

**OCB Spirit of America**  
**April 18, 2009 – Carver, MA**

*Coverage in Fitness & Physique Magazine. IFPA Open Double Pro Qualifier and IFPA Masters Pro Qualifier.*

**Location:** Carver High School, 60 S. Meadow Rd, Carver, MA 02330

**Show times:** Pre-judging: 11 AM, Finals: 5 PM

**Divisions:** Men's Bodybuilding: Teen, Debut, Novice, Great Grand Masters 60+, Grand Masters 50+, Masters 40+, Junior, Open – Women's Bodybuilding: Novice, Masters 35+, Open. Figure: Debut, Novice, Masters 35+, Open. Female Fitness Model: Open. Male Fitness Model: Open. Ms. Fitness: Open. Body Transformation Challenge.

**Division Details:** Debut Division: First time competitors only. Teen Division: Open only to those who are age 19 and under. Novice Division: Open only to those who have not placed first in any class besides Teen within any division in the same category (Ex. Figure) with any organization (unless was the only competitor in the class). Eligibility will be verified during polygraph testing. Masters Divisions: Open only to those falling into the stipulated age range (ex. 40+ is age forty and over). Junior Division: Under age 23. Open Division: Open to anyone regardless of age and level of experience. Body Transformation Fitness Challenge: Eligibility open to all persons who do not use performance-enhancing substances meet the OCB Drug Testing guidelines) and who have never competed in a Bodybuilding, Figure, Fitness or Fitness Modeling competition.

**Classes:** Split evenly by height in the manner specified in the OCB Guidelines ([www.theOCBwebsite.com](http://www.theOCBwebsite.com))

**Crossovers:** A "crossover" is entering more than one division. For example, someone may enter the Novice division, if eligible, and also elect to crossover into the Open division and compete in it as well.

**Check-in:** Friday April 17th 3 PM – 7 PM at Comfort Inn conference room (155 Samoset St, Plymouth, MA)

**Contestant meeting:** Saturday April 18th 9 AM at the contest venue

**Fees:** Entry \$55 if postmarked by 04/1, \$65 if postmarked after 4/1. No walk-in entries the day of the event will be accepted (no exceptions). Crossovers \$25 per additional class. OCB annual Membership \$50 for bodybuilding, figure and fitness model competitors if not current OCB members. Polygraph Test \$40 payable to the examiner at the time of testing.

**Tickets:** Adult General Admission \$30 (All Day Pass), Under 14 General Admission \$10 (All Day Pass). Trainers Ticket \$30 (All Day Pass). Same ticket prices whether attending one or both show times.

**Drug Testing:** Polygraph testing for all bodybuilding & figure. \$40 payable in cash or money order to the polygraph examiner at the time of testing. Photo identification required. It is the competitor's responsibility to ensure they are polygraph tested for the event. If any competitors are not polygraph tested for the event they are ineligible for competition. Urine testing for top two overall for Figure Open, Men's Bodybuilding Open, and Women's Bodybuilding Open and overall winners of Figure Masters 35+, Women's Bodybuilding Masters 35+ and Men's Masters 40+ (in addition to their polygraph tests). Urine samples will be collected immediately after the conclusion of the show. It is the competitor's responsibility to ensure a sample is provided before leaving the event. If competitors do not provide samples eligibility for IFPA pro competition will be void. Plus all competitors subject to additional forms of testing, if requested, at the discretion and expense of the promoter.

**Backstage policy:** 1 assistant per competitor allowed, assistant MUST buy a trainers ticket (\$30), which is good for General Admission and back stage access.

**Routines:** Routine length 60 secs for bodybuilding. Figure competitors can use house music at finals or can furnish their own music. If electing to supply own music for the stage walk at finals at least 90 seconds of music should be provided. Music can be faded out as competitors exit the stage area if longer than actually needed.

**Host Hotel:** Comfort Inn (5.5 miles from venue), 155 Samoset St, Plymouth, MA Phone: (508) 746-2800

**Payment:** Send Entry Form and Advance Ticket sale information and payments to: Sean Sullivan, 15 Carleton Dr, Mashpee, MA 02649. Make checks payable to Sean Sullivan.

**Contact:** Sulcop96@aol.com, (774) 836-0313.

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**ENTRY FORM**

Name: \_\_\_\_\_ Email: \_\_\_\_\_  
 Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

**WAIVER/RELEASE**

Waiver: I hereby intend to be legally bound for myself, my heirs, executors and administrators, and waive and release any and all rights and claims for damages I may have against the facility owners, OCB, the promoters, and any sponsors, agents, or representatives for any injuries suffered by me as a result of my participation and/or losses suffered by me as a result of my participation and/or attendance at this contest. I hereby grant the promoters, OCB, any approved magazine, video or entertainment organization and all of their agent's successors, licensees and assignees, the right to photograph or otherwise reproduce my voice, appearance and name and exhibit, distribute, transmit and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, printing, or any other medium now known or hereafter devised, including audio with respect to any merchandising, advertising, and/or publicity and the right to use my name and information about me in connection with any of the foregoing. No further compensation shall be payable to me at any time in connection therewith. Nothing contained herein shall be deemed to obligate, OCB and/or any magazine, video or any approved video entertainment organization to photograph or otherwise reproduce my voice, appearance or name, or to make use of any of the rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further comment.

I agree to abide by the decision of the OCB, and/or contest promoters concerning my participation in an OCB-sanctioned contest pending the results of any form of testing used to detect use of banned substances with OCB. I understand that the administrator or laboratory utilized for substance screenings is the choice of OCB and/or the promoters, and agree to accept the results of said testing, whatever they may be. I hereby waive and release any claims or demands against the OCB, its representatives, sponsors and promoters that may arise out of my participation in an OCB-sanctioned event or my membership in the OCB.

I have read, understand, and agree to the above terms.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

If under 18, parent's name: \_\_\_\_\_

Parent's signature: \_\_\_\_\_

**DIVISION(S) ENTERING (check)**

**Men's Bodybuilding**

- Teen (Age 19 and Under)
- Debut (First Show Ever)
- Novice
- Great Grand Masters 60+
- Grand Masters 50+
- Masters 40+
- Junior (Under Age 23)
- Open

**Women's Bodybuilding**

- Novice
- Masters 35+
- Open

**Figure**

- Debut (First Show Ever)
- Novice
- Masters 35+
- Open

**Fitness Model**

- Female Open
- Male Open

**Ms. Fitness**

- Open

**Body Transformation**

- Open

*Novice Division: Open only to those who have not placed first in any class besides Teen within any division in the same category (Ex. Figure) with any organization (with the exception of cases where first place was won in a class that only had one competitor in it). Eligibility is verified during polygraph testing.*

**Amount to Enclose with Entry Form:**

*\$55 if postmarked by 4/1, \$65 if postmarked after 4/1. Crossovers \$25 per additional class.*

**Entry Fee: \$ \_\_\_\_\_ Crossover Fee: \$ \_\_\_\_\_**

**Send Entry & Payment to:**

**Sean Sullivan**

**15 Carleton Dr, Mashpee, MA 02649**



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**Advance Ticket Sales Order Form**

Advance ticket purchases will be available for pick-up at the ticket counter Will Call on the day of the event.

Name: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

<b>Order Form</b>	<b>Cost</b>	<b>Quantity</b>	<b>Total Cost</b>
Adult General Admission : All Day Pass	\$30.00		
Under 14 General Admission All Day Pass	\$10.00		
Trainer's Ticket (Good for both General Admission and Back Stage Access All Day)	\$30.00		
Total Cost			

Make Checks Payable and Mail to:

**Sean Sullivan  
15 Carleton Dr  
Mashpee, MA 02649**