



QUALIFICATIONS

Any natural bodybuilder is welcome to compete in the Musclemania regardless of competitive experience. Veteran competitors may compete regardless of past or current bodybuilding federation affiliations. Beginners, novices or veterans can compete in any regional, national and/or international events. Professionals from other federations must qualify by competing in the Open Men Division.

JUDGING AND PERFORMANCES

At the prejudging all contestants will be equally and fairly judged within their division and classes. This will include (1) an initial line-up, (2) mandatory poses and comparisons and (3) selected grouping comparisons. The process is rigorous and demanding, but with the sole intention of selecting who deserves to be a Musclemania Superbody Finalist and Champion.

Musclemania judging criteria is based upon four, equally scored categories:

- Symmetry 25%;
- Muscle Mass 25%;
- Condition 25%;
- Posing Presentation 25% (Top 5 Finalists Only)

At the Finals all contestants will be introduced to the audience and participate in a Class Posedown. The Top 5 Finalists in each Division and/or Class will perform their individual posing routines. Routines are limited to 90 seconds.

Musclemania is known to be a world class stage event. This reputation is earned, in part, due to state-of-art audio system, provided by Digital Dolby. It is recommended that you take advantage of this available technology by having your music edited and dubbed by an audio technician. Only CD-R disc music will be accepted (do not use CD-RW discs). Music may NOT be provided on cassette.

COMPETITION DIVISIONS (Some Divisions not available every regional competition)

Open Men

Bantamweight Up to 145 lbs.
 Lightweight Up to 160 lbs.
 Middleweight Up to 180 lbs.
 LightHeavyweight Up to 200 lbs.
 Heavyweight Over 200 lbs.

Men's Masters

40 Years of Age and Over
 50 Years of Age and Over

Women's Masters

40 Years of Age and Over
 50 Years of Age and Over
 60 Years of Age and Over

Open Women

Lightweight Up to 115 lbs.
 Middleweight Over 115 to 125 lbs.
 LightHeavyweight Over 125 lbs.



DRUG TESTING CRITERIA

Because the Musclemania World Championships is a natural bodybuilding event, at the discretion of each event promoter, the Top 5 Finalists in each Division or Weight Class may be subject to a drug test by urinalysis and/or polygraph methods immediately following their performance at the Finals. Attached is a complete list of substances which will be included. If a contestant is tested positive for any of the listed substances, he/she will be disqualified from the competition, forfeit any prizes and/or rewards and be unable to compete in any Musclemania event worldwide for at least 2 years. Also, if a contestant refuses to submit to drug testing or attempts to manipulate and/or alter the urinalysis sample, then he/she will be immediately disqualified from the competition.

DRUG TESTED SUBSTANCES

ANABOLIC STEROIDS

Bolasterone	Dromostanolone	Methandriol	Oxandrolone
Boldenone	Ethylestrenol	Methenolone	Oxymetholone
Calusterone	Epitestosterone Ratio	Methandienone	Oxymesterone
Chlorotestosterone	Fluoxymesterone	Methyltystosterone	Probenecid
Clenbuterol	Furazabol	Mibolerone	Stanozolol
Dehydrochloromethyl- Mesterolone	Mestanolone	Nandrolone	Testosterone
	Norethandrolone		

DIURETICS

Acetazolamide	Chlorothalidone	Furosemide	Piretanide
Amiloride	Chlorothiazide	Hydrochlorothiazide	Polythiazide
Bendroflumethlazide	Cyclothiazide	Indapamide	Quinethiazide
Benzthiazide	Dichlorphenamide	Mefruside	Spirolactone
Bumetanide	Ethacrynic Acid	Mehtylclothiazide	Triamterene
Canrenone	Etozolin	Metolazone	Trichlormethizide

BETA-BLOCKERS

Acebutalol	Bupranol	Nadolol	Sotalol
Alprenolol	Labetalol	Oxprenolol	Timolol
Atenolol	Metipranolol	Pindolol	Toliprolol
Bunitrolol	Metoprolol	Propranolol	



2012 REGIONAL EVENT ENTRY FORM

Division (Circle Options):	Open Men: Bt Lt Md Lt Hy Hy	Open Women: Lt Md Hy
(Crossover Fee \$30 per division)	Mens: Masters 40+ Masters 50+	Womens: Masters 40+ Master 50+ Master 60+
Event Location :	Event Date: / /	

PERSONAL INFORMATION

Full Legal Name: _____

Preferred Nick Name: _____ Team or Sponsor: _____

Address: _____

City: _____ State or Country: _____ Postal Code: _____

Day Telephone:(_____) Night Telephone:(_____)

Age: _____ Date of Birth: / / Height: ' " Weight: _____ lbs

E-Mail: _____

CHECKLIST

- PLEASE INCLUDE THE FOLLOWING:**
- Completed Entry Form
 - Completed Accident Waiver and Release of Liability
 - Entry Fee \$100
 - Late Fee \$25 (Four weeks before show; No refunds, exchanges or transfers)
 - \$25 Musclemania 2012 Membership Fee (Paid Once Per Calendar Year)
 - Photocopy of Current Driver's License or Passport
 - Past or Current Photograph (For pre-event promotion)

SEND TO:
 Yohnnex Sports Inc.
 7509 Allentown Road
 Ft. Washington, MD 20744

FAX TO:
 (301) 248-8883

ABOUT YOURSELF

Education Level: _____

Occupation: _____

Noteworthy Bodybuilding or Sports Competition Experience:

Other Interesting Information About Yourself:

Lifetime Ambitions: _____

Entry form must be submitted four weeks prior to event or \$25 Late Fee applies.

