

## MS. FITNESS WORLD ENTRY FORM

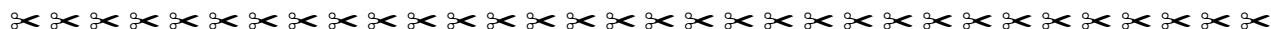
Name \_\_\_\_\_ Phone (    ) \_\_\_\_\_  
Address \_\_\_\_\_ Fax (    ) \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
E-mail \_\_\_\_\_  
Arrival date & time \_\_\_\_\_ Departure date & Time \_\_\_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_

Upon signing the above, I will be legally bound for myself, my heirs, executors, and administrators, and assigns to waive and release any and all claims or rights for nonperformance, injuries or damages suffered by me against Wally Boyko Productions, Inc., its designee which may be filming the competition, City of Reno, Grand Sierra Resort, Ms Fitness®, National Fitness Sanctioning Body, International Fitness Sanctioning Body, their officers, agents, employees, sponsors, co-sponsors, officials, and sub-contractors.

I will participate in this event as a contestant. Further I hereby grant full permission to any and all of the foregoing to use my photographs, video tapes, DVDs, motion picture recordings, or any other record of this event for any purpose into perpetuity.

Mail or fax completed entry form, release form, waiver form, and biography sheet to:

<b>Wally Boyko Productions, Inc. P.O. Box 2490 White City, OR 97503 phone 1 (541) 830-0400 fax 1 (541) 830-0410</b>
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## **Ms. Fitness® World**

**August 19, 20 & 21, 2010**

**Grand Sierra Resort**

**Reno, Nevada, USA**

1. AWARDS – The top 20 places.
2. MUSIC- All contestants must bring their own music on CD. Have your music labeled and cued. Remember, only 90 seconds and no other music on the CD. **Bring 3 CD's. BRING ONE TO CHECK IN.**
3. **MANDATORY CHECK-IN**- NOON on Thursday, August 19, 2010.
4. CLOTHING- Clothing must cover all critical body parts, refer to IFSB/NFSB rule 8. Due to safety concerns **no oil** can be used at any time.
5. BACKSTAGE- Access will be strictly limited to your own female hair/make-up person or interpreter. You will be allowed **ONLY** one person backstage with you. We suggest this person can serve more than one function if you need help in more than one area. **NO MALES WILL BE ALLOWED BACKSTAGE.**
6. ADMISSION- Tickets are \$50.00 (reg. \$100.00) and \$100.00 (reg. \$250.00) for IFSB members. Ms. Fitness World competitors will receive two \$100.00 tickets to Ms. Fitness USA and one \$100.00 ticket to Ms. Fitness World free of charge.
7. RECORDING EQUIPMENT- will not be allowed.

8. **HOST HOTEL-** Grand Sierra Resort. Non-USA Ms. Fitness World competitors will be provided lodging on the nights of August 19, 20 & 21, 2010. We will book the room for you on these three nights. You will be assigned a roommate. If anyone is traveling with you, they are responsible for securing their own lodging, **ONLY COMPETITORS WILL BE ALLOWED STAY IN ROOMS BOOKED FOR COMPETITORS.** For others who may be traveling with you to make their arrangements, visit [www.NationalFitnessTradeShow.com](http://www.NationalFitnessTradeShow.com).

For a more detailed schedule visit: <http://msfitness.com/finals/usaworld.html>

# Ms Fitness® Biography & Size Sheet

Please return this biography sheet with your application form, entry fee, waiver, & release form.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE: DAY (     ) \_\_\_\_\_ EVENING (     ) \_\_\_\_\_

CELL (     ) \_\_\_\_\_ E-MAIL \_\_\_\_\_

PERSONAL WEBSITE URL \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ COUNTRY OF BIRTH \_\_\_\_\_

STATE OF BIRTH \_\_\_\_\_ OCCUPATION (job/work) \_\_\_\_\_

MARITAL STATUS \_\_\_\_\_ HOW LONG \_\_\_\_\_ SPOUSE'S NAME \_\_\_\_\_

CHILDREN? \_\_\_\_\_ AGE(S)/NAME(S) \_\_\_\_\_

HOBBIES \_\_\_\_\_

GREATEST ACHEIVEMENT \_\_\_\_\_

GOALS \_\_\_\_\_

AGE \_\_\_\_\_ HEIGHT \_\_\_\_\_ WEIGHT \_\_\_\_\_ HAIR COLOR \_\_\_\_\_ EYE COLOR \_\_\_\_\_

SHIRT SIZE \_\_\_\_\_ PANT SIZE \_\_\_\_\_ BRA SIZE \_\_\_\_\_ SHOE SIZE \_\_\_\_\_

S-M-L & 5-7-9 & 6-8-10 for both shirt & pant     band **and** cup     include **width**

**TO ASSURE A PROPER FIT WE MUST HAVE DETAILED SIZES. IF YOU ARE NOT SURE OF YOUR SIZE GO TO A STORE, TRY ON CLOTHES AND FIND OUT!!!**

MEASUREMENTS: BUST \_\_\_\_\_ WAIST \_\_\_\_\_ HIPS \_\_\_\_\_ BODY FAT % \_\_\_\_\_

**THIS IS BEING USED FOR THE CLOTHING TO BE ISSUED**

Please give us a brief bio to be used by the mc. Write this in third person form:

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Wally Boyko Productions, Inc.  
P.O. Box 2490  
White City, OR 97503

**RELEASE FORM**

Gentlemen:

In consideration of your considering my participation in the production of the television program(s) (Program) tentatively entitled "Ms Fitness®" the undersigned hereby agrees with and grants and releases to you as follows:

1. All rights of every kind, exclusively and perpetually throughout the universe, as your sole and absolute property for any and all purposes and uses whatsoever, whether now known or unknown, in and to the Program and all results and proceeds of my participation therein, if any, including, but not limited to, all exhibitions thereof, and all photographs, recordings, performances (including, without limitation, "behind the scenes" performances), and materials of or created by the undersigned in connection therewith.
2. The irrevocable and perpetual right and license throughout the universe to use in any manner, and to edit or alter, as you see fit, the undersigned's likeness, character, physical attributes, voice and name in and in connection with the production, exhibition, advertising or other exploitation of the program and of any elements thereof, and all of the results and proceeds of the undersigned's participation in the program, if any, as well as in connection with your exercise of all rights granted hereby. The rights described in this paragraph 2 and Paragraph 1 above may be exploited, in whole or in part, in any and all media, whether now known or hereafter devised.
3. The undersigned hereby releases you, and all of your respective officers, directors, shareholders, partners, employees, sponsors, co-sponsors, officials, sub-contractors, representatives, agents, successors, licensees and assigns, from and covenants not to sue you or any of them for, any and all claims or causes of action, injuries or damages of any nature whatsoever arising out of or in connection with exercise of any of the rights herein granted including, without limitation, for libel, slander, invasion or right of privacy or publicity, nondelivery of prizes, or any other claim or cause of action, based upon or relating to your exercise of any such rights.
4. The undersigned agrees and understands that she is legally restrained from using or incorporating her participation in, and any title she may win, the names Ms. Fitness, Ms. Fitness USA, or Ms. Fitness World in context relating to promotion, exploitation, publicity, photo shoots, or endorsements without receiving prior written approval from the International Fitness Sanctioning Body. Such requests are never to be unreasonably withheld, but must be enforced in order to insure the integrity and appropriateness of such usage. Use of a Ms. Fitness title without prior approval may result in the undersigned being stripped of her Ms. Fitness title(s), forfeiture of all prizes, and held liable for damages and legal fees. Further, should the undersigned win the Ms. Fitness title, she agrees to participate in a (co) sponsor photo shoot if requested.
5. This agreement shall not be deemed to obligate you to exercise any of the rights or licenses granted to you herein and the undersigned agrees that the undersigned shall be entitled to no compensation, unless expressly provided to the contrary herein, in connection with such participation or the exercise or exploitation of any or all of the rights herein granted to you.
6. The undersigned warrants that he or she has the full and complete right to grant the rights and licenses provided for herein.
7. This agreement, along with the ACCIDENT WAIVER AND RELEASE OF LIABILITY, and ENTRY FORM, expresses our entire understanding and replaces any and all former agreements, understandings, representations or warranties, oral or written, relating to the subject matter thereof. This letter shall inure to your benefit and to the benefit of the parties identified above. Venue for any action will be Jackson County, Oregon.
8. I warrant that I am an adult under the laws of the State of Oregon (18 years or older).

Dated: \_\_\_\_\_

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SIGNATURE

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NAME (please print)

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ADDRESS

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TELEPHONE NUMBER

**ACCIDENT WAIVER AND RELEASE OF LIABILITY  
FOR  
MS. FITNESS® USA AND/OR MS. FITNESS® WORLD**

I, acknowledge that Ms. Fitness is an athletic event that is an extreme test of a person's physical and mental limits and therefore carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of participants, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, television crews, facility staff, event officials, event staff, and/or event producers. These risks are not only inherent to participants, but are also present for volunteers, participant support staff, and others. I hereby assume all risks of participating in this event.

I certify that I will not be attempting any moves I have not mastered and can complete safely and without injury to myself or others. Further 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 the event(s).

In 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 hereinafter accrue to me; and (B) Indemnify and hold harmless Wally Boyko Productions, Inc., its designee which may film the event, City of Las Vegas, Event Venue(s), Ms. Fitness, National Fitness Sanctioning Body, International Fitness Sanctioning Body, their officers, agents, employees, sponsors, co-sponsors, officials, sub-contractors, and volunteers, from any and all liabilities or claims made by other individuals or entities as a result of my actions during the event.

I hereby consent to receive medical treatment which may be advisable in the event of injury, accident and/or illness during the 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. Venue for any action will be Jackson County, Oregon.

DATED: \_\_\_\_\_

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
NAME (please print)

\_\_\_\_\_  
ADDRESS

\_\_\_\_\_  
TELEPHONE NUMBER

### **Odds & Ends**

Perform your routine in your costume before you leave home. You don't want to find out in front of the judges that your costume is too binding to perform an element, straps are not fastened securely, or outfit rides up or shifts on your body in an embarrassing manner.

Snack on high carb foods throughout the day and stay well hydrated...we don't want you to pass out. Please feel free to bring a cooler (and food) from home to carry with you. You will not always be near a restaurant or your room when your body runs out of fuel.

If you are not accustomed to high heeled shoes, practice walking and standing comfortably. When walking, maintain an erect, upright posture. When one sticks out one's behind and leans forward because one doesn't know how to walk in high heeled shoes, it looks as if one doesn't know how to walk in high heeled shoes. You will also be standing for great lengths without moving, practice standing in an erect, upright posture without locking your knees. Again, we don't want you to pass out. If the bottoms of your shoes are slippery, use sandpaper to rough up the bottoms or apply non-slip soles.

In the physique round, when you are called out for comparisons, keep your heels together and do NOT flex. Keep your arms relaxed by your side. Wear a hairstyle that doesn't require you to move your hair to display your back and shoulders. As a general rule, if your hair is at or above your shoulder blades the hairstyle is acceptable.

Bring a back-up to your music in case your tape breaks. Also, please bring copies and leave the original at home. The cassettes or CDs must be cued with no other music on the tape. If there is other music on the tape you may be performing to something other (the other music on the tape!) than what you had planned.

If you plan to play your music to practice or visualize your routine in your free time, bring a walkman or other tape player as there will not be any supplied for competitors to use.

If the shoes used in your routine are not brand new and your routine shows the bottom to the audience, clean them up. Believe me, things like that really show up. However, BEWARE, new shoes sometimes do not have enough "slip" and will "stick" to the floor when you want to slide your foot.

Avoid "umms," "ahhs," and "you knows," as well as slang in your speech. The word "philosophy" also tends to be overused.

Phrases should be worded "I feel" rather than "you should." One does not want the judges or the audience to feel as if they are being lectured.

Don't squirm, fidget, adjust straps, pat hair, lick lips, etc., when you are supposed to be standing motionless.

Don't lean into the microphone. Maintain erect, upright posture. The microphone is sensitive enough to pick up your voice without leaning down to it.

If you can't make a routine element appear effortless, don't include it.

Bring back-up clothing in case something tears, gets spilled on, etc.

When walking across the stage, and to and from the microphone, walk slowly. It will make you appear more confident than if you go "flying" across the stage.

In the first round, your biography and fitness philosophy may not exceed 30 seconds. After 30 seconds the audio from your microphone will be cut off. Sponsors cannot be mentioned.

In the routine round music will be cut off after 90 seconds. Time starts at the first beat of music or first movement in routine. Music that is too long means someone must be edited out of the television program - it might be you.

Perform push-ups with your side facing the judges so that they can see your body alignment.

Watch movements so that judges are not hit with "crotch shots" or "moon views."

### **THINGS TO BRING**

#### **MAKE SURE ALL CLOTHING MEETS IFSB GUIDELINES**

*Clothing must cover all critical body parts. No objects may be attached to the body as replacement for clothing. Taking off pieces of clothing on stage is strongly discouraged. The top of the attire must cover the entire breast area. The bottom front of the attire must cover you from hip bone to hip bone (iliac crest). The bottom back of the attire must cover at least three-quarters of your buttocks. Judges prefer full coverage. There must not be any elastic in the center back seam. The separation of the buttocks must never be exposed. If a bottom smaller than a short with legs is worn, solid tights, shorts or other opaque (not able to be seen through) clothing must be worn under it. Lace, fishnet or flesh tone tights are not acceptable coverage. There is a one point per judge per section penalty for clothing violations.*

- Foam/gel padding to fill out your bathing suit top in case you feel it is necessary.
- Glue in case you need to use it to keep clothing from slipping or sliding.
- A sewing kit.
- Spot remover.
- Three cassettes/CDs of your music in case one (or two) breaks. Leave the original at home.
- White tennis shoes
- 2 or more pairs of white socks.
- Solid color and colorful two piece bathing suit (for photo shoots).
- One "dress-to-impress" outfit for welcoming reception.
- Evening gown.
- Routine outfit.
- One basic black set, one basic pastel set, and one set of colorful workout wear (for photo shoots)
- Plain, black high heeled shoes with a closed toe and heel, preferably without a platform.

OVER-PACK – IT'S BETTER TO NOT NEED IT THAN TO NEED IT AND NOT HAVE IT

**PACK YOUR COMPETITION ATTIRE AND ACCESSORIES IN YOUR CARRY-ON LUGGAGE!!!**

**Every year a competitor's luggage is lost by an airline carrier**