



## Ferrigno Legacy Competitor Information

*This information is subject to change. Be sure to attend your competitor's meeting for final updates.*

Congratulations for choosing the FERRIGNO LEGACY! It's our mission to provide an experience with the highest quality of service that you will remember for a lifetime. If this is your first show or your twentieth show you'll quickly see that the Ferrigno Legacy is unlike any other, bringing you the best. Everything from the \$73 million venue awarded "Best Casino Showroom in America" to your competitor button is unique and special.

### 2017 Changes

Please note that the 2017 Ferrigno Legacy will be very different from previous year and the other Center Podium Production Shows.

*Pre-judging takes place at the Palm Springs Convention Center at the FLEXPo.*

*Finals take place at THE SHOW at Agua Caliente Casino Resort.*

We will provide a free shuttle from the Expo and Host Hotel to Agua Caliente. You may also elect to drive. The venues are 8 miles apart. The drive is very easy and free of traffic. Approximate travel time is 15 minutes.

### Hotel Info

Renaissance Palm Springs Hotel. Conveniently connected to the EXPO where pre-judging, tanning and make-up will take place.

For prices and discounts visit: [www.ferrignolegacy.com/contest-hotel](http://www.ferrignolegacy.com/contest-hotel)

### BODYBUILDING INFO (find Powerlifting info on page 9)

#### The NPC & IFBB

The FERRIGNO LEGACY is *both an amateur and professional competition*. We are sanctioned by the National Physique Committee (NPC) and the International Federation of Bodybuilding (IFBB). Competitors prefer the NPC because it is the largest bodybuilding organization, offering the most shows and is also the only path to the Olympia. Here is how it works:

You compete as an amateur in an NPC "National Qualifier", such as the FERRIGNO LEGACY. If you compete in an "open" class and place 1st, 2nd and in some cases 3rd, you qualify to compete in a national contest for professional status. An "open" class is a class that is not restricted by age and is not novice. For example, novice bodybuilding or master's bikini would not be considered an open class and therefore not qualify you for a national contest when competing in these classes.

To earn pro status, a competitor must compete at a National Show or "Pro Qualifier". The top 2 who will win most national show will then earn their Pro Card. This allows the competitor to compete free of charge and for a cash prize. The IFBB is the sanctioning body for professional athletes similar to how the NFL is the sanctioning body for professional Football. The 2017 Ferrigno Legacy has five pro divisions, open men's bodybuilding, classic physique, men's physique, women's physique and bikini. Athletes will first place will qualify for the Mr. Olympia Contest known as the Superbowl of bodybuilding. This is both an honor and an opportunity to become the best in the world.

### Competition Preparations

#### Tanning

**Book Tanning appointment online at** [www.ferrignolegacy.com/shop/#!/Competition-Tanning/p/48134209/category=12536429](http://www.ferrignolegacy.com/shop/#!/Competition-Tanning/p/48134209/category=12536429)

Tanning can be the difference between 1<sup>st</sup> and 4<sup>th</sup> place. It is a shame when athletes work so hard for 12 weeks and not place due to a bad tan. A competition tan is much darker than you'll get naturally or at a tanning salon. You will stick out (in a bad way) with that type of tan. Tanning in a bottle will look blotchy and uneven. The best bet is always to go with the contest-tanning partner. They will be with you until the time you walk out on stage and will provide any touch ups and glazing. No other tanners will be allowed back stage.

Be sure to prep your skin for tanning. Luffa for several days before the show. Shower shortly before tanning and wear no deodorant or lotions. See additional instructions [HERE](#).

Tanning times and location: Tanning will take place back stage at the Expo Hall and back stage at pre-judging. Tanning staff will also be at Agua Caliente for finals to address any last-minute touch ups. ***Our tanning partner Martini Spray tan will be in touch with you to schedule your appointment within 2 weeks of the show. OR to schedule your appointment online click [HERE](#).***

You can purchase tanning from our registration page at [www.ferrignolegacy.com/register](http://www.ferrignolegacy.com/register)  
For questions please TEXT our Tanning manager at 702-281-6124

### **Tanning stains**

PLEASE MAKE EVERY EFFORT TO AVOID STAINING THE FACILITY WITH TANNING.

- When in the audience, you are required to be covered in long sleeves and long shirts. This protects the venue from tanning stains.
- Do not lean on un protected walls
- Cover the toilet seats
- Protect your hotel room. Prepare to sleep in long sleeves and pants. Cover your pillows. You may want to bring old sheets to protect hotel linens. Cover the toilet seat. The hotel will charge you for damages and extra cleaning fees.

### **Photography**

This is the best shape of your life and you want to capture it! Also, should you want feedback from the judges they will need to see professional stage photos. Cell phone photos simply do not have the resolution that judges need to give you effective feedback. We also offer a "Desert Palm Oasis Photo Shoot". It is a rare opportunity to get photos while in peak condition and at an epic location.

The "Desert Palm Oasis Photo Shoot" takes place at the sacred Indian Canyons in Palm Springs located at 38500 S Palm Canyon Dr, Palm Springs, CA 92264. If you have an appointment, your name will be on the list with the tribal ranger at the gate. Follow signs for Andreas Canyon. You will park there and our photographer will be in that area.

Overall NPC winners and top 2 IFBB Pros please join us at 9:00 AM for photos at the Canyon and Lou Ferrigno.

You can purchase photography from our registration page at [www.ferrignolegacy.com/register](http://www.ferrignolegacy.com/register)  
For questions regarding photography, please email our photographer at [booking@marcellorostagni.com](mailto:booking@marcellorostagni.com)

### **Make-up**

Competition make-up is like competition tanning. It is far more extreme than anything you would wear in public. Improper make-up can make you look pale and washed out. This is especially important, as your physique and your over-all look and femininity is judged. *Our hair/Make-up manager will be in touch with you to schedule your appointment by the Wednesday before the show.*

You can purchase make-up from our registration page at [www.ferrignolegacy.com/register](http://www.ferrignolegacy.com/register)  
For questions please email our make-up artist at [foufoumakeup@gmail.com](mailto:foufoumakeup@gmail.com)

### **DVD**

The FERRIGNO LEGACY DVD will no longer be produced. In its place the show will be viewable at [www.centerpodium.com](http://www.centerpodium.com) for \$9.95. Center Podium also includes a detailed contest prep guide, seminars, training videos and original TV series with Ms. Olympia Oksana Grishina.

### **Trainer pass**

The backstage trainer pass can be purchased to allow your trainer back stage to assist you with your final preparations for competition. Every trainer must purchase a pass for back stage access. To maintain an environment free of preferential treatment and politics, **every** trainer is required to purchase a pass without exception.

- Pass is for TRAINERS ONLY, family, children or friends are not permitted.
- Limit 1 pass per competitor.
- Pass must be purchased by a registered competitor.
- No professional tanning, photography or videography will be permitted under any circumstance.
- Competing IFBB Pros will receive a complementary trainer pass at check-ins.
- Failure to adhere to these guidelines will result in expulsion and disqualification.

A group of general admission seats reserved for trainers and competitors will be available for watching the show. These seats cannot be held by individuals and will be offered on a first come-first served basis.

You can purchase a trainer pass from our registration page at [www.ferrignolegacy.com/register](http://www.ferrignolegacy.com/register)

## Posing

Posing is one of the most overlooked part of competing. Proper posing can be the difference between 1st and 10th place. We highly recommend you work with an experienced posing coach. Take many videos and photos as you approach competition to find tune your posing. Practice your posing many times a day. It is always disappointing to see a competitor who clearly worked hard on diet and training but did not put in their time practicing their posing.

## Cancelation Policy

We are proud to offer the best production almost every show while maintaining the lowest prices of any major contest. Because of this commitment to the athlete we ask the athlete also adhere to their commitment when registering for the show. As such, at check out, you are asked to initial that you understand and agree that, **"There are no refunds, credits or transfers under any circumstances."** Please do *not contact us requesting and exception*. These requests will not be answered. On occasion, some people attempt to thwart the policy by submitting a chargeback request to their credit card company. In these cases, we are put in the unfortunate position of having to report the fraudulent claim to the NPC with recommendation to suspend the athlete.

## Things to bring to the competition

- NPC Card - You will need one to compete. If you don't have one, you can purchase one at check-ins with cash or check for \$125
- Gym bag for your clothes and food
- Resistance bands - although we have some weights in the pump up room, it will be very busy. Resistance bands are a great way to get pumped up back stage.
- Towel - prepare to sweat
- Layers - you may be hot or cold. There are variations in the venue plus your body does weird things when prepping for a show! Also, when you get cold your muscles flatten out and you'll lose vascularity.
- Clothing - prepare to be covered in tanning, so wear black. Loose cloths like sweat pants or a robe are best to keep your tan looking good. Flip-flops are recommended for footwear.
- Extra Razor - in case you missed a spot
- Hand held mirror - As you may sweat, you may need touch ups.
- Bodybuilders and Women's Physique bring your music for your routines to check-in. Other divisions do not need to bring music.

## Things NOT to bring

- Professional camera equipment
- Professional video equipment
- Unsanctioned professional tanners
- Unsanctioned professional Make-up artists

*Violations will result in disqualification.*

## SHOW TIME - Your key information for the show.

**Venues (FLEXPO) Palm Springs Convention Center & (THE SHOW) @ Agua Caliente Resort Casino Spa-** To make it as easy and convenient as possible all services take place at the FLEXO. Here you will find check-ins, athlete meetings, tanning, make-up, and expo.

PRE-JUDGING is located at the FLEXPO at the Palm Springs Convention Center.

**277 N Avenida Caballeros  
Palm Springs, CA 92262**

FINALS are located in the Agua Caliente Casino Resort on the corner of Bob Hope Drive and Ramon Road in Rancho Mirage, California. The Box Office is located at the north end of the casino, outside of THE SHOW.

**Agua Caliente Resort Casino Spa  
32-250 Bob Hope Dr,  
Rancho Mirage, CA 92270**

### **Parking**

Self-Parking for Ferrigno Legacy registered guests is a \$7 (regular \$12) and valet is per day at the Renaissance Hotel.

Valet parking is free at Agua Caliente Casino Resort. Self-parking is also available in their 4-story parking garage as well as surface lots. Surface lot parking on the North side is accessed from Ramon Road. Valet, the parking garage and South surface lots are accessed from both Resort entrances from Bob Hope Drive

### **Access to THE STAGE DURING SHOWTIME**

You will enter the venue via the main showroom door. You will use the door on stage left (audience right) to access the backstage which includes tanning and make-up FOR FINALS. For tanning & Make-up, be sure to bring your registration receipt with you for access. After check-ins, you will be granted access only when furnishing your competitor number button.

## **Check-Ins**

Check-in takes place at **THE FLEXPO**. Check-in will include a mandatory meeting followed by height and weight verifications.

If you have not yet registered, you still may register at this time. You may also purchase tanning, coaches passes, photo packages and FERRIGNO LEGACY merchandise. If you do not yet have an NPC card you can purchase one for \$125 cash or check only for NPC Cards.

Bodybuilders and classic physique will be weighed-in wearing their posing trunks without exception. Bodybuilders, Classic Physique, and Women's Physique will bring the music for their posing routines. Please see the schedule for your check-in times.

# Schedule

Friday, November 17, 2017

	FLEXPO at Palm Springs Convention Center	The Show at Agua Caliente	Pole Fitness & FASHION	POWER & STENGTH
8:00 PM	Tanning Ends at Primrose Venue Stage			
2:00 - 4:00 PM				Early Check-in & Equipment checks - Break Away Room
3:00 - 5:00 PM	IFBB Check Ins - At Primrose (venue stage)			

Saturday, November 18, 2017

	FLEXPO at Palm Springs Convention Center	The Show at Agua Caliente	Pole Fitness & FASHION	POWER & STENGTH
7:00 AM				Early Check-in & Equipment checks - Break Away Room
8:00 AM	Tanning & Make-up - Backstage Primrose			
9:00 AM - 5PM			Check Ins Pole Stage 9AM	USPF MEET & PRO DEADLIFT
9:00 AM – 11:00 AM	NPC Registration for Bodybuilding, Women's Physique & Classic Physique			
11:00 AM - 1:00 PM	NPC Registration for Bikini, Figure, Men's Physique			
12:00 - 4 PM			<i>OG Pole Fitness Classic</i>	
2:00 - 5:00 PM	<i>IFBB Pre-Judging</i>			
4:30 PM	IFBB Pre-Judging Ends (approximately)			
5:00 PM - 11:30 PM	FREE SHUTTLE to and from Agua Caliente From Expo			
7:00 PM		Doors Open & Red Carpet		
7:30 PM		<i>IFBB Finals Begin</i>		
10:00 PM		IFBB Finals End (approximately)		

Sunday, November 19, 2017

	The EXPO at Palm Springs Convention Center	The Show at Agua Caliente	Pole Fitness & FASHION	POWER & STENGTH
6:00 AM	Tanning & Make-up - Backstage Primrose			Early Check-in & Equipment checks - Break Away Room
8:30 AM	Doors Open for NPC Competitors			
9:00 AM	Doors Open to EXPO			USAPL & STRONGMAN MEET
9:15 AM				
9:30 AM	<i>NPC Pre-Judging - All Classes</i>			
1:00 PM	NPC Pre-Judging ends (approximately)		Fitness Fashion SHOW	
3:30 PM - 11:30 PM	FREE SHUTTLE to and from Agua Caliente From Expo			
4:00 PM	Expo Ends			
4:30 PM		Doors Open NPC Finals		
5:00 PM		<i>NPC Night Show Finals - All Classes</i>		
9:30 PM		NPC Night Show Finals end (approx)		

Monday, November 20, 2017

All Day	Photo shoots at Indian Canyon
10:00 AM	Open Overall Winners and Pro Photo shoot at Indian Canyon

## Order of Classes

It's extremely important that you are ready once your class is called to stage. If you miss your class you will automatically be placed last. There are not set times for when your class will be called as the show times will vary based on number of competitors and speed of judging.

## Saturday, November 18, 2017 - IFBB Contest

<b>2:00 PM</b> IFBB Women's Physique - <i>Pre-judging</i> IFBB Men's Physique - <i>Pre-judging</i> IFBB Men's Classic Physique - <i>Pre-Judging</i> IFBB Women's Bikini – <i>Pre-Judging</i> IFBB Men's Bodybuilding – <i>Pre-Judging</i>  <b>BREAK</b>	<b>7:30 PM</b> IFBB Women's Physique - <u>FINALS</u> IFBB Men's Physique - <u>FINALS</u> IFBB Men's Classic Physique - <u>FINALS</u> IFBB Women's Bikini - <u>FINALS</u> IFBB Men's Bodybuilding - <u>FINALS</u>
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# NPC

**Sunday, November 19, 2017 - NPC Contest** - Pre-Judging and Finals will run in the SAME order. Note that there is no intermission at pre-judging.

Master's Figure Over 45  
 Master's Figure over 35  
 Figure A  
 Figure B  
 Figure C  
 Figure D  
 Figure E  
 Figure F  
 Figure Overall  
 Classic Physique A  
 Classic Physique B  
 Classic Physique C  
 Classic Physique Overall  
 Teen Men's Bodybuilding  
 Women's Physique A  
 Women's Physique B  
 Women's Physique C  
 Women's Physique D  
 Women's Physique Overall  
 Master Men Over 60  
 Master Men over 50  
 Master Men Over 40  
 Men's Bodybuilding Bantam Weight  
 Men's Bodybuilding Novice Light  
 Men's Bodybuilding Novice Middle  
 Men's Bodybuilding Novice Heavy  
 Men's Bodybuilding Novice Overall  
 Men's Bodybuilding Open Lightweight  
 Men's Bodybuilding Open Middle  
 Men's Bodybuilding Open Light Heavy  
 Men's Bodybuilding Open Heavy  
 Men's Bodybuilding Open Super Heavy

**Intermission (finals only)**  
 Men's Open Overall  
 Men's Physique Teen  
 Men's Physique Master's 35+  
 Men's Physique Masters' 45+  
 Men's Physique A  
 Men's Physique B  
 Men's Physique C  
 Men's Physique D  
 Men's Physique E  
 Men's Physique F  
 Men's Physique Overall  
 Teen Bikini  
 Masters' Bikini 35+ (A, B, C)  
 Novice Bikini (A, B, C)  
 Bikini A  
 Bikini B  
 Bikini C  
 Bikini D  
 Bikini E  
 Bikini F  
 Bikini Overall

## IFBB Divisions & Cash Purse \$38,500 TOTAL

Classic Physique - \$3,500	Women's Physique -\$5,000	Bikini - \$5,000	Men's Open Bodybuilding - \$20,000	Men's Physique -\$5,000
1st Place: \$2,000	1st Place: \$3,000	1st Place: \$3,000	1st Place: \$10,000	1st Place: \$3,000
2nd Place: \$1,000	2nd Place: \$1,500	2nd Place: \$1,500	2nd Place: \$5,000	2nd Place: \$1,500
3rd Place: \$500	3rd Place: \$500	3rd Place: \$500	3rd Place: \$3,000	3rd Place: \$500
			4th Place: \$2,000	
			5th Place: \$1,000	

## IFBB Judges

- TBD

# Routines

## IFBB Pre-Judging

### Women's Physique, Men's Physique & Bikini

Walk to center, rear of stage in front of Ferrigno Legacy logo. 1 Pose. Walk up to "X" downstage and center and perform 2 poses of your choice. Walk to diagonal line at STAGE right. Starting at the downstage (front) of stage and filling in toward the back.

First Half go to stage right; second half go to stage left. When you go to Stage left fill from upstage (back) to upstage (front).

Athletes will be brought to the judging line 6 at a time in numerical/alpha order. They will perform quarter turns/poses and go back to the line from where they came.

Judges will then call each "call out" and run through mandatory poses/Quarter turns. Stage expeditor assist in identifying athletes in the call out. Stage expeditor will assist in moving athletes within the call out as the judge requests.

### Classic Physique & Bodybuilding

Walk to downstage (front) "X" from stage entrance. Perform 60 second free posing.

Walk off stage via stage exit on stage left. Athletes get back in the line and stay in numerical/alpha order. After the final athlete has finished 60 their posing, all athletes will go back on stage filling in the diagonals from stage right front to the back and then stage left back to the front.

Athletes will be brought to the judging line 6 at a time in numerical/alpha order. They will perform quarter turns/poses and go back to the line from where they came.

Judges will then call each call out running competitors through mandatory poses. Stage expeditor assist in identifying athletes in the call out. Stage expeditor will assist in moving athletes within the call out as the judge requests.

## IFBB Finals

### Bikini & Men's Physique

Runs the same as Pre-Judging – The entire group will be on stage as awards are called. After first place is called, non-placing competitors will leave the stage from the side they are standing

### Classic Physique, Bodybuilding & Women's Physique

Top 10 Competitor will perform up to 2 minute posing routine.

TOP 5 will wait in numeric order off stage after routines.

TOP 5 will be brought to front judging line for final comparisons.

After comparisons, top 5 is moved to stage LEFT diagonal.

Awards are presented in descending order.

## NPC Pre-Judging

### Men's Physique & Bikini, Classic Physique, Women's Physique & Bodybuilding

THERE IS NO FREE POSING ROUND

Athletes line up in numerical/alpha order off stage. Up to 8 athletes will go on stage to the judging line. If there are more than 8 athletes, the group will be split in half or by 5.

If It is less than 8 judging and "call outs" take place.

If there are 2 or more groups, comparisons will take place. After comparisons, competitors will move to the diagonals filling in from stage right front to the back and then stage left back to the front.

Judges will then call each "call out", 5-6 competitors at a time, running competitors through mandatory poses. Stage expeditor assist in identifying athletes in the call out and moving them to the appropriate spot as the judge requests.

## NPC Finals

**Bikini, Figure & Men's Physique** – Walk to center, upstage (rear) of stage. 1 Pose at "X". Walk up to downstage "X". Perform 2 poses. Walk to diagonal line at STAGE right, starting at upstage (front) of stage and filling in toward downstage (back).

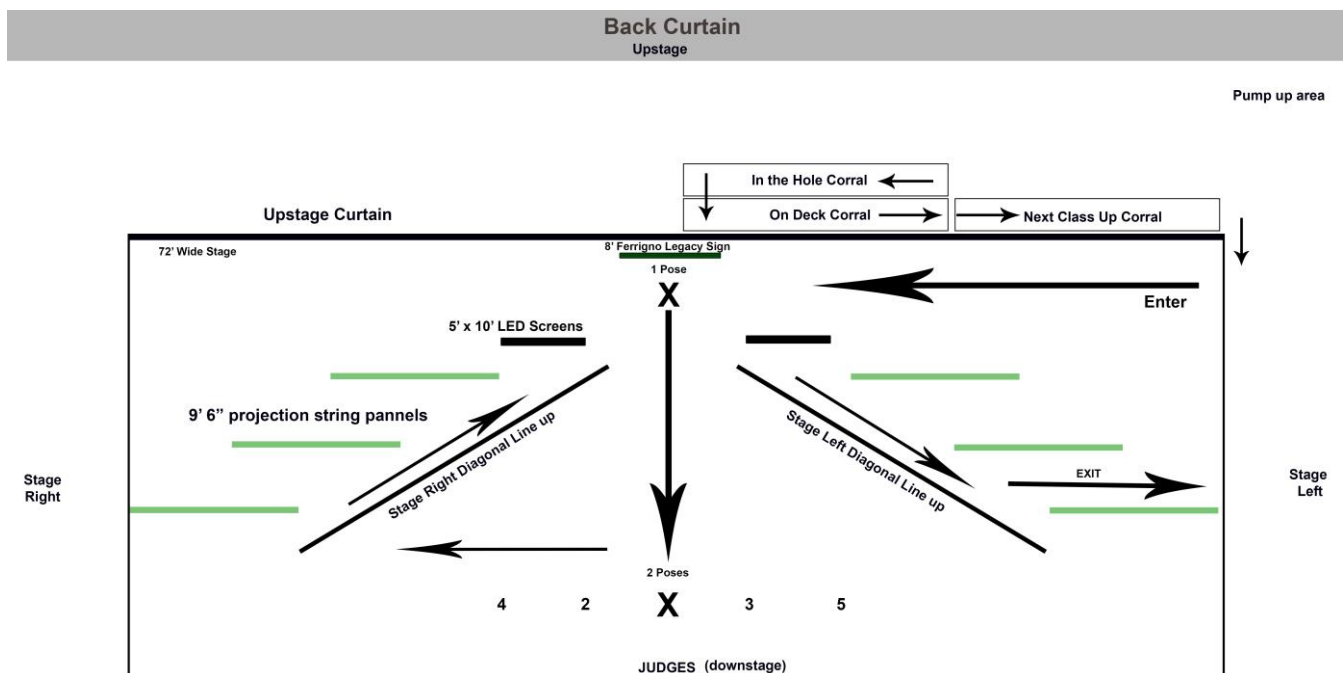
First Half go to stage right; second half go to stage left if needed. When you go to Stage left fill from upstage (back) to downstage (front).

The entire group will be on stage as awards are called. After first place is called, non-placing competitors will leave the stage on the side they are standing.

If you cross-over you will do your walk only in the first class. For cross-over classes you will wait until all others have walked and will enter the stage with other cross over athletes after all others have walked to the right diagonal line.

### Classic Physique, Bodybuilding & Women's Physique

- Competitor will perform up to 1 minute posing routine
- TOP 5 will be brought out to stand on stage LEFT diagonal
- Awards are presented in descending order to the top 5





## Tickets

Pre-Judging, Expo & Finals Tickets may be purchased at [www.ferrignolegacy.com/tickets](http://www.ferrignolegacy.com/tickets)

If you are competing, you do not need to purchase a ticket for the contest in which you are competing. We have a reserved section of seats that are first come-first served for competitors. Long sleeves and pants are REQUIRED when sitting in the theatre to avoid getting tan on the seats. Do not leave the back-stage area wearing only your competition suites.

IFBB Pros will receive 1 VIP section ticket for the IFBB Shows and 1 ticket for the Sunday NPC shows.

## EXPO

We have 300 fitness companies joining us providing samples, demonstration and selling clothing. Plus we will have EXCLUSIVE Ferrigno Legacy clothing and hats for sale. Visit [www.FerrignoLegacy.com/expo](http://www.FerrignoLegacy.com/expo) for exclusive discounts.

## Communication

Please follow us on Social Media for up to the minute information and changes. You can find us at [www.facebook.com/FerrignoLegacy](https://www.facebook.com/FerrignoLegacy).

**SHARE!** You can find logos, videos and other graphics to use in your social media here:  
[https://www.dropbox.com/sh/vv3hgmkipor296os/AAC3KpEHgeoZxMwGV-aN\\_Gt3a?dl=0](https://www.dropbox.com/sh/vv3hgmkipor296os/AAC3KpEHgeoZxMwGV-aN_Gt3a?dl=0)

**Live Stream** The show is broadcast live online for free. You can find the live stream at [www.ferrignolegacy.com/live](http://www.ferrignolegacy.com/live)

Also follow us on Instagram [@FerrignoLegacy](https://www.instagram.com/FerrignoLegacy). Hashtag your photos with **#FerrignoLegacy** for a possible *repost*!

Be sure to sign up for our email by submitting your email address on the top of our home page at [www.FerrignoLegacy.com](http://www.FerrignoLegacy.com)

For questions please email [info@FerrignoLegacy.com](mailto:info@FerrignoLegacy.com) or text (775) 375-5438

If you loved the FERRIGNO LEGACY you will also love our NPC sister shows:

**TAHOE SHOW** - Lake Tahoe, NV - August 26 [www.TahoeShow.com](http://www.TahoeShow.com).

**NPC WEST COAST** - Riverside, CA - June 17. [www.NPCWestCoast.com](http://www.NPCWestCoast.com).

***We hope you have an incredible experience and that you choose the FERRIGNO LEGACY for years to come!***