

# OCB NORTH SHORE NATURAL

## JUNE 8, 2019 • PEABODY, MA

*Coverage in Fitness & Physique Magazine*

### Location

Peabody Veterans Memorial High School, 485 Lowell St, Peabody, MA 01960

### Show Times

Prejudging: 11:00 AM, Finals: 3:00 PM (Start time for finals is an estimated time, and may change based on when the prejudging is complete)

### Drug Tested Event

This is a natural (drug-free) competition. All competitors must meet eligibility criteria listed in the Drug Testing Guidelines in order to participate. Competitors should review these procedures and the list of banned substances at the following website prior to registering: <http://ocbonline.com/banned-list.php>

### Drug Testing

Prior to show day, all competitors must take and pass a polygraph exam administered by an approval OCB polygrapher. Photo identification must be shown prior to polygraph tests. All competitors are required to be polygraph tested prior to competing. UNLESS a competitor has taken and passed a polygraph exam for another OCB competition within 6 weeks prior to the show date of June 9. Competitors who have tested within that time-frame do not need to repeat the polygraph test for this competition. Any competitor who has NOT tested within the 6-week window and does NOT take the polygraph test for this competition will not be allowed to compete and will forfeit any entry fees already paid.

In a Pro-Qualifying competition, division winners (pro card winners) will be subject to a urinalysis. Show staff will collect a urine sample from the competitor immediately after they leave the stage from being awarded the victory. Samples will be sent to the OCB's selected lab for analysis, and the competitor will be notified of the result by email.

If a competitor passes the urinalysis, they will be eligible to purchase membership in the OCB Pro (see [ocbonline.com](http://ocbonline.com))

If a competitor fails the urinalysis, they will forfeit their victory and will be banned from OCB competition for a period of 7 years.

### Membership

All competitors are required to be current members of OCB to participate in this event. Membership forms and online registration options can be found on [OCBonline.com](http://OCBonline.com). Membership forms are not available at check-in, so please complete membership before coming to check in. At check-in, you will be asked to provide proof of active OCB membership. The competitor's membership number, a printed copy of the online membership confirmation, or showing membership confirmation on a phone or other device screen at time of check-in – all are acceptable proof. Please note that OCB membership can NOT be obtained on the day of the show. Cost is \$70 for the annual membership and allows the competitor to enter as many OCB competitions as they wish during that one-year period.

### Division Offerings:

Men's Bodybuilding: Novice, Age 50+, Age 40+, Open

Women's Physique: Novice, Masters Age 40+, Open

Men's Physique: Novice, Open

Figure: Novice, Masters Age 40+, Open

Bikini: Novice, Open, Masters Age 40+

NOTE: Promoter reserves the right to add or drop classes based on number of entries

### Classes

When more than one class in a division, classes are formed by dividing competitors evenly by height. (Class breakdowns and the order of events will be supplied to competitors approximately a week before the event).

## Crossovers

A "crossover" is entering more than one segment within a division. For example, someone may enter the Novice segment, if eligible, and also elect to crossover to also compete in the Open segment. Crossovers among divisions (i.e., Figure, Bikini and Women's Bodybuilding, or between Men's Bodybuilding and Men's Physique) within a competition are not permitted.

## Awards

Top 5 placements in each class will receive awards made by Niels Andersen. *\*Promoter reserves the right to change to different trophies.*

## Fees

If entry received by or postmarked by May 20, 2019:

- Entry \$60
- Crossover Entry \$40 for each additional class

Entries received after May 20:

- Late Fee \$50 in addition to Entry \$60, Crossover Entry \$40 for each additional class

Other registration-related costs to keep in mind (promoters will not accept these fees):

- OCB Membership \$70 (*if not already a current member*) to be paid at [OCBonline.com](http://OCBonline.com)
- Polygraph Exam \$60 to be paid directly to polygraph examiner, in cash

## **Entries will not be accepted after June 1; No walk-ins on show day will be accepted**

**Check-In/Polygraph Test:** Thursday June 6, 3:00 – 8:00 PM and Friday June 7, 3:00 PM – 8:00 PM at North Shore Nutrition Corner, 136 Andover St., Peabody, MA 01960. *Please note: all competitors must polygraph on Thursday or Friday.*

**There will be no polygraph opportunity on show day.**

## Music for Individual Posing Routine

Required format for posing routine music to be announced on show's Facebook page.

Competitors are to supply own music for Finals performances on CD with no profanity (if burning music to CD on a computer please test it afterwards on a regular CD player to ensure it works outside the PC platform).

Bodybuilding routines and Physique/Figure/Bikini stage walks should last no more than 60 seconds.

## Tanning

Tanner has not been established yet. Please check Facebook page for updates.

## Competitors meeting on show day

Saturday, June 8 at 10AM at the contest site. This meeting will be to explain ground rules for how the event will run, and for any questions competitors may have.

## Backstage policy

One assistant per competitor allowed, assistant **MUST** buy a trainer's ticket, which is good for General Admission and back stage access. Those without a trainer's pass will not be allowed backstage or in the prep areas.

## Prep Area

Competitors may bring light weights (5-10 lb DBs), stretch bands and mirrors for use before going on stage.

## Stage Photography

Will be available for purchase. Refer to the show's Facebook page for details ("OCB North Shore Natural").

## **Prejudging**

The Prejudging portion of the event will consist of: Bodybuilding, Women's Physique, Men's Physique, Figure and Bikini group comparisons. Promoters reserve the right to cancel a division/class in the event if there are not enough competitor registrations for form a class.

## **Finals**

The Finals portion of the event will consist of: Bodybuilding and Physique routines, Figure and Bikini stage walks, awards presentations, and overall judging (class winners and within a division compete for overall division win). Competitor individual posing routines are optional. If a competitor does not want to do a routine, they must inform one of the expeditors or one of the promoters in advance of the show.

## **Tickets (Reserved seating will not be available)**

- Adult General Admission \$30
- Under Age 12 General Admission \$10
- Trainers Ticket/pass \$40
  - Trainer's tickets are good for seating and back stage access for a trainer or other person helping a competitor prepare back stage. One trainer ticket per competitor is permitted. A person buying a trainer's pass must be a competitor or trainer/friend/family member who can confirm the competitor they are accompanying

*\*Only cash payment for tickets is accepted at event location on the day of the competition*

## **Host Hotel**

This event will not use a host hotel. For information about hotel availability in the area, see links on the show's Facebook page ("OCB North Shore Natural").

## **Payment and Entry Forms**

Entry forms and advance ticket orders can be sent with payment to North Shore Nutrition Corner via email at [Nsnc.ocb@gmail.com](mailto:Nsnc.ocb@gmail.com) or by standard mail to North Shore Nutrition Corner, 136 Andover St., Danvers, MA 01923 (978-304-4178). Entry form submission online with credit card information for payment is available (see bottom of entry form). If you do not want to write your credit card information on the entry form, you can also call NSNC and give the information over the phone. Contact the show's Facebook page for more information.

## **Payment options**

- Check send to: North Shore Nutrition Corner, 136 Andover St., Danvers, MA 01923
- Credit card (complete bottom of entry form below)
- Cash payments made in person at North Shore Nutrition Corner

Consult the show's Facebook page: *OCB North Shore Natural Bodybuilding, Physique and Figure Competition* for more information.

## **Contact**

Contact people for this event - Promotion Team email [Nsnc.ocb@gmail.com](mailto:Nsnc.ocb@gmail.com), NSNC 978-304-4178

Kenny Noto, Promoter; Jenni Crow, Promotion Team

# OCB NORTH SHORE NATURAL ENTRY FORM

## June 8, 2019 – Peabody, MA

Name (print): \_\_\_\_\_ Email: \_\_\_\_\_  
 Address (Street): \_\_\_\_\_ Phone: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Shirt Size: \_\_\_\_\_

**Division(s) Entering** *(check or circle)*

**Men's Bodybuilding:** [  Novice ] [  Masters Age 50+ ] [  Masters Age 40+ ] [  Open ]

**Women's Physique:** [  Novice ] [  Masters Age 40+ ] [  Open ]

**Figure:** [  Novice ] [  Masters Age 40+ ] [  Open ]

**Men's Physique:** [  Novice ] [  Open ]

**Bikini:** [  Novice ] [  Masters Age 40+ ] [  Open ]

**Division Details:** Novice: Open only to those who have not placed first in any class besides Teen within any division in the same category (Ex. Figure) with any organization (unless was the only competitor in the class). Eligibility will be verified during polygraph testing. Masters/Age Divisions: Open only to those falling into the stipulated age range (ex. Masters Age 40+ is age forty and over). Open: Open to anyone regardless of age and level of experience.

**Waiver/Release:** I hereby intend to be legally bound for myself and waive and release any and all rights and claims I may have against the facility owners, OCB, the promoters, and any sponsors, agents, or representatives for any injuries and/or losses suffered by me as a result of my participation and/or attendance at this contest. I acknowledge I have reviewed and understand the OCB drug testing procedures and list of banned substances on OCBonline.com. I understand that the administrator or laboratory utilized for banned substance screenings is the choice of OCB and/or the promoters and agree to abide by the decision of the OCB, and/or contest promoters regarding my eligibility for participation in this contest based on the results of any banned substance screenings performed on me, and agree to accept results of said screenings, whatever they may be.

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

Name (print): \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

If under Age 18: Parent's name (print): \_\_\_\_\_ Parent's Signature: \_\_\_\_\_

**Fees to Submit with Entry Form:**

**Entry Fee\*:** \_\_\_\_\_ **Crossover Entry Fee(s)\*** \_\_\_\_\_ **Total: \$** \_\_\_\_\_

**(Please note: the polygraph fee is to be paid directly to the examiner in cash, and should NOT be included in any checks or credit card payments!)**

*\*Fees are non-refundable*

*PLEASE NOTE THE DEADLINE FOR STANDARD FEES AND THE DATE ON WHICH LATE FEES APPLY. SEE PAGE 1 ABOVE.)*

Payment by *(check one)*: [  Check ] [  Credit Card ] [  Cash \*in store only ]

**Make checks payable and mail to with entry form:** North Shore Nutrition Corner, 136 Andover St., Danvers, MA 01923

*\*Checks will not be accepted after May 20, 2019*

If paying by credit card *(additional 4% convenience fee charged for credit card orders)* complete the following section and mail to above address, or email to [Nsnc.ocb@gmail.com](mailto:Nsnc.ocb@gmail.com)

Name as it appears on card: \_\_\_\_\_

Card # (Visa or MasterCard Only): \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Expiration Date: \_\_\_\_\_

3-digit Security code on card back: \_\_\_\_\_

Signature: \_\_\_\_\_ Today's Date: \_\_\_\_\_