

NPC Mother Lode Competitor Information

Updated March 27, 2018



Congratulation for choosing the NPC Mother Lode! It is 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 NPC Mother Lode 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 NPC Mother Lode, in an "open" class and place 1st or 2nd, 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 Legion Sports Fest, Mr. Olympia, Arnold Classic and the New York Pro.

EXCLUSIVE NPC MOTHER LODE DEAL!

Get 15% off your entire meal prep order or \$100 off a monthly package!

Use Promo Code: "Reno15"



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 at a tanning salon or the sun, 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 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 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: Tanning takes place at the NEVADA CONFERENCE CENTER located on the Spa Level of the Grand Sierra Resort. This is also where you will go for registration, check-ins and the competitor meeting.

Spa Level



After you book online, our Tanning partner Martini Spray tan will be in touch with you to schedule your appointment.

You can purchase tanning from our registration page at www.npcmotherlode.com/register For questions; please TEXT our Tanning manager at 702-281-6124

Booked tans need to be scheduled using this link: <https://instant-scheduling.com/sch.php?kn=2430963>

Make-Up & Hair

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 judged but your over-all look and femininity. Once you book online, *our hair/Make-up manager will be in touch with you to schedule your appointment seven days before the show.*

LOCATION: Make-up & Hair will be applied backstage in our chorus room. Enter from the glass doors on the far right of the entrance to the Grand Theatre. Walk to the RIGHT showroom entrance. Follow signs for **FOU FOU make-up** to the back stage.



You can purchase make-up from our registration page at www.npcmotherlode.com/register For questions, please email our make-up artist FouFou at foufoumakeup@gmail.com

Photography

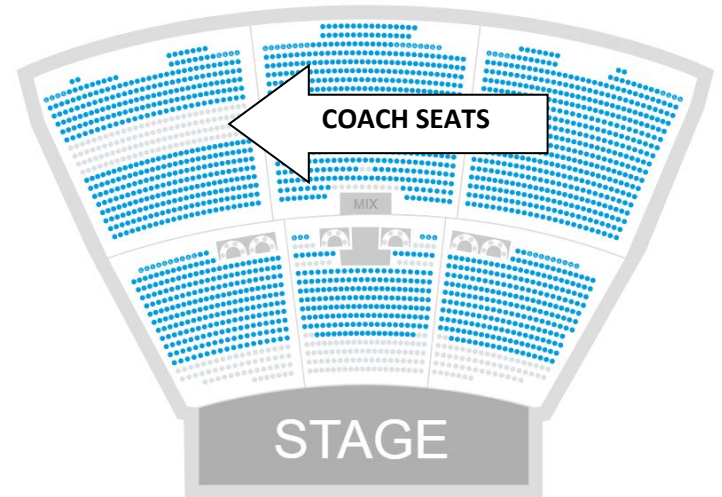
This is the best shape of your life, and you want to capture it! Also, should you want feedback from the judges they will need to see professional stage photos. Cell phone photos simply do not have the resolution and light balance that judges need to give you effective feedback. We also offer Lake Tahoe beach side photo shoots. It is a rare opportunity to get photos while in peak condition and at an epic location.

You can purchase photography from our registration page at www.npcmotherlode.com/register. For questions, please email our photographer at booking@marcellorostagni.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 no matter how big or small your team may be. 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 or on the NPC Website for \$125



A group of general admission seats reserved for trainers and competitors will be available for watching the show located in Mezzanine right. You will be able to access this area by exiting the stage left doors back stage. ("stage left" is your left if you are standing on stage facing the judges)

You can purchase a trainer pass from our registration page at: <http://npcmotherlode.com/register/Competition-Needs-c25045069/>

Posing

Posing is one of the most overlook part 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. You can find options for posing coaches and information here: <http://npcmotherlode.com/coaches-team-directory>

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 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'll lose vascularity.
- Clothing - prepare to be covered in tanning, so wear black. Loose cloths like sweat pants or a robe are best to keep your tan looking good. Flip-flops are recommended footwear.
- Extra Razor - in case you missed a spot
- Hand held mirror - As you may sweat, you may need touch ups.
- Bodybuilders, Classic Physique, 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

For the NPC Mother Lode on April 25 click [HERE](#) to book or call 1-800-648-5080 and refer to promo code: **SHOW18**

Website: www.grandsierraresort.com

SHOW TIME - Your key information for the show.

Grand Sierra Resort

2500 E 2nd St
Reno, NV 89595

Parking is free and ample. You may park in the Grand Sierra Resort parking lot or the complementary 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, vendors and of course the show.

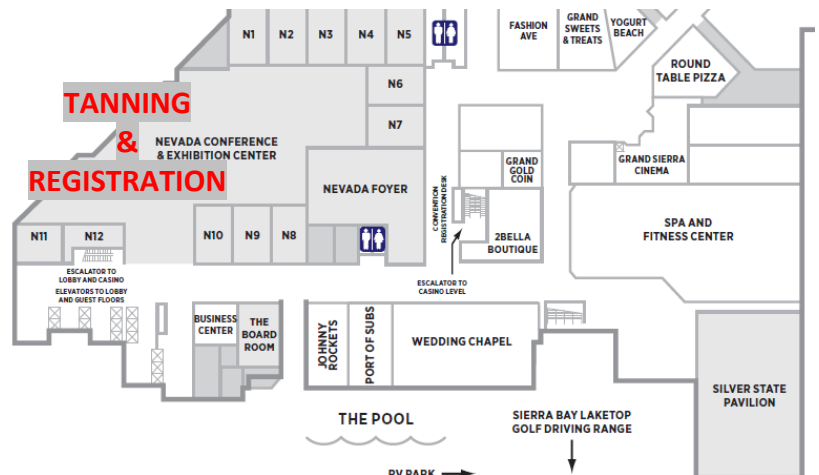
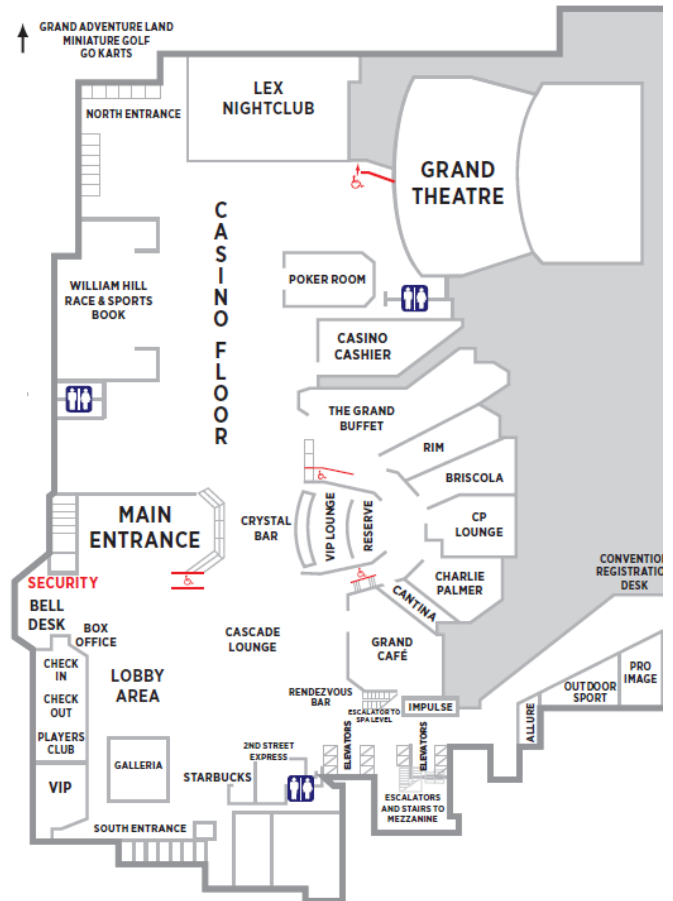
Check-Ins

Check-ins take place at the **NEVADA CONFERENCE CENTER** located on the Spa Level of the Grand Sierra Resort. Check-in is mandatory for height and weight verifications.

If you have not yet registered, you may register at this time. You may also purchase additional cross-over classes, tanning, photo packages, NPC Cards and NPC Mother Lode merchandise. If you do not yet have an NPC card, you can purchase one for \$125 cash or check. Credit Cards are accepted for all other purchases.

Bodybuilders and Classic Physique will be weighed-in wearing only their posing trunks without exception.

Bodybuilders, Classic Physique and Women's Physique will bring the music for their posing routines on a USB thumb drive or CD ONLY.



Schedule

Subject to change. See online schedule for any changes at www.npcmotherlode.com/schedule/

Friday, April 6, 2018

- 5:00 - 6:30 PM Registration and MANDATORY weigh/height-in for Men's Bodybuilding, Women's and Men's Physique. Located in the Grand Sierra Resort Showroom.
- 6:15 PM Mandatory Meeting for ALL Divisions. There will not be a Saturday morning athlete meeting.
- 7:00 - 9:00 PM Registration and MANDATORY Hight-in for Bikini, Figure. Located in the Grand Sierra Resort Showroom.

Saturday, April 7, 2018

- 9:00 AM Doors open to public for NPC Pre-Judging for NPC in the Grand Sierra Resort Showroom
- 10:00 AM Pre-Judging Begins
- 5:00 PM Doors open for finals in the Grand Sierra Resort Showroom
- 6:00 PM NPC FINALS Begin
- 10:00 PM LEX Nightclub After Party

Order of Classes

It is 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.

Fitness Routines

Figure Masters' Over 45+

Figure Masters' Over 35+

Figure A

Figure B

Figure C

Figure D

Figure Overall

Teen Classic Physique

Classic Physique A

Classic Physique B

Classic Physique C

Classic Physique D

Classic Physique Overall

Women's Physique A

Women's Physique B

Women's Physique C

Women's Physique Overall

Men's Bodybuilding Masters' 60+

Men's Bodybuilding Masters' 50+

Men's Bodybuilding Masters' 40+

Men's Novice Bodybuilding Light

Men's Novice Bodybuilding Middle

Men's Novice Bodybuilding Heavy

Men's Bodybuilding 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

Teen Bikini

Bikini Masters' 45+

Bikini Masters' 35+ (A)

Bikini Masters' 35+ (B)

Bikini Masters' 35+ (C)

Bikini Masters' 35+ Overall

Bikini Novice A

Bikini Novice B

Bikini Novice C

Novice 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

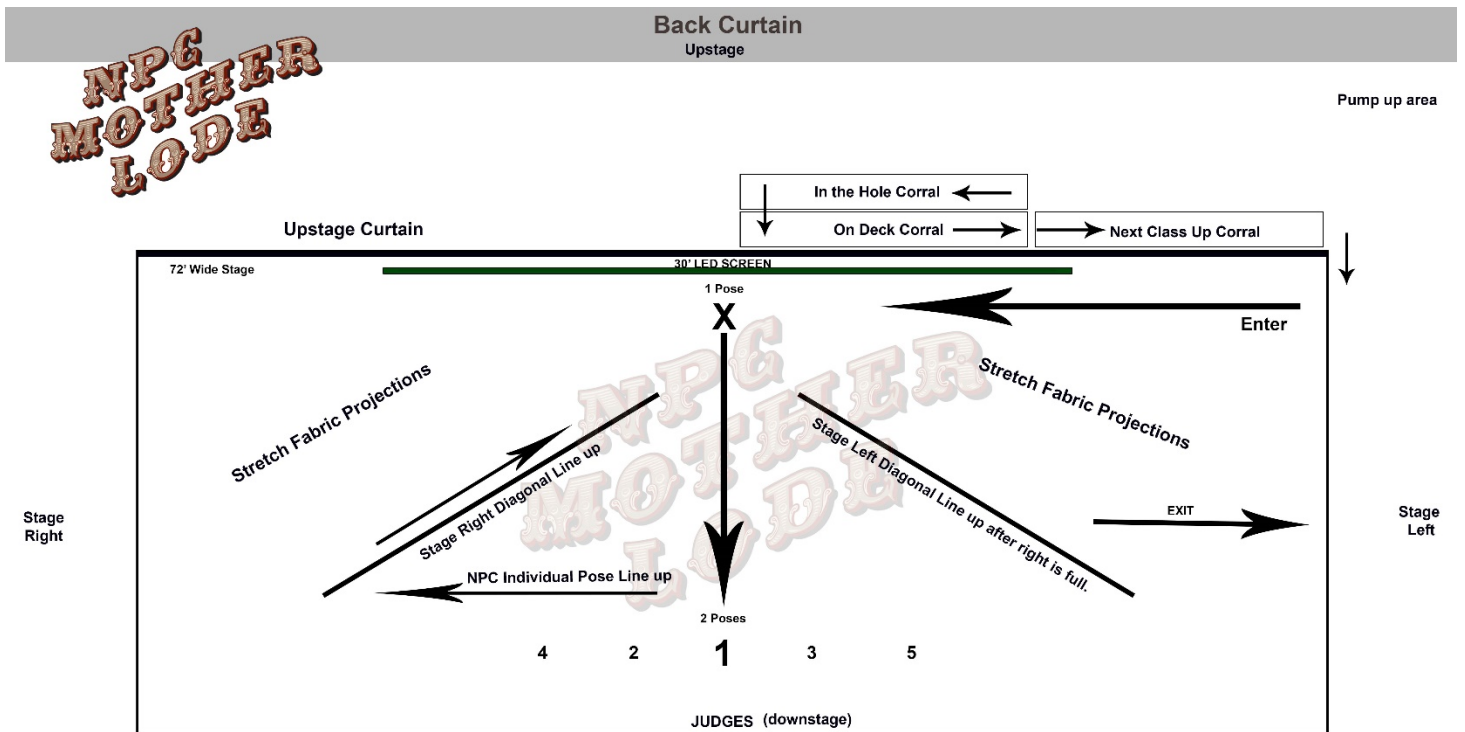
Men's Physique Overall

STAGE & POSING

NPC Pre-Judging - All Classes -

THERE IS NO FREE POSING ROUND OR WALKS AT PRE-JUDGING. Actual progression subject to change at Head Judge/Promoter discretion.

1. Athletes line up in numerical/alpha order Backstage.
2. Up to 8 athletes will go on stage to the judging line as instructed by the stage expeditor. If there are more than eight athletes, the group will be split in half or be brought to the stage in groups of 5.
3. Initial comparisons take place
4. After Initial comparisons, competitors will move to the diagonal line, filling to stage right, front to the back and then stage left back to the front. *Like a "V" shape, the bottom of the "V" is the back of the stage.*
5. Judges MAY bring each competitor out individually for turns. The competitor will return back to the diagonal.
6. Judges will then call athletes by number for "First Callout." The will call 5-6 competitors at a time, running competitors through mandatory poses. Stage expeditor assist in identifying athletes in the call out and moving them to the appropriate spot as the judge requests.
7. Upon completion, if there is LESS THAN one "CALL OUT" you will be instructed to file off stage by the judges and stage expeditor.
8. If there is MORE THAN one "CALL OUT," the first group will file to the diagonal. The judges will then call "SECOND CALL OUT." This may repeat depending on number of competitors.
9. Follow the instructions of the judges and stage expeditor to know when to leave the stage. It will vary based on number of athletes in your class.



NPC Finals

Bikini, Figure & Men's Physique

1. Walk to center, upstage (rear) of stage to the X.
2. Turn at "X" and walk up to downstage to the "1".
3. Perform two poses. Walk to diagonal line at STAGE right, starting at upstage (front) of stage and filling in toward downstage (back).
4. Go to stage right; the line will fill and if needed will push to stage left as seen in the diagram below. When you go to Stage left fill from downstage (front) to upstage (back).
5. The entire group will be on stage as awards are called.
6. After first pose is called, non-Top five placing competitors will leave the stage to stage left.

CROSSOVERS

You will do your walk or posing only in the first class. When you are on stage 2 or more times for a cross-over class, you will wait until all others have walked. You will enter the stage quickly with other cross over athletes walking directly to the Diagonal Line

Classic Physique, Bodybuilding & Women's Physique

- ALL Competitor will perform up to a 45 second posing routine. Leave stage after posing. Return to back stage in a group after everyone has posed
- TOP 5 will be brought out to stand on stage RIGHT diagonal

Tickets

VIP tickets get you the best seating and allows admission to **both** Pre-Judging and Finals. Price is \$119 per ticket plus tax and fees.

All other tickets can be purchased for \$25 - \$55 depending on the seat. To purchase, please visit www.npcmotherlode.com/tickets.

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. 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 NPC Mother Lode clothing and hats for sale.

Carr Cellular Fitness, UFBC Gym Reno, Quest Nutrition, SWAT Fuel, Icon Muscle, Devotion Nutrition, Str8 Shredded, Tahoe Show, Dominate Don't Compete, Allmax, Sunset Swimwear, NO LIMIT FIT-PRO APPAREL, Muscle Egg, and many more

Communication

Please follow us on Social Media for up to the minute information and changes. You can find us on Facebook at www.facebook.com/npcmpotherlode

Also, follow us on Instagram [@npcmotherlode](https://www.instagram.com/npcmotherlode). Hashtag your photos with #NPCMotherLode 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.NPCMotherLode.com

For questions please email events@centerpodium.com

If you loved the NPC Mother Lode, you will also love our sister shows, the Tahoe Show, NPC West Coast. Please visit www.tahoeshow.com, www.npcwestcoast.com, www.dexterjacksonclassic.com, and our new sports festival www.leagionsportsfest.com

We hope that you have an incredible experience and that you choose the NPC Mother Lode for years to come!