



# Tahoe Show Competitor Information

Updated July 5, 2017

Congratulations for choosing the Tahoe Show! It's our mission to provide the highest quality of service and provide an experience that you will remember for a lifetime. If this is your first show or your twentieth show, you'll quickly see that the Tahoe Show is unlike any other, bringing you the very best. Everything from the venue, to the trophies, to your competitor button is special.

## The NPC & IFBB

When you compete as an amateur in an NPC "National Qualifier", such as the Tahoe Show, in an "open" class and place 1st, 2nd and in some cases 3rd, you qualify to compete in a national bodybuilding contest. Examples of these contests include the IFBB North Americans or NPC Nationals. When competing at these "national level" contests you are competing for IFBB 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 but it varies from show to show. Once pro status is earned, the competitor can 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. This is both an honor and an opportunity to become the best in the world. Major IFBB shows are the Ferrigno Legacy, Mr. Olympia, Arnold Classic and the New York Pro. The Ferrigno Legacy is both an NPC and IFBB show with divisions for both pros and amateurs.

**EXCLUSIVE Tahoe Show DEAL!** Get 15% off your entire meal prep order AND free delivery within 5 miles of Roseville

Use PROMO code "Tahoe15"

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



## Competition Preparations

### 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. Competition tan is much darker than you'll get naturally or at a tanning salon, you will stick out (in a bad way) with the wrong type of tan. Tanning in a bottle will look blotchy and uneven. The best bet is always to go with our 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 back stage.

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 back stage at the at the Montbleu Showroom on Friday August 25, 2015. **After you book online, our Tanning partner Martini Spray tan will be in touch with you to schedule your appointment. Be sure to check your junk folder!**

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

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 and light balance that judges need to give you effective feedback. We also offer Lake Tahoe beachside photo shoots. It's a rare opportunity to get photos at an epic location while in peak condition.

You can purchase photography from our registration page at [www.tahoeshow.com/register](http://www.tahoeshow.com/register). For questions 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 and washed out. This is especially important because both your physique and your overall look and femininity are judged. **Once you book online, our hair/make-up manager will be in touch with you to schedule your appointment 7 days before the show. Be sure to check your junk folder!**

You can purchase make-up from our registration page at [www.tahoeshow.com/register](http://www.tahoeshow.com/register)  
For questions please email our make-up artist FouFou at [foufoumakeup@gmail.com](mailto:foufoumakeup@gmail.com)

## Trainer pass

The backstage trainer pass can be purchased to allow your trainer back stage to assist you with your final preparations for competition. **Every** trainer must purchase a pass for back stage 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.
- 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.
- All coaches must have a NPC Membership to go backstage – these may be purchased at the show for \$125 (cash or check)

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. These seats are located in Section E on the STAGE LEFT side of the venue. You will be able to access this area by exiting the stage left doors back stage ("stage left" is your right if you are standing on stage facing the judges).

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

## Posing

Posing is one of the most overlooked 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.

## 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 back stage.
- 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 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
- Hand held mirror - as you may sweat, you may need touch ups.
- Bodybuilders and Women's Physique bring your music for your routines to check-in. **Bring this on a USB or CD.** 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.**

## REFUNDS

**NO REFUNDS, EXCHANGES OR CREDITS UNDER ANY CIRCUMSTANCES. NO EXCEPTIONS WILL BE MADE. By placing your order, you agree to these terms.**

## Hotel Reservations

**Host Hotel: Montbleu Resort, Casino & Spa**

**PROMO CODE: STTAH17**

**Email:** [questions@montbleuresort.com](mailto:questions@montbleuresort.com)

**Website:** [www.montblueresort.com](http://www.montblueresort.com)

**Toll Free:** 1-800-648-3353

**Local/International:** 1-775-588-3515

**SHOW TIME** - Your key information for the show.

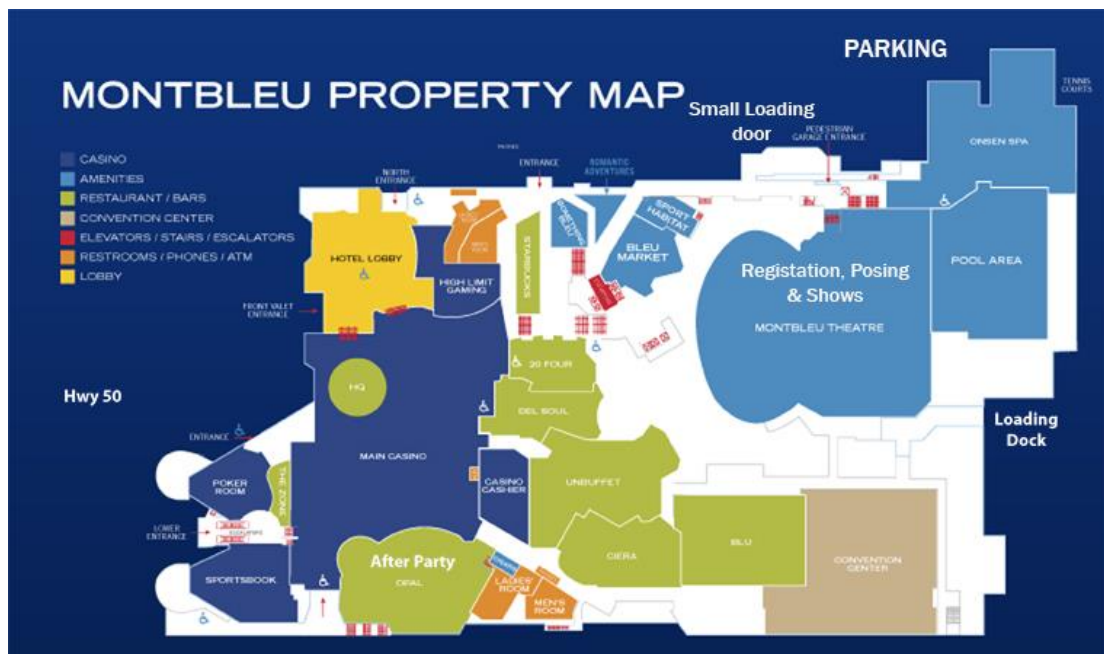
**Montbleu Resort, Casino & Spa**

55 Hwy 50

Stateline, NV 89449

**Parking** is free and ample. You may park in the Montbleu parking garage, outdoor parking or with the complimentary Valet.

**Venue:** 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, expo and of course the show.



## Check-Ins

Check-ins take place in the Montbleu Showroom. Check-in is mandatory for height and weight verifications.

If you have not yet registered, you may still register at this time. You may also purchase tanning, photo packages and Tahoe Show merchandise. If you do not yet have an NPC card you can purchase one for \$125 (cash or check ONLY).

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 a thumb drive or DVD ONLY.

# Schedule

Subject to change. See online schedule for any changes at [www.tahoeshow.com/schedule](http://www.tahoeshow.com/schedule)

## Friday, August 25, 2017

4:30 - 6:00 PM Registration and MANDATORY weigh/height-in for Men's Bodybuilding, Women's and Men's Physique. Located in the Montbleu Showroom.

6:30 - 8:00 PM Registration and MANDATORY Hight-in for Bikini, Figure. Located in the Montbleu Showroom.

## Saturday, August 26, 2017

8:30 AM Mandatory Competitors Meeting

9:30 AM Doors open to public for NPC Pre-Judging for NPC in the Montbleu Showroom

10:00 AM Pre-Judging

5:30 PM Doors open for finals in the Montbleu Showroom

6:00 PM NPC FINALS - Interviews and photos with all overall competitors. Be sure to stay in posing suits.

10:00 PM Doors open at Opal Night Club. Free admission for all competitors.

11:00 PM Red Carpet Fitness Fashion Photo Shoot at Opal Night Club

## Sunday, August 27, 2017

7:00 AM - 11:00 AM Free competitors brunch buffet at Montbleu

11:00 AM Overall Winners photo shoot

8:00 AM - 7:00 PM Photo shoots at Lake Tahoe and hanging out for drinks, Click for directions to shoot location [Zephyr Cove Resort](#)

## Order of Classes

It extremely important that you are ready when your class goes on stage. If you miss your class you will automatically be placed last. There are not set times for when your class will be called as the show times will vary based on number of competitors and speed of judging. We recommend that you watch the live stream from your phone or monitors in the pump-up room for show progress.

Masters Figure Over 45

Masters Figure over 35

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

Bodybuilding Teen

Master Men Over 60

Master Men Over 50

Master Men Over 40

Men's Novice Bodybuilding Light

Men's Novice Bodybuilding Middle

Men's Novice Bodybuilding Heavy

Novice Overall

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 Overall

### Intermission

Men's Physique Teen

Men's Physique Masters 45+

Men's Physique Masters 35+

Men's Physique Novice A

Men's Physique Novice B

Men's Physique Novice C

Men's Physique Novice Overall

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

Teen Bikini

Bikini Masters 35+ A, B, C

Bikini Masters Overall

Novice Bikini A, B, C, D

Novice Bikini Overall

Bikini A

Bikini B

Bikini C

Bikini D

Bikini E

Bikini F

Bikini Overall

# Routines

## Pre-Judging - Men's Physique & Bikini, Classic Physique, Women's Physique & Bodybuilding

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 8 athletes, the group will be split in half or by 5.

If there are less than 8 athletes, 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 right front to the back and then stage left back to the front.

Judges will then call each "call out", 5-6 competitors at a time, running competitors through mandatory poses. Stage expeditors assist in identifying athletes in the call out and moving them to the appropriate spot as the judge requests.

## Finals

**Bikini, Figure & Men's Physique** – Walk to center, upstage (rear) of stage. 1 Pose at "X". Walk up to downstage "X". Perform 2 poses. Walk to diagonal line at STAGE right, starting at upstage (front) of stage and filling in toward downstage (back).

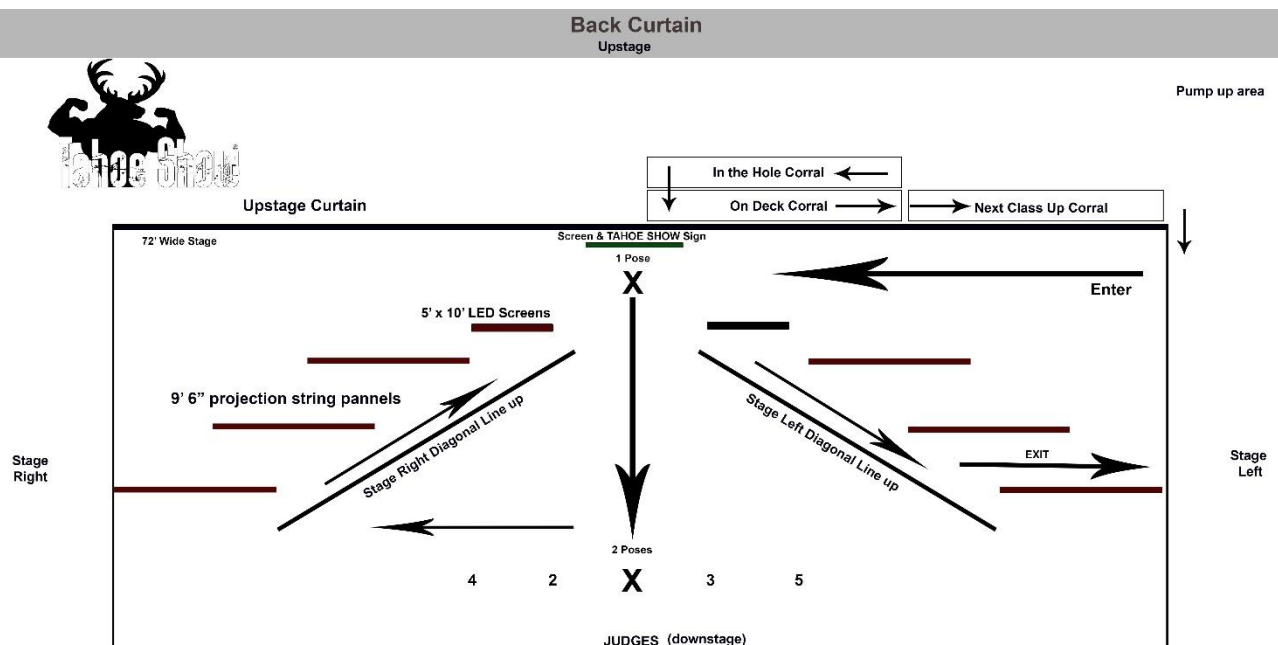
First Half go to stage right; second half go to stage left if needed. When you go to Stage left fill from upstage (back) to downstage (front).

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.

If you cross-over you will do your walk only in the first class. For cross-over classes you will wait until all others have walked and will enter the stage with other cross over athletes after all others have walked to the right diagonal line.

## 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

VIP Tickets can be purchased only at [www.tahoeshow.com/tickets](http://www.tahoeshow.com/tickets). VIP tickets get you the best seating and allows admission to both Pre-Judging and Finals. Price is \$119 per ticket.

All other tickets can be purchased online at [www.montbleuresort.com/entertainment/entertainment-calendar](http://www.montbleuresort.com/entertainment/entertainment-calendar) or call the box office at 775-588-3515.

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 serve for competitors. Please wear long sleeves and pants when sitting in the showroom to avoid getting tan on the seats.

## EXPO

We have many fitness companies joining us providing samples, demonstration and selling clothing. Plus, we will have exclusive Tahoe Show clothing and hats for sale.

**Carr Cellular Fitness, Cellucor, Str8 Shredded, Infinium Works, Swat Fuel, B.A.R. Republic, Team CTN, Tahoe Show, Allmax, Sunset Swimwear, Phil's Discount Nutrition, NO LIMIT FIT-PRO APPAREL, Muscle Egg, and many more**

Competitors can get discounts from our sponsors at [www.tahoeshow.com/vendors](http://www.tahoeshow.com/vendors)

## Communication

Please follow us on social media for up to the minute information and changes. You can find us at [www.facebook.com/TahoeShow](http://www.facebook.com/TahoeShow).

Also, follow us on Instagram [@TahoeShow](https://www.instagram.com/TahoeShow). Hashtag your photos with #TahoeShow for a possible repost!

Be sure to sign up for our email by submitting your email address on the top of our home page at [www.TahoeShow.com](http://www.TahoeShow.com)

For questions please email [info@TahoeShow.com](mailto:info@TahoeShow.com)

If you loved the Tahoe Show you will also love our sister shows, the Ferringo Legacy and NPC West Coast. Please visit [www.FerrignoLegacy.com](http://www.FerrignoLegacy.com) and [www.NPCWestCoast](http://www.NPCWestCoast)

***We hope that you have an incredible experience and that you choose the Tahoe Show for years to come!***