

## **OFFICIAL RULES AND REGULATIONS**

The Wabash Valley Open Contest will be held in conjunction with the ISU Bodybuilding and Fitness Contests

Date: **Saturday, March 27, 2010**

Time: **6:30pm** Auditorium doors open at **5:30pm**

Location: **Tilson Music Hall on the Indiana State University.**

CONTESTANT CHECK-IN TIMES:

Tilson Music Hall Lobby

**Check-in at 4:30pm**

**Contestant Meeting 4:45pm**

### **BODYBUILDING CONTEST DIVISIONS**

**Wabash Valley Contest** - Two Divisions: Men/Women.

Division I: 18-39 yrs of age. Division II (Masters): over 40 years of age. Two height classes in each division.

Three top placings awarded in each height class. One overall winner for each division.

**ISU Contest-** Two Divisions: Men/Women

Three height classes in each division. Please note height classes may be consolidated and is ultimately dependent upon the # of contestants.

### **ELIGIBILITY**

Contestants entering the ISU Bodybuilding or ISU Fitness Contest must be currently enrolled in at least seven hours of classes at ISU for the Spring 2010 semester.

Wabash Valley Masters Contestants must have reached their 40<sup>th</sup> birthday by **March 27, 2010**. A driver's license is required.

### **ENTRY APPLICATION AND FEE**

\$30.00 - ONE EVENT - Wabash Valley or ISU

\$40.00 - TWO EVENTS - Wabash Valley and ISU

(NOTE: Only ISU students can compete in both events.)

Application and Fees Due: **March 5th, 2010**

Checks should be made payable to Le Club

### **BODYBUILDING CONTEST RULES**

Posing routines will be limited to a maximum of 90 seconds. Overall winner of the ISU Spectacular will be required to complete the steroid drug test (urine specimen). The testing protocol will be outlined during the mandatory contestant meeting. If the steroid drug test results are positive, the participant will lose the title. Participant must return all trophies in the condition that they were awarded within 24 hours of notification of the steroid test results. Failure to return overall and division trophies will result in a replacement charge being assessed. All civic agencies, including and not

limited to a small claims court will be used to collect the replacement charges. The overall title will be awarded to the next highest scoring contestant among the three overall class winners. The same testing protocol will continue until a contestant having a negative test result is identified. In the event a negative test result is not identified among these class winners, the overall champion will remain vacant until the next year's show. Steroid test results **MAY** be published. Height classes may be consolidated or adjusted to allow for better competition on the day of the show.

### **FITNESS CONTEST RULES**

Fitness contestants will be required to complete a routine lasting at least 2 minutes and not to exceed 3 minutes in length. Props can be used during the individual routines; however, the props must be set up and removed by the contestants.

### **DRESS CODE**

**The Men's** posing suit must be competition style of one solid color with no emblems or design.

**The Women's** posing suits must be a solid color two piece bikini with no cutouts, emblems, or designs. It will reveal the abdominal and lower back development but will not reveal the glutes (i.e. no thongs).

**Fitness Contestants** attire must expose abdominals, back, and legs. G-string or bikini swimsuits exposing the glutes are **NOT** permitted.

### **MUSIC**

Contestants will provide their own prerecorded music, on a one track burned CD for their posing routine. Length of music should not exceed 90 seconds for the bodybuilding contestants and 180 seconds for Fitness contestants. Label and print your name on the CD and CD case.

### **BACKSTAGE**

No contestant is allowed to have family members and/or friends in the backstage or dressing area! If a contestant is found with a volunteer or family member they may be disqualified from the competition at the discretion of the Contest Coordinator!

### **TICKET PRICING**

General Open Seating

Ticket Prices - **\$4.00**

### **AWARDS**

Trophies will be awarded to the top three finishers in each division.

## CONTESTANT ENTRY FORM

**Please Print**

Name: \_\_\_\_\_  
Last Name First Middle AGE

Address: \_\_\_\_\_  
Street or Residence Hall Apt.# City St. Zip Code

Height: \_\_\_\_\_

Telephone #: \_\_\_\_\_

Email Address: \_\_\_\_\_

Check Appropriate Category (ISU students can be in both the Wabash Valley and ISU Contests)

- Entry Fee:      \$30.00 – One Event      \$40.00 – Two Events
- Mr. & Ms. Wabash Valley Bodybuilding Contest
  - Mr. & Ms. ISU Bodybuilding Contest
  - Ms. ISU Fitness Contest

I, \_\_\_\_\_ the undersigned, do agree to waive and release all rights and claims for damages arising from the described contest in consideration of your acceptance of this entry. I do hereby waive any and all rights and claims against Indiana State University, Its Trustees, Officers, Agents, Employees, Recreational Sports, and all sponsors arising in or out of my participation in this event. And I do further agree to indemnify and save harmless Indiana State University, Its Trustees, Officers, Agents, Employees, Recreational Sports, and all sponsors to and from any liability whatsoever arising from any damages that arise as a participant in this event.

\_\_\_\_\_  
Signature of Entrant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Guardian if participant is 18 years of age or younger

\_\_\_\_\_  
Date

**The completed application and entry fee must be received by March 5<sup>th</sup>, 2010**

**Mail to:**

C/O Contest Coordinator  
ISU Student Recreation Center – Room 117  
Terre Haute, IN 47809

**Hand Deliver to:**

Associate Director of Recreational Sports  
ISU Student Recreation Center – Room 117

If you have questions, please call 812-237- 4097