

# 3<sup>rd</sup> Annual Bodybuilding, Figure & Fitness Show

## April 19, 2008 at 6pm

(contestants arrive by 4pm!)

**\*Will be a \$5 entry fee for all participants at door**

**\*Deadline for entries in person or received by mail is April 4th – no exceptions**

**\*Forms can be turned into Jason Townsend in the Strength and Conditioning Room**

or Mail back to:           Recreational Sports  
  PO BOX 6285  
  MSU, MS 39762  
  ATTN: Jason Townsend

Contestant Entry Form:

(Please print clearly in ink)

Check one or all that apply: Bodybuilding: \_\_\_\_ Figure: \_\_\_\_ Fitness: \_\_\_\_

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

Gender: \_\_\_\_\_ Age: \_\_\_\_\_ Height (in inches): \_\_\_\_\_

Current Weight (lbs): \_\_\_\_\_ Expected Weight (lbs): \_\_\_\_\_

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

Current Phone Number: \_\_\_\_\_

Hometown: \_\_\_\_\_

School/University/Sponsor: \_\_\_\_\_

Background in Fitness: (previous fitness awards, certifications, etc.)

\_\_\_\_\_  
\_\_\_\_\_

\* Please read carefully.

I, \_\_\_\_\_, comply with the rules and regulations set forth by Mississippi State University (MSU) and by the IFBB

([www.ifbb.com/amarules/IFBBRulebook\\_2006-2007Edition.pdf](http://www.ifbb.com/amarules/IFBBRulebook_2006-2007Edition.pdf)). I do not hold MSU responsible for any personal complications that may arise while preparing and competing in this Fitness Show.

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

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

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



**\*This is an all-natural event.**



**Descriptions of Entry Types:**

**Bodybuilding:** Bodybuilders display their physiques to a panel of judges, who assign points based on their aesthetic appearance.

**Figure:** A class of physique events for women bearing a close resemblance to female bodybuilding, but with significantly less emphasis on muscle size. Figure competition is a newer division of fitness that excludes the fitness routine. The competitors are judged solely on symmetry and muscle tone, though as in fitness, with much less emphasis on muscle size than in bodybuilding. Figure competition is a good option for women who want to compete, but without the athletic demands of the fitness routines, and without building the extreme muscle needed for bodybuilding.

**Fitness:** Fitness competition consists of a swimsuit round and a routine round. In the swimsuit round, the competitors wear two-piece swimsuits with high heels, and present their physiques with a series of quarter or half turns. Physique guidelines for fitness typically indicate a preference for a small amount of muscularity with separation, but no visible striations or excessive leanness. The swimsuit must cover at least fifty percent of the glutes; no thongs or G-strings are allowed. The routine round requires a performance including aerobics, dance, or gymnastics.