

U.S.B.F. BALTIMORE

All Amateur Divisions & Classes Will Be Contested!!!

Dear Prospective USBF Competitor,

On behalf of East Coast Power, I would like to thank you for considering the USBF Baltimore Natural 2019 Bodybuilding / MsUSBF Figure / MsUSBF Bikini / Physique held on **April 20th**. The contest will be held at **Parkville High School** (see the directions below). For those of you that want to stay at a nearby hotel, here are some to choose from:

Best Western Plus, 1100 Cromwell Bridge Road; Towson, MD 21286, (410) 823-4410 [2.8 miles away]

Days Inn Towson, 8712 Loch Raven Boulevard; Towson, MD 21286, (410) 823-8750 [2.1 miles away]

Comfort Inn, 8801 Loch Raven Boulevard; Towson, Maryland 21286, (410) 882-0900 [2.6 miles away]

For advance "All Day Passes", we are offering an early-bird (received prior to **April 6th**) special of **\$25.00** (a \$5 savings). The early-bird pricing for Children 12 & under will be **\$15.00** (a \$15 savings) for an "All Day Pass". **ALL SEATING IS GENERAL ADMISSION**. Call East Coast Power for details on **All Day Passes** or just include the order with your entry. **AFTER April 6th, ALL TICKETS WILL BE \$30.00 [FOR EVERYONE REGARDLESS OF AGE]**. Email us at Brian@usbf.net to verify that your entry and / or ticket request was received and processed. All Day Passes and advanced tickets purchases can be pick-up at the ticket table with **ID** one hour before the start of the show. **EXCEPT FOR THE EARLY-BIRD SPECIAL, THERE WILL BE NO OTHER DISCOUNTS (I.E., SENIOR CITIZENS, STUDENTS, AND CHILDREN) OFFERED AT THE DOOR. SEATING IS LIMITED AND WE DON'T GUARANTEE SEATING EXCEPT FOR THOSE WHO PAY IN ADVANCE.**

THIS IS A **DRUG-TESTED** CONTEST AND URINALYSIS IS THE TESTING METHOD. THE USBF HAS ADOPTED THE IOC'S ANABOLIC STEROID BANNED SUBSTANCE LIST THAT INCLUDES RELATED SUBSTANCES SUCH AS ANDRO (CONVERTS TO TESTOSTERONE) AND 19-NOR (CONVERTS TO NANDROLONE). THE FACT THAT A SUBSTANCE IS SOLD OVER-THE-COUNTER DOES NOT AUTOMATICALLY MAKE IT ACCEPTABLE FOR DRUG TESTED COMPETITION. AS A COMPETITOR THAT CHOOSES TO COMPETE IN DRUG TESTED COMPETITION, YOU ARE RESPONSIBLE FOR BEING KNOWLEDGEABLE ABOUT THE SUPPLEMENTS THAT YOU CONSUME.

THERE ARE NO HIDDEN DRUG TESTING FEES. DRUG TESTING IS PAID FOR BY THE USBF.

SCHEDULE: **Saturday, April 20th:** Check-In **9:00am-10:00am (YOU MUST BE AT THE SHOW NO LATER THAN 9:00AM!!!)**; Mandatory Contestant Meeting: **10:00am**; Judges Meeting: **10:30am**; Show Start: **11:00am**. This Event is "Live Judged". We will run straight through starting with group comparisons and mandatory poses. Then we will take a 45-minute intermission. After the intermission, we will go through individual posing / overalls / awards presentation.

BANNED: **Pam Spray and oil-based aerosols are banned by the USBF. Dream Tan is not permitted at the contest site (due to the ease in which it comes off and difficulty of cleaning it up). If anyone is caught with Dream Tan at the contest, they will be disqualified.**

MUSIC: NO PROFANITY. Be prepared to turn in your music during registration. **Music must be no longer than 60 seconds, CD only**, and your music must be the only music on the CD. The CD must be properly formatted and **FINALIZED**.

SUITS: No T-Back or G-String suits are permitted.

JEWELRY: Modest earrings & a necklace are acceptable. Excessive jewelry isn't recommended. The focus should be on you and not the jewelry.

FIGURE/BIKINI: MsUSBF Figure / Bikini requirements can be found on the Rules page at www.USBF.net.

PHYSIQUE: Male & Female Physique requirements can be found on the Rules page at www.USBF.net.

DEBUT: Open to "**1ST Time**" contestants only.

NOVICE: Open to contestants that never won 1st in open competition or an Overall Novice title, regardless of the organization.

PROPS: The USBF allows limited use of props. A contestant must be capable of bringing it on stage as well as removing it.

CROSS-OVERS: A cross-over is a competitor that entered more than one class. There is no crossing over between figure, bikini, and bodybuilding. You can only cross-over within a division. For example, a figure competitor can enter as many figure classes as she likes, but that same figure competitor can't cross-over into bodybuilding or bikini. **The only exceptions are: Classic Male Physique competitors can crossover into Bodybuilding and vice versa, and Figure competitors can cross-over into Physique and vice versa.** There is risk associated with crossing over. If the scoring is very close, it would only take one judge changing his score to move you below someone you beat earlier in another class. If this is something that you may have a problem with, I strongly suggest that don't cross-over.

DIRECTIONS: FOR SPECIFIC DIRECTIONS FROM YOUR HOME, USE [HTTPS://MAPS.GOOGLE.COM/](https://maps.google.com/) AND ENTER THE SCHOOL ADDRESS: PARKVILLE HIGH SCHOOL, 2600 PUTTY HILL AVE, PARKVILLE, MD 21234.

CONTEST NOTES:

- PLEASE TAKE YOUR TIME IN READ THE ENCLOSED ENTRY FORM VERY CAREFULLY.
- A USBF CARD IS REQUIRED TO COMPETE IN THIS CONTEST. IT IS VALID FOR 12 MONTHS AFTER DATE OF PURCHASE.
- MAKE A COMPLETE COPY OF THIS ENTRY FORM BEFORE MAILING IT.
- **NO PROFESSIONAL PHOTOGRAPHERS AND / OR CAMERAS ALLOWED.** WE DON'T MIND THE "POINT & SHOOT" CAMERAS BEING USED FROM YOUR SEAT, BUT DON'T PUT UP TRIPODS AND BLOCK THE VIEW OF OTHERS.
- ABSOLUTELY NO VIDEOTAPING UNLESS YOU HAVE THE PERMISSION OF THE PROMOTER.

USBF SHOW SCHEDULE

(This schedule is generic and assumes that all classes will be contested)

LIVED JUDGED FORMAT



9:00AM - 10:00AM, CHECK-IN
10:00AM - CONTESTANT MEETING
10:30AM - JUDGES MEETING

11:00 – SHOW STARTS

(**FEMALE PHYSIQUE** FORMAT: INDIVIDUALS WILL PERFORM ROUTINE & THEN PERFORM QUARTER TURNS WITH THE GROUP)

FEMALE PHYSIQUE (45+, 35+, DEBUT, NOVICE, & OPEN)

(**MALE PHYSIQUE** FORMAT: INDIVIDUALS WILL PERFORM QUARTER TURNS & THEN PERFORM QUARTER TURNS WITH THE GROUP)

MALE PHYSIQUE (50+, 35+, DEBUT, NOVICE, & OPEN)

CLASSIC MALE PHYSIQUE (40+, DEBUT, NOVICE, & OPEN)

(**BODYBUILDING** FORMAT: QUARTER TURNS & COMPULSORIES)

MEN MASTERS (70+, 60+, 50+, 40+, & 35+)

JUNIORS, TEEN, DEBUT, & NOVICE

* MEN OPEN (LIGHT, MIDDLE, & HEAVY)*

(**FIGURE** FORMAT: QUARTER TURNS THEN STAGE WALK)

ALL FIGURE COMPETITORS WILL COME OUT WITH THEIR CLASS FOR GROUP PRESENTATION & QUARTER TURNS. THEN THEY WILL COME OUT INDIVIDUALLY FOR THE STAGE WALK.

45+, 35+, DEBUT, NOVICE, & OPEN

(**BIKINI** FORMAT: HALF TURNS THEN STAGE WALK)

ALL BIKINI COMPETITORS WILL COME OUT WITH THEIR CLASS FOR GROUP PRESENTATION & HALF TURNS. THEN THEY WILL COME OUT INDIVIDUALLY FOR THE STAGE WALK.

MsUSBF BIKINI (35+; DEBUT, NOVICE & OPEN)

INTERMISSION: WE WILL TAKE A 45
MINUTE INTERMISSION AFTER
COMPARISONS & MANDATORY POSING

(EVERYONE WILL POSE IN THE ORDER OF THEIR NUMBER)

BRIEF INTERMISSION

AWARDS PRESENTATION BY CLASS (**SAME ORDER AS PREJUDGING**)
OVERALL POSEDOWNS WILL FOLLOW THE CLASS AWARDS

BEST PRESENTATION AWARDS