



INTRODUCTION

Welcome to the Musclemania World Championships! In its 19th season, it has become the leader among natural bodybuilding events. With exclusive, international television coverage by ESPN International, TSN RDS Canada, Sky Sport Britain, Star Sport Asia and other worldwide networks, Musclemania is more recognized than any other natural contest worldwide. And with this popularity, Musclemania continues to expand throughout the world with sanctioned regional and international events this year.

HISTORY & CHAMPIONS

1993	Jeff Primm	USA	Musclemania Champion
1994	Skip LaCour	USA	Musclemania Champion
1995	Kenneth Etta	Cameroon	Musclemania Champion
1996	Ade Rai	Indonesia	Musclemania Champion
1997	Kelly Gantt	USA	Musclemania Champion
1998	Brian Glynn	USA	Musclemania Champion
1999	Delino Dixon	USA	Superbody Champion
1999	Jose Raymond	USA	Musclemania Professional Champion
2000	Stan McQuay	USA	Superbody Champion
2000	Ade Rai	Indonesia	Superbody Professional Champion
2000	Fadhli Malouf	USA	Musclemania Champion
2000	Ade Rai	Indonesia	Musclemania Professional Champion
2001	Denis Couprie	France	Superbody Champion
2001	Stan McQuay	USA	Superbody Professional Champion
2001	Ja'nos Lantos	Hungary	Musclemania Champion
2001	Keith Bullock	Australia	Musclemania Professional Champion
2002	Mark Alvisi	USA	Superbody Champion
2002	Bill Davey	USA	Superbody Professional Champion
2002	Andres Santos	Brazil	Musclemania Champion
2002	Ian Walling	Canada	Musclemania Professional Champion
2003	Ulisses Jr.	USA	Superbody Champion
2003	Anthony Villacci	USA	Musclemania Champion
2003	Derrick Brown	Canada	Musclemania Professional Champion
2004	Ricky Syamsuri	Indonesia	Superbody Champion
2004	Ulisses Jr.	USA	Superbody Professional Champion
2004	David Whittaker	USA	Musclemania Champion
2004	Komang Arnawa	Indonesia	Musclemania Professional Champion
2005	Justin Wilcox	USA	Superbody Champion
2005	Morris Mendez	USA	Superbody Professional Champion
2005	Marvin Ward	USA	Musclemania Champion
2005	Sami Al Haddad	Bahrain	Musclemania Professional Champion
2006	Nick Jones	Australia	Musclemania Champion
2006	David Whittaker	USA	Musclemania Professional Champion
2007	James Ward Jr.	USA	Musclemania Champion
2007	Ricardo Plata	Columbia	Musclemania Professional Champion
2008	Derrick Ternida	Philippines	Musclemania Universe Champion
2008	Jeffrey Beckham	USA	Musclemania Universe Pro Champion
2008	Carl Matthews Jr.	USA	Musclemania America Champion
2008	Morris Mendez	USA	Musclemania World Pro Champion



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)

<u>Open Menu</u> *		<u>Novice Men</u>		<u>Open Women</u>
Lightweight	Up to 155 lbs.	One Division		One Division
Middleweight	Up to 175 lbs.	<u>Masters</u>		<u>Junior Men</u> **
Heavyweight	Over 195 lbs.	Over 40 Years of Age		22 Years of Age & Under
		One Division		One Division

* For balanced classes, body weight designations may change or combined at Registration.

** Minors (under 18 years of age) must have written parental or guardian's permission.



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	Spironolactone
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	



2009 REGIONAL EVENT ENTRY FORM

Division (Circle One): Men - Women - Novice - Masters - Junior

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 (Two weeks before show; No refunds, exchanges or transfers)
- \$25 Musclemania 2009 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:

Musclemania World Tour
Post Office Box 6100
Rosemead, California 91770

FAX TO:

(626) 280-0001

ABOUT YOURSELF

Education Level: _____

Occupation: _____

Noteworthy Bodybuilding or Sports Competition Experience: _____

Other Interesting Information About Yourself: _____

Lifetime Ambitions: _____

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



ACCIDENT WAIVER AND RELEASE OF LIABILITY

I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability form will be used by the event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said events.

In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me including my traveling to and from this event, the Fitness Universe, Inc., American Sports Network, Inc., ESPN, Inc., the city and event venue where the event is held and their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event directors, event volunteers; (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this event, whether caused by the negligence of releases or otherwise.

I hereby consent to receive medical treatment, which may be deemed advisable in the event of injury, accident and or illness during this event.

This Accident Waiver and Release of Liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

And, in further consideration of permission being granted to me to participate in Musclemania World Tour and their related events (the "Event"), receipt of which benefit is hereby acknowledge, I hereby grant you, Fitness Universe, Inc., American Sports Network, Inc., and any and all Fitness Universe, Inc. and American Sports Network, Inc., approved video or entertainment organizations, and all of their agents, successors, licenses and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or exploit any and all such reproductions containing my voice and/or appearance in any and all media, including without limitation, by means of still photography, motion pictures, video, printing or any other media now known or hereafter devised, including also with respect to merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity, and no further compensation shall be payable to me at any time in connection therewith. Nothing contained herein shall be deemed to obligate you, American Sports Network, Inc., approved video or entertainment organizations, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any of the rights granted herein. These rights may be assigned by American Sports Network, Inc., at their sole and complete discretion.

I understand that you, Fitness Universe, Inc. and American Sports Network, Inc., approved video or entertainment organizations are videotaping and photographing the event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to you, American Sports Network, Inc., and any and all approved video entertainment organizations hereunder.

I hereby certify that I have read this document, understand and agree to abide by its contents.

_____/_____/_____
Print Participant's Name Signature Date



2009 MUSCLEMANIA MEMBERSHIP APPLICATION

First Name: _____ MI: _____ Last Name: _____

Mailing Address: _____ Apt. #: _____

City: _____ State: _____ Zip / Postal Code: _____

E-Mail Address: _____

Home Phone: (_____) _____ Work Phone: (_____) _____

\$100 Regional Event Entry Fee (Do not use for America or World events)

\$ 25 Annual Membership Fee (per calendar year)

Payment Type (check one):

Check or Money Order Visa Mastercard Discover American Express

Card #: _____ - _____ - _____ Expiration: _____ / _____

Issuing Bank: _____

Signature: _____ Date: _____

Issue Check or Money Order or complete Credit Card information and mail to:

**Musclemania World Tour
P.O. Box 646
Rosemead, California 91770 USA
Fax (626) 280-0001**