

BIKINI April 26, Friday 5:30P

LIBERTY PERFORMING ARTS THEATRE 1600 S. Withers Road LIBERTY, MISSOURI

NANBF Membership | Polygraph InfoPAGE 1

Check in | Meeting | Event Rules | Tickets.....PAGE 1

Tanning | Makeup | Hair | Hotel.....PAGE 2

Bikini Attire | Quarter TurnsPAGE 2

Presentation Walk & Diagram.....PAGE 3

Thank you for your entry in the Natural Southern States Classic.

Enclosed please find an NANBF list of quarter turns, event tanning information, ticket information and much more valuable info for your show prep.

Show format will be EMAILED to competitors Wednesday or Thursday before the show, after all entries are in.

Professional photographer: Liquid Spectrum.

<https://liquidspectrum.fluidronin.com/order/NSSC19?fbclid=IwAR2FznnHIQ00oehjCVS3aCc0Y9Iz36LEJhROddMnVeP1gl6WzqbqondEoIE>

YOU RECEIVE: •Contest T-Shirt, Goody bag, Top 5 receive awards

NANBF MEMBERSHIP: Must be purchased in advance. Go to www.nanbf.net Cost \$80 Pay thru Paypal. Good for 1 year.

POLYGRAPHS: Competitors living in Kansas City area, be prepared to be polygraphed anytime from 4/20 thru 4/23. Competitors living more than 90 miles, polygraph dates: 25th, 26th & 27th. You must show up for your scheduled polygraph or you will not compete. Be prepared to be polygraphed on the days listed above between 6am-10pm. All polygraph results are final.

We will email you 4-5 weeks before the show to schedule your polygraph.

Polygraph Fee: \$45 (Cash paid to Event Polygrapher at time of polygraph).

CHECK-IN: Friday, April 26th, between 3:00-4:10p.m. Liberty Community Center (Liberty Performing Arts Theatre location, 1600 Withers Rd, Liberty Mo. 64068.) **NOTE:** Competitors living in Kansas City area can check-in April 20th, between 2-4pm. Same location.

MANDATORY COMPETITOR MEETING: Friday April 26th, 4:15pm. Liberty Performing Arts Theatre. Trainers or assistant welcomed to attend this meeting.

COMPETITOR NUMBERS: Competitor's numbers (2 each) will be issued at check in. Worn on suit, one on front **LEFT** side and the other center **BACK**. They are to be worn for the whole show so please hang on to them!

Trainer/Assistant BACKSTAGE POLICY: One assistant max per competitor allowed backstage. Assistant must purchase a show ticket, good for general admission and backstage access. Wristband must be worn for backstage access. Wristband issued show day, at Theatre Ticket booth, with proof of show ticket.

COMPETITOR PREP AREA: Bring a large towel for floor if applying oil/contest tanning products. **Dream Tan cannot be applied in the Theatre area.** Must be applied before you arrive. All competitors must remain in the pump-up area when preparing to go on stage. Light weight's, bands and mirrors provided backstage. Competitors are welcome to bring their own as well. Keep weights in pump-up area on carpet to avoid damage to floor.

COMPETITORS IN AUDIENCE: Due to damaging Tanning products, You must be fully clothed if you go in the theatre to watch the show.

URINALYSIS: Subjective urinalysis will be after each division's award presentation. We collect urine samples for 1st & 2nd place and anyone else we feel appropriate. If you leave without providing us a sample you will be disqualified.

ORDER OF CLASSES: Will be posted in pump-up area. It's your responsibility to be ready. We cannot go looking for you. You will be given plenty of notice before your class goes on stage.

PUBLIC RESTROOMS: Due to damaging tanning products, competitors are NOT allowed to do any contest prep in the Community Center public restrooms. Theatre backstage restrooms are available in pump-up room and off stage for your use.

TICKET INFORMATION: Advance ticket purchase: <https://naturalbuildfitness.com/tickets/>
Please Note: Tickets purchased show day additional \$5

EVENT TAN AND GLAM SERVICES: TanPerfekt 469-278-6615 www.TanPerfekt.com

HOTEL INFORMATION:

Comfort Suites, 7300 NE Parvin Rd, Kansas City, MO 64117 (816) 454.3500.

Event Discount Rate: \$99 & \$109 <https://www.choicehotels.com/reservations/groups/TO20F0>

Book by April 12th deadline. Relatives and friends can receive this discounted rate.

Any Damages Left To Hotel Will Be Your Responsibility And Charged To You.

SureStay Plus, by Best Western, 7333 NE Parvin Rd, Kansas City, MO 64117 (816) 455.1060

https://www.bestwestern.com/en_US/book/hotel-rooms.54058.html?groupId=B32WJ3H4

Event Discount Rate: \$89 Book by April 11th. Relatives & friends can receive this discounted rate.

Any Damages Left To Hotel Will Be Your Responsibility And Charged To You.

BIKINI POSING ATTIRE: Two-piece suits and high-heeled shoes are worn. Suits can be of any style, color and pattern with the exception of being a thong/T-back bottom. Please make sure suit bottom is appropriate. If you are in doubt please contact us or email us pictures.

Inappropriate suit bottoms will not be allowed.

QUARTER TURNS/Group Comparisons: Each class is brought to front center stage and is guided through quarter turns to display Symmetry/Shape physiques from front, side and back.

Front Stance: With one hand on hip with the opposite hip extended outward. Hips face forward so contestants aren't twisted in various angles.

Side Stance: Leg facing front stage: Foot on toe, Hip popped up with leg bent. Back stage Arm and shoulder has hand on hip.

Back Stance: Same as front. One hand on hip with opposite hip extended outward.

Competitor Group Comparison Walk: You will be asked to walk to back of stage, pause, turn then walk back to front stage.

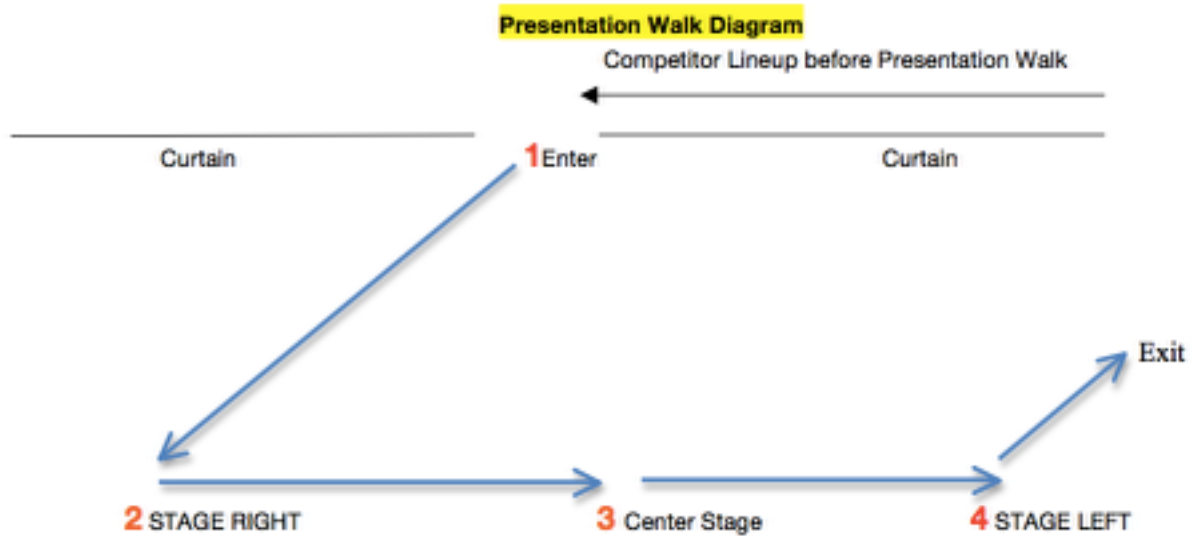
Optional rear stance: Only when judge requests: A **slight** bend forward with ankles/legs crossed.

Presentation/Stage Walk Music: Provided by promoters. Stage Walk is not part of the scoring process. Stage Walk gives the competitor a chance to win “Best Presentation” Award.

Individual Presentation/Stage walk. Diagram provided below: Immediately following all group comparisons. Individual presentations should be done tastefully and be conducive to a family atmosphere. Bodybuilding-type poses, fitness moves (like push-ups) and costumes/props should be avoided. Competitor’s choice to do their Walk

PRESENTATION WALK

Competitors will use house music supplied by the Promoters for their stage walks. Props are not allowed for stage walks.



Amateur Walk: 1- Enter, begin posing. 2- Walk stage right hit pose. 3- Walk center stage hit a pose. 4- Walk stage left hit a pose. Exit stage left.