

## **Additional General Show Information**

There won't be a contestant briefing the day of the show.

Competitors must be fully covered whenever in the theatre seating area. Exposed body area that can allow tanning agent to stain seating cloth is to be avoided.

Food or drink is not permitted in the theatre. Keep coolers, etc. in backstage prep area.

Please show respect for the venue and promoters by taking care to keep on paper/plastic protected areas for tanning, oiling, and pumping up. Do not stray beyond protected areas.

Alcohol is not permitted on the premises.

Competitors will have two number buttons - one to be worn front left, other rear center, to help judges keep track of individuals during scoring.

If the head judge calls your number asking you to switch places on stage with another competitor during group comparisons, raise your hands so each person knows where they need to go.

Be sure to review the guidelines <http://www.ocbonline.com> for your category prior to the event and view the poses that will be called during group comparisons, as well a description of the path that is to be followed for the stage walks.

Competitors must show their competitor number buttons to event staff in order to gain access to the back stage and auditorium areas.

There will be expeditors back stage who will be advising competitors when they should be getting ready and when they should be getting lined up to go out on stage.

For group comparisons, competitors will line up near the front of the stage where a line of tape will be.

There will be large X's on the stage to mark where pausing points should be for stage walks. There will be one on rear stage center, one on front stage left, one on front stage center, and one on front stage right. These marks are positioned to be where the best lighting is. Tip: When doing walks face inward toward the middle of the audience at the side X's.

The facility will be accessible any time after 8:30 AM Saturday. It's recommended competitors arrive no later than 30 minutes before the show's start time to allow enough time to get familiarized with the building layout and be ready before the start time.

There will be flyers for other area OCB shows at check-ins and in the lobby the day of the show. If you are able to take copies and post those at the gym you go to it would be greatly appreciated.

Check-in tasks and polygraph testing are both done at the appointment time you scheduled. The check-in tasks will consist of distributing competitor number buttons and any advance tickets purchased, and turning in photo order forms (if applicable) (<http://www.ocbonline.com/uploads/Photos-OrderForm.pdf>), and competitor introduction forms (<http://www.ocbonline.com/uploads/Intro.pdf>). The intro form should be downloaded, printed, and brought completed to check-ins.

For awards presentations there will be numbers 1 through 5 taped to the stage floor. They represent placements. When a competitor is announced as winning "X" place, they should move to where that number is on the floor to receive their trophy. Trophies should be placed on the floor in front of competitors so they are not being held when a photo-op group pose is requested after all placements have been awarded for the class. For divisions that have more than one class, class winners should stay close after receiving their award because they will be called out with the other class winners for judging to determine division overall winners.

Competitors for every category should email their routine/stage walk music file to [mshep2013@gmail.com](mailto:mshep2013@gmail.com). Music must not contain any profanity. If music is not received for any competitors by 4:00 PM the day before the show, house music will be used for them the day of the event. If your song is on a retail CD, search the Internet on how to "rip music from a CD" if you don't know how to. If needed, mp3 files of songs can be purchased from Amazon.com, downloaded, and then emailed to us as a file attachment. All music must be sent as a digital file. Competitors can send complete songs if they wish, the music would just be faded out after the stage walk is finished. For Bodybuilding, Men's Classic Physique and Women's Physique, state whether the music should start after you get set on stage, or before you come out when sending music.