



# NPC West Coast Classic Competitor Information

Updated February 18, 2018

Congratulations for choosing the NPC West Coast Classic! It's our mission to provide an experience with the highest quality of service that you will remember for a lifetime. If this is your first show or your twentieth show you'll quickly see that the NPC West Coast Classic is unlike any other, bringing you the best. Everything from the stunning venue all the way to your competitor button is unique and special.

## The NPC & IFBB

The NPC West Coast Classic is *an amateur competition*. We are sanctioned by the National Physique Committee (NPC). The reason to compete in the NPC is not only the largest bodybuilding organization, offering the most shows, it is also the only path to the Olympia. Here is how it works:

You compete as an amateur in an NPC "National Qualifier," such as the NPC West Coast Classic. If you compete in an "open" class and place 1st, 2nd and in some cases 3rd, you qualify to compete in a national contest for professional status. An "open" class is a class that is not restricted by age and is not novice. For example, novice bodybuilding or master's bikini would not be considered an open class and therefore do not qualify you for a national contest when competing in these classes.

The top 2 who will win most national show will then earn their Pro Card. A Pro card, allows the competitor to compete free of charge and for a cash prize. The IFBB is the sanctioning body for professional athletes similar to how the NFL is the sanctioning body for professional Football. By either winning a show or earning the most points, top pros will then qualify for the Olympia, which is both an honor and an opportunity to become the best in the world.

### EXCLUSIVE NPC West Coast Classic DEAL!

Get 20% off all SWAT FUEL Products.

Use Promo code "NPCWCX20"

[www.swatfuelstore.com](http://www.swatfuelstore.com)



## Professional Conduct

Conducting ourselves with sportsmanlike and considerate behavior is essential for a fantastic experience for everyone; assure we can continue to call the beautiful Fox Riverside Theater as the home of the NPC West Coast Classic.

On show day you probably feel horrible. You may be hungry, exhausted, nervous and anxious. So is everyone else. Please treat each other with generosity, respect, and support.

Treat the venue as you would your home. Be acutely aware of your tanning and messes you may leave behind. Here are some guidelines:

- Wear only long pants and long sleeves while outside of the backstage area to protect seating, walls and other furnishing. Ushers will ask you to leave if you are not in proper attire.
- Cover the toilet seats. You may have great glutes, but we don't need to see where they have been.
- Your hotel will charge you for stained towels, toilet seats, showers, sheets, etc. Wear long sleeves and pants to sleep or bring your own sheets. You should also bring your own towels. Protect the toilet seat in your room.
- Clean up after yourself. Do not leave food or trash anywhere but in your bags or trash. The venue makes an exception to their no outside food rule just for us. Please help us respect and appreciate their generosity.
- Use common sense, we have seen people do some really weird stuff (i.e. pee in a cup backstage and leave it) Don't be that type of person.
- Children are never allowed backstage

# Competition Preparations

If you need additional prep details you can join [www.centerpodium.com](http://www.centerpodium.com) for a complete prep guide.

## Hotel

Hyatt Place Riverside/ Downtown

Located just 100 yards from the venue, staying at the Hyatt place will make your competition experience easy. Plenty of parking and once you arrive you never have to drive. Also, a block away you'll find the vibrant Riverside Downtown where shopping and dining opportunities abound. Perfect for the friends and family.

### Address:

3500 Market Street  
Riverside, CA 92501

### To Book:

Call (888) 492-8847 and ask for the NPC West Coast group block group code "G-NPCW".

Or Click [here](#) to book online.

Cutoff date: 06/04/2018

### Rates:

1 King Bed: \$139.00

2 Queen Beds: \$149.00

\*Room rates are quoted exclusive of taxes, which are currently 13.195%.

### Includes:

Hot and Cold Breakfast Buffet, 6:30 am – 9:00 am weekday and 7:00 am – 10:00 am weekend (Valued at \$15.00)

Free High-Speed Internet, complimentary everywhere in the hotel (Value at \$12)

Free Local Phone Calls

Complimentary public computers and printer; 24 hours

Complimentary Fitness Center, 24 hours

Discounted parking \$5.00 (value of \$12.00)

In-room refrigerator

## Tanning

Tanning can make or break you. It would be a shame to work so hard for 12 weeks and not place due to a bad tan. A competition tan is much darker than you'll get naturally or at a tanning salon. You will stick out (in a bad way) with that type of tan. Tanning in a bottle will look blotchy and uneven. The best bet is always to go with the contest-tanning partner. They will be with you until the time you walk out on stage and will provide any touch ups and glazing. No other tanners will be allowed backstage.

Be sure to prep your skin for tanning. Luffa for several days before the show. Shower shortly before tanning and wear no deodorant or lotions.

Tanning times and location: All tanning will take place backstage at the Fox Performing Arts Center (event venue), starting Friday, June 22.

Please note there is a \$20 late fee for tans booked after June 5.

**\*\*\*Our Tanning partner Martini Spray Tan will be in touch with you to schedule your appointment within 2 weeks of the show.\*\*\***

You can purchase tanning from our registration page at [www.npcwestcoast.com/register](http://www.npcwestcoast.com/register)  
**Booked tans need to be scheduled using this link:** <https://instant-scheduling.com/sch.php?kn=2430963>  
For questions, please TEXT our Tanning manager at 702-281-6124

## Photography

This is the best shape of your life, and you want to capture it! Also, should you want feedback from the judges they will need to see professional stage photos. Cell phone photos simply do not have the resolution that judges need to give you effective feedback.

You can purchase photography from our registration page at [www.npcwestcoast.com/register](http://www.npcwestcoast.com/register)

For questions regarding photography, please email our photographer at [booking@marcellorostagni.com](mailto:booking@marcellorostagni.com)

## Make-up

Competition make-up is like competition tanning. It is far more extreme than anything you would wear in public. Improper make-up can make you look pale. This is especially important, as not only is your physique judged but your over-all look and femininity. All make-up and hair take place backstage in the dressing rooms.

*Our Hair/Make-up manager will be in touch with you to schedule your appointment once you have purchased your services within two weeks of the show.*

Please note there is a \$20 late fee for services booked after June 5.

You can purchase make-up from our registration page at [www.npcwestcoast.com/register](http://www.npcwestcoast.com/register)

For questions, please email our make-up artist at [foufoumakeup@gmail.com](mailto:foufoumakeup@gmail.com)

## Video

The show can be watched live from anywhere with an internet connection complements of [Carr Cellular Fitness!](#)

Visit <http://www.npcwestcoast.com/live> to watch.



Also get 20% off your entire order when you shop [Carr Cellular Fitness!](#)

Use Promo Code: "CM20"

[www.carrcellularfitness.com](http://www.carrcellularfitness.com)

You can watch past year's videos at [www.centerpodium.com](http://www.centerpodium.com).

## Trainer pass

The backstage trainer pass can be purchased to allow your trainer backstage to assist you with your final preparations for competition. Every trainer must purchase a pass for backstage access. To maintain an environment free of preferential treatment and politics, every trainer is required to purchase a pass without exception.

- Pass is for TRAINERS ONLY, family, children or friends are not permitted. (unless they are your trainer)
- Limit 1 pass per competitor.
- Pass must be purchased by a registered competitor.
- No professional tanning, photography or videography will be permitted under any circumstance.
- Failure to adhere to these guidelines will result in expulsion and disqualification.

A group of general admission seats reserved for trainers and competitors will be available for watching the show. These seats cannot be held by individuals and will be offered on a first come-first served basis.

You can purchase a trainer pass from our registration page at [www.npcwestcoast.com/register](http://www.npcwestcoast.com/register)

## Posing

Posing is one of the most overlook parts of competing. Proper posing can be the difference between 1st and 10th place. We highly recommend you work with an experienced posing coach. Take many videos and photos as you approach competition to fine tune your posing. Practice your posing many times a day. It is always disappointing to see a competitor who clearly worked hard on diet and training but did not put in their time practicing their posing. Also check out our free posing clinics at the expo [www.npcwestcoast.com/expo](http://www.npcwestcoast.com/expo)

## Food

Food is allowed in the venue and we have microwaves backstage. If you need food prepared for you during your prep or at the show receive 20% off with Simply Prepped Nutrition by using promo code: **NPCWCathlete** at [www.simplypreppednutrition.com](http://www.simplypreppednutrition.com)

## Things to bring to the competition

- NPC Card - You will need one to compete. If you don't have one, you can purchase online at [www.NPCNewsOnline.com](http://www.NPCNewsOnline.com) or at check-ins for \$125. (Cash or check only for NPC Cards)
- Gym bag for your clothes and food
- Resistance bands - although we have some weights in the pump-up room, it will be very busy. Resistance bands are a great way to get pumped up backstage.
- Towel - prepare to sweat

- Layers - you may be hot or cold. There are variations in the venue plus your body does weird things when prepping for a show! Also, when you get cold your muscles flatten out, and you'll lose vascularity.
- Clothing - prepare to be covered in tanning, so wear black. Loose clothes like sweat pants or a robe are best to keep your tan looking good. Flip-flops are recommended for footwear.
- Extra Razor - in case you missed a spot
- Handheld mirror - As you may sweat, you may need touch ups.
- Bodybuilders and Women's Physique bring your music for your routines to check-in. Other divisions do not need to bring music.

## Things NOT to bring

- Professional camera equipment
- Professional video equipment
- Unsanctioned professional tanners
- Unsanctioned professional Make-up artists

**Violations will result in disqualification.**

## SHOWTIME - Your key information for the show.

**Venue - Fox Performing Arts Center** - To make it as easy and convenient as possible everything takes place at the venue. Here you will find check-ins, athlete meetings, tanning, make-up, and expo.

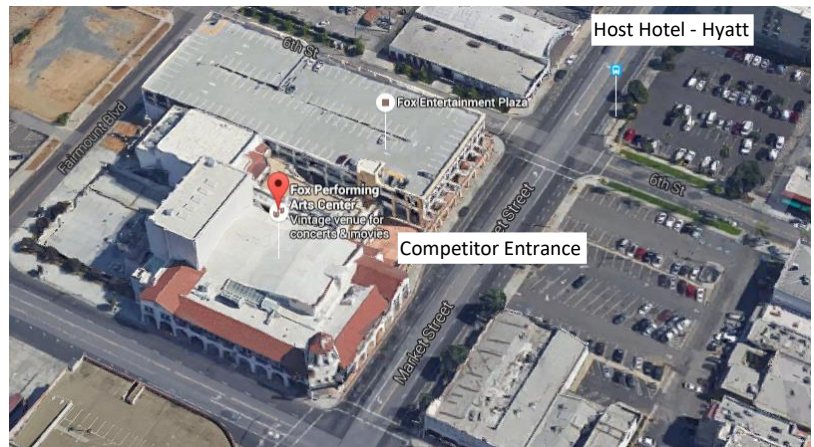
**Fox Performing Arts Center**  
**3801 Mission Inn Avenue**  
**Riverside, CA 92501**

### Parking

There is ample low cost to free parking at the venue in lots and garages. The event is designed so that once you park at your hotel; you do not have to drive for the remainder of the weekend as the hotel and all competitor's services are located in the same area.

### Venue Access

When facing the venue, entrance is at the front, right of the venue near the expo. You will see a sign on the sidewalk for the competitor entrance. This is the entrance for tanning, hair, and make-up. Once inside, go across the lobby to the far left. Walk down the hallway toward the backstage area. You will be required to show your competitor button for access to the backstage area.



## Check-Ins

Check-in takes place at **Fox Performing Arts Center**. Check-in will include a **mandatory** meeting followed by **mandatory** height and weight verifications.

If you have not yet registered, you still may register at this time. You may also purchase tanning, Photo packages, and NPC West Coast Classic merchandise. If you do not yet have an NPC card, you can purchase one for \$125 cash or check only for NPC Cards.

Bodybuilders and classic physique will be weighed-in wearing their posing trunks without exception. Bodybuilders and Women's Physique will bring the music for their posing routines on CD or USB. Please see the schedule for your check-in times.

# Schedule

## Friday, June 22, 2018

5:00 PM	Check-in & registration for Men's Bodybuilding, Classic Physique, Women's Physique, Fitness. Located on the Theater on stage.
6:30 PM	Mandatory meeting for all competitors.
7:00 PM	Check-in & registration for Bikini, Figure, Men's Physique. Located on the Theater on stage.

## Saturday, June 23, 2018

9:00 AM	Doors open to public for Pre-Judging for all NPC Divisions at the Fox Riverside Theater
9:00 AM	<a href="#">EXPO Opens – Free to the public!</a>
10:00 AM	Pre-Judging
4:30 PM	Doors open for finals at the Fox Riverside Theater
5:30 PM	Finals for all NPC Divisions.
6:30 PM	<a href="#">Expo Ends</a>
Finger Licking After Party	After Party at the Fox Theater Preview Bar. Complete with live music, adult beverages and 4 FOOD Trucks with Ice Cream Deserts, Burgers, Mexican Food, and Cheesy goodness! Free to attend and open to all!

## Order of Classes

It's extremely important that you are ready once your class is called to stage. **If you miss your class, you will automatically be placed last.** It is your responsibility to listen for your class, ***your name and number may not be called!!!*** We recommend that you identify the class that is FIVE classes ahead of yours and at that time begin pumping up and preparing for your class to be called.

There are not set times for when your class will be called as the show times will vary based on the number of competitors and speed of judging.

### The order will be the same for Pre-judging & Finals

Fitness Routines (finals only)  
Figure Masters' over 45  
Figure Masters' over 35  
Fitness Comparisons & Overall  
Figure A  
Figure B  
Figure C  
Figure D  
Figure Overall  
Classic Physique A  
Classic Physique B  
Classic Physique C  
Classic Physique Overall  
Women's Physique A  
Women's Physique B  
Women's Physique C  
Women's Physique Overall  
Teen Bodybuilding  
Master Men's Bodybuilding Over 60  
Master Men's Bodybuilding over 50  
Master Men's Bodybuilding Over 40  
Masters Men's Bodybuilding Overall  
Novice Men's Bodybuilding Light Weight  
Novice Men's Bodybuilding Middle Weight  
Novice Men's Bodybuilding Heavy Weight  
Novice Men's Bodybuilding Overall  
Men's Open Bodybuilding  
Men's Open Bodybuilding Lightweight  
Men's Open Bodybuilding Middle  
Men's Open Bodybuilding Light Heavy  
Men's Open Bodybuilding Heavy  
Men's Open Bodybuilding Super Heavy  
Men's Open Bodybuilding Overall

Teen Bikini  
Bikini Novice (A)  
Bikini Novice (B)  
Bikini Novice (C)  
Bikini Novice (D)  
Bikini Novice (E)  
Bikini Novice (F)  
Bikini Novice Overall  
Bikini Masters' 35+ (A)  
Bikini Masters' 35+ (B)  
Bikini Masters' 35+ (C)  
Bikini Masters' 35+ (D)  
Master's Bikini Overall  
Bikini A  
Bikini B  
Bikini C  
Bikini D  
Bikini E  
Bikini F  
Bikini Overall  
Men's Physique Teen  
Men's Physique Masters' 45+  
Men's Physique Masters' 35+  
Men's Physique A  
Men's Physique B  
Men's Physique C  
Men's Physique D  
Men's Physique E  
Men's Physique F  
Men's Physique Overall

# Stage Instructions & Routines

## NPC Pre-Judging

### All Divisions

THERE IS NO FREE POSING ROUND

Athletes line up in numerical/alpha order off stage. Up to 8 athletes will go on stage to the judging line. If there are more than eight athletes, the group will be split in half or by 5.

If it is less than eight judging and “call outs” take place.

If there are 2 or more groups, comparisons will take place. After comparisons, competitors will move to the diagonals filling in from stage left front to the back and then stage right back to the front.

Judges will then call each “call out,” 5-6 competitors at a time; running competitors through mandatory poses. Stage expeditor assists in identifying athletes in the call out and moving them to the appropriate spot as the judge requests. Please be know your button number as the judges will use this to identify you.

## NPC Finals

**Bikini, Figure & Men’s Physique** – Walk to center, upstage (rear) of the stage. 1 Pose at “X”. Walk up to downstage “X”. Perform two poses. Walk to the diagonal line at STAGE left, starting at upstage (front) of the stage and filling in toward downstage (back).

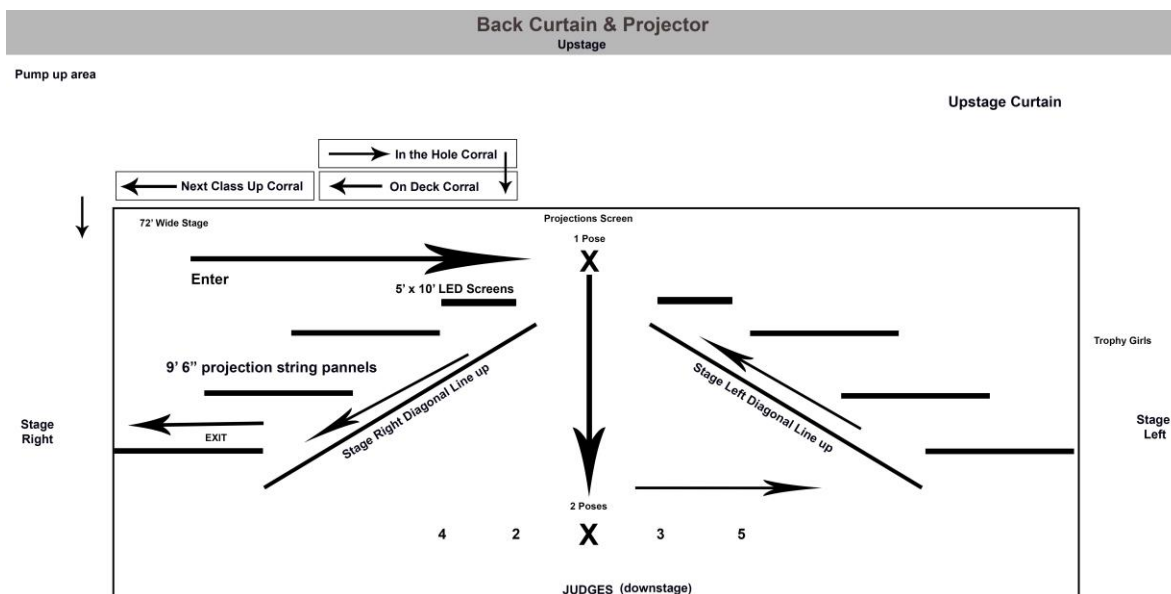
First Half go to stage left; second half go to stage right if needed. When you go to Stage right fill from upstage (back) to downstage (front).

The entire group will be on stage as awards are called. After first place is called, non-placing competitors will leave the stage on the side they are standing.

**Cross-overs** – If you cross over into more than on class, you will pose and/or walk only one time. You will wait with other cross-overs and all will enter the stage after “non-cross-over” competitor complete their walk.

### Classic Physique, Bodybuilding & Women’s Physique

- Competitor will perform up to 1 minute posing routine
- TOP 5 will be brought out to stand on stage LEFT diagonal
- Awards are presented in descending order to the top 5



## Tickets

Tickets may be purchased at [www.npcwestcoast.com/tickets](http://www.npcwestcoast.com/tickets) or the Box Office by calling [\(951\) 779-9800](tel:9517799800).

If you are competing, you do not need to purchase a ticket for the contest in which you are competing. We have a reserved section of seats that are first come-first served for competitors. Long sleeves and pants are REQUIRED when sitting in the theater to avoid getting tan on the seats. Do not leave the backstage area wearing only your competition suites.

## EXPO

We have 40+ fitness companies joining us providing samples, demonstration and selling clothing. Plus we will have EXCLUSIVE NPC West Coast Classic apparel for sale. Visit [www.NPCWestCoast.com/vendors](http://www.NPCWestCoast.com/vendors) for exclusive discounts.

**Free Admission!**

## Saturday, June 23, 2018

<b>9:00 AM</b>	EXPO Opens
<b>10:00 AM</b>	Bikini Posing Clinic with IFBB Pros <a href="#">Tamara Haddad</a> & <a href="#">Marissa Rivero McGrath</a> – Free
<b>11:00 AM</b>	Lateral Hold Contest 1 on 1 on 1: Hold 10 pounds laterally for the longest duration to win! Male & Female winners receive prizes!
<b>12:00 PM</b>	<a href="#">Training Seminar with IFBB Legend Chris Cormier</a> – Free
<b>2:00 PM</b>	Bodybuilding & Classic Physique Posing Seminar with Mr. Olympia Danny Hester – Free
<b>3:00 PM</b>	Figure Posing Seminar with <a href="#">Bojana Vasiljevic</a> and <a href="#">Wendy Fortino</a>
<b>4:00 PM</b>	Featured Guest Speaker. – Free
<b>5:00 PM</b>	Doors Open for NPC Finals with performances from Oksana Grishina
<b>6:30 PM</b>	Expo Ends
<b>10:00 PM</b>	After Party with Four Food Trucks and music!

## Needs in Riverside

- **Food & Supplements** – Clark’s Nutrition: 4225 Market Street, Riverside, CA 92501 (.4 miles from venue) [www.clarksnutrition.com](http://www.clarksnutrition.com)
- **Gym** – Fitness Mania: 19069 Van Buren Boulevard # 108, Riverside, CA 92508 [www.fitness-mania.com](http://www.fitness-mania.com)
- **Food Prep** – Simply Prepped Nutrition: Use promo code: *NPCWCathlete* at [www.simplypreppednutrition.com](http://www.simplypreppednutrition.com) or email [info@simplypreppednutrition.com](mailto:info@simplypreppednutrition.com)
- **Cheat Meal** – The after party at the venue with four food trucks including burgers, cheesy sandwiches, Mexican food and ice Cream Deserts

## Communication & Social Media

- Please follow us on Social Media for up to the minute information and changes. You can find us at [www.facebook.com/NPCWestCoast](http://www.facebook.com/NPCWestCoast).
- Join the Facebook event to get up to the minute updates [www.facebook.com/events/861199480663528/](http://www.facebook.com/events/861199480663528/)
- Also, follow us on Instagram [@NPCWestCoast](https://www.instagram.com/NPCWestCoast). Hashtag your photos with **#NPCWestCost** for a possible repost!
- **\*\*\*Find logos, memes, flyer and videos that you can share on social media here:**  
[www.dropbox.com/sh/wu6kxni0cp0ipi3/AAAqGrqOzDRio56qsCYC\\_qd\\_a?dl=0](http://www.dropbox.com/sh/wu6kxni0cp0ipi3/AAAqGrqOzDRio56qsCYC_qd_a?dl=0)
- Be sure to sign up for our email by submitting your email address near the top of our home page: [www.NPCWestCost.com](http://www.NPCWestCost.com)

For questions, please email [info@NPCWestCoast.com](mailto:info@NPCWestCoast.com) or text (775) 375-5438

You will also love our NPC sister shows:

**TAHOE SHOW** - Lake Tahoe, NV - August 11 [www.TahoeShow.com](http://www.TahoeShow.com)

**LEGION SPORTS FEST** – Long Beach, CA – Sept. 29 & 30 [www.LegionSportsFest.com](http://www.LegionSportsFest.com)

***We hope you have an incredible experience and that you choose the NPC West Coast Classic for years to come!***