# Competitors Meeting - Mt. Rogers

Thank you everyone for choosing to compete at the OCB Mt Rogers!

For Professional still photography - by Never Forgotten Photography. I have attached the form to order professional photographs to this email.

Lived Judged Show

For the **bodybuilding and classic physique classes**, the classes will come out, and then the head judge will have the line-up go through quarter turns and then immediately perform the compulsory poses. Following this, the class will leave the stage, and then the MC will introduce each competitor for their individual posing routines (to their music). After the class has completed their individual posing routines we will give out awards before proceeding.

For the **physique, bikini, womens wellness and figure classes**, the competitors will individually walk to center stage to perform their presentation to the judges, and then walk to the side of the stage. When the entire class is on stage, the competitors will then line up for group comparisons under the direction of the head judge. Following this, the class will leave the stage. The T-walks with the competitor's music for the Bikini and Figure classes will immediately follow the group comparisons, at which time the MC will introduce each competitor in the order of the competitor's number. After the class has completed their individual walks we will give out awards before proceeding

Order of Prejudging

- Mens Novice BB
- Mens Open BB
- Mens Masters BB (40+, 50+, 60+)
- Mens Physique Novice
- Mens Physique Open
- Men Physique Masters (40+)
- Classic Physique Novice
- Classic Physique Open
- Intermission
- Figure Novice
- Women's Wellness Novice
- Figure Open
- Women's Wellness Open
- Masters Figure (35+,50+)
- Women's Wellness Masters(35+)
- Bikini Novice
- Bikini Open
- Masters Bikini (35+, 50+)
- Intermission

Our expeditors are Bill Hurd & Rochelle Ford - Please make their job easy!

- Stay close to the pump up area and pay attention to instructions.
- Do not make them have to track you down
- If you miss going out with your class, you are automatically disqualified from that class.

Please be considerate of other athletes -

1. ALL USE OF AEROSAL COOKING OILS is banned at all of our events.

2. All oil is to be put on, on the canvas.

No one other than competitors, and contest staff will be permitted in the pump up area or back stage. We will NOT be providing any pump up equipment. Coaches or trainers can meet with you in any other place, outside of these areas. Since everyone in this group are very nice people, where the levels of comradery have always been very high, if you need help, just ask one of the other competitors. If you help someone else, then they'll help you.

Things that are not permissible:
Chewing gum on stage
Jewelry, other than a wedding ring - for the bodybuilders
Moon pose or any other lewd poses
Music containing lewd lyrics - there are children in the audience
Alcohol (inc. Wine for vascularity) - this is a DRUG FREE ZONE

The Poses

BODYBUILDING

QUARTER TURNS - head, hips and feet facing in the same direction, AND hands at your side (slight turn ok, but not dramatic turn with hand in front of body)

COMPULSORY POSES
2. Double Biceps
3. Lat Spread
Quarter turn to the right
4. Side Chest
5. Side Tricep
Quarter turn to the right
6. Double Bicep with Hamstring Flexed & Calf Spiked (either leg)
7. Lat Spread with Hamstring Flexed & Calf Spiked (either leg)
Quarter turn to the right
8. Side Chest
9. Side Tricep
Face the front
10. Abdominals with Quad Flexed (either leg)
(For Males Only)
11. Your favorite Most Muscular

Optional - Additional Poses (ONLY IF NECESSARY)
Seratus Intercostal Twisted Crunch
Hands on hips Most Muscular - Flex and Rotate each leg
Face the rear - Hands over head Calve Pose

FIGURE

One at a time walk to center stage and perform quarter turns Judging presentation
Then proceed to the side of the stage - until all competitors have performed individual quarter turns.
Then, assemble in lineup in the order of your number for group quarter turns - Judging symmetry, conditioning, and presentation.

BIKINI

Like Figure but in individual walks, perform only front and back presentation. In Prejudging and Finals, feet must remain on the floor and competitors must stand erect without

bending over.  This has to be PG rated!!

DJ
Thumb Drive, Phone or CDs
- Does anyone have a CD with anything other than their posing music on it?
- If you are using a home-made CD and it does not cue up, Reggie will immediately substitute house music.  Do not leave the stage.  If you hear something other than your posing music, after a pause, just pose to it.
- Make sure that when you hand the CD to  Reggie, that it is cued up to the start of the music.
- Tell Reggie if you wish to have your music start OFF STAGE, Otherwise, it will be started after you set yourself up at center stage.

Numbers.

Numbers are to be placed on the left side of your suit in the front and in the middle in the back. Make sure the numbers are visible to the judges.

Have a great show!!