2016 NPC NATURAL NORTHERN USA CHAMPIONSHIPS & EXPO), at TITANS GYM in MENTOR, OHIO (approximately 20 minutes east of Cleveland, Ohio). **POSING CLINIC HOSTED BY NPC / IFBB Head Judge, GARY UDIT** along with the **IFBB Pro, Chuck Mauceri**, and 3 X Bikini Olympia coach, **IFBB PRO, SUMMER MONTABONE**. Clinic include, seminars, group and one-on-one posing including professional photos taken of each individual as Gary positions you in your best poses. Attendees gift bags, samples and incredible raffle prizes all included!

SPECIAL GUEST, NPC Ohio state chairman, Rick Bayardi will be appearing and 2016 NPC membership cards will be available at the Clinic!

Posing Clinic Registration Details & Info

at: www.daveliberman.com under "Posing Clinic Info"