

HARDCORE MUSCLE PROMOTIONS.

RULES & REGULATIONS.

INTRODUCTION.

These rules & regulations apply to all Hardcore Muscle Promotion shows.

Please take your time to read them, particularly if you are considering entering one of our shows.

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Womens Figure Rules.

Please note; it is the athlete's responsibility to read these rules, to ensure that they are familiar with them. These rules have been put into place so that everyone is able to compete on a level playing field.

Ignorance is no excuse!

We will do our best to look after each & every competitor, but ultimately the onus is on you to familiarize yourself with the rules so as not put yourself at a disadvantage.

IMPORTANT!

"Actions For Disqualification" should be read thoroughly. There are no grey areas here. Competitors who chose to ignore any of these rules will face instant disqualification.

There are no exceptions!

HARDCORE MUSCLE PROMOTIONS RULES.

ACTIONS FOR DISQUALIFICATION.

Please read this carefully. Competitors who breach the following rules will face immediate disqualification.

1. G-strings/Thongs are not permitted in any class of a Hardcore Muscle Promotion show. Correct attire must be worn at all times. Offenders will be disqualified.
2. Dream-Tan. The use of Dream-Tan or other tanning products that don't require the use of oil as a final coat is illegal. We are not prepared to pay excessive cleaning costs. Offending competitors will be billed & disqualified.
3. Competitors need to complete all 3 rounds as required. Inability to complete any round will result in disqualification.
4. Our shows start on time. Competitors who are not ready when their class is called up will be disqualified.
5. Banned poses. Competitors must not perform poses, which constitute a "Moon-pose". Competitors must not deliberately pull up the back of their costume into a "Wedgie" position, to show off their buttocks. The Head Judge will issue a warning for the first offence. Points will be deducted for the second offence, with the competitor being disqualified if they continue a third time.
6. Any competitor who fails to accept the Judge's decision or displays poor sportsmanship will be disqualified.

GENERAL RULES & REGULATIONS.

1. Competitors may only compete in one class.
2. Late entries will not be accepted. No exceptions.
3. Proof of age must be produced for all competitors in the Junior & Masters Mens classes.
Junior = Under 21 on the day of the show. Masters = 40 & over on the day of the show.
4. You must be over 18yrs of age to enter a Hardcore Muscle Promotion show.
5. Props are not allowed in any class, except in Womens Figure.
6. Weight & height classes do not apply at this show.
7. Drug testing does not apply at this show.
8. Competitors must attend registration at the advertised time. Competitors who miss registration run the risk being disqualified. Exceptional circumstance will be taken into account, such as delayed flights, accidents etc, but ultimately the show will start at the advertised time. The onus is on the competitor to arrive on time.
9. Backstage helpers are not permitted. We have experienced backstage helpers to assist you with all aspects concerning backstage preparation. Remember, Dream-Tan is banned at our show, so it's only a matter of applying oil & pumping up. The backstage area runs a lot more efficiently without unwanted helpers getting in the way.
10. An area for competitors to oil up & touch up their tans will be allocated backstage. We request that all competitors use this room when oiling up. Please keep the mess to one area. Respect the venue & your fellow competitors.
11. Bottled water will be supplied backstage. As everyone has his or her own dietary requirements, no food will be supplied. Make sure you pack your required food for the day.
12. Pump-up equipment for backstage is not supplied. B.Y.O only. Due to noise & distraction, metal weights are not permitted backstage. We recommend bands, towels, crushers, or if you must use weights, vinyl coated ones. Nothing sounds worse from the front of the stage than metal weights clanging & that slapping noise as competitors have their Dream-Tan applied. Both these items have been specifically banned for this reason. Respect your fellow competitor whilst they're on stage.
13. Music. Posing music must be presented on a CD. No tapes please.
14. Music with profanity is not allowed.
15. Posing routines are for 60 seconds only. We will allow a lead in of around 10 seconds if you wish to start off-stage. If you are starting on-stage, you will not get a 10 second lead in. We will play all CD's before the show, to make sure they do not exceed the required time.

16. Seating. Competitors will get free seats in an area allocated by the promoter. This may not necessarily be in the theatre if we have a sell out. We have a spillover room, which will show a live feed of the show.
17. Friends, partners & family must pay for seats, no freebies. If competitors wish to sit with their friends, they will need to buy their own seat. Competitors will not be allocated prime seats amongst the paying public. You may buy seats in this area if you choose. Competitor seats will be up the back or in the spillover room if we sell out.
18. Tickets. Hardcore Muscle Promotions are not responsible for the allocation of seats. All seats must be purchased from the Venue. This is part of the hiring agreement with the Venue. Please don't call us for tickets we can't help you.
19. Cameras & hand-held video cameras are allowed to be used, but only from your allocated seat. No one is permitted to sit in the isles or come to the front of the stage. Offenders will be removed from the theatre. We have a professional photographer & a number of video cameras that will be operating on the day. Every competitor will receive a DVD & a CD with all your photos on it as part of your entry fee.
20. Accommodation. Competitors need to book their own accommodation if they are planning to stay overnight. We will supply a list of recommended Motels on our web site.
21. Judges. Competitors will be presented with a seven member-judging panel. In the event of a judge being unable to fulfill his or her duties, we will go with a five person-judging panel. On this occasion, one judge will be stood down at the discretion of the Head Judge.
22. This show is sanctioned by the NPFC / IFBB, therefore all competitors must be paid up members before their entry fees will be accepted.
23. Hardcore Muscle Promotions will recognize all NPFC / IFBB bans on competitors. If for any reason you are serving an NPFC / IFBB suspension, we will recognize it & you will forfeit your chance to compete.
24. Please note; some of these rules & regulations will apply to Hardcore Muscle Promotion shows only. For any situation that may arise that has been overlooked in our Rules & Regulations, we will revert back to the NPFC / IFBB rulebook. The Rules & Regulations presented here are predominately a condensed version of NPFC / IFBB procedure.