

# 2023 ANBF King's Cup American Championships Pro/Am, and Jersey Shore Natural XVI

**Bodybuilding, Classic, Figure, Fitness, Bikini, Wellness, and Physique**

**Featuring All Open Pro Classes**

**September 23, 2023**

**House of Independents, 572 Cookman Avenue, Asbury Park, NJ 07712**

**Times:** Check in will be at Pure Focus Sports Club, 2055 Rt 88, Brick, NJ from 430pm – 830pm Friday, 9/22. We will have late check in at the venue on show day, but it is highly encouraged to check in Friday night. The first show, PROS, will start at 10am. The competitor meeting for SHOW 1 will be at 930am. SHOW 2, amateurs, will start at 2pm. The meeting will be at 130pm. Shows begin and run until they are finished (straight thru format). Schedule and times are subject to change.

**Entry Fee: EARLY BIRD SIGNUP SPECIAL-** Amateur-\$130 with a \$50 crossover fee to other classes. Pro-\$260 per class entered. Early Bird Deadline is 8/19/2023. After that, Amateur-\$185 with crossover fee of \$75 and Pro is \$310 per class entered. Final deadline to enter is 9/16/2023. Applications will be accepted after that, but a late charge of \$75 will be added.

**Spray tanning will be available. Contact Bronzed Bodies, [bronzedbodiesllc@gmail.com](mailto:bronzedbodiesllc@gmail.com) to set appointment.**

**Hair and Makeup will be provided by Cristy Tate. Contact her at [Cristymtate@gmail.com](mailto:Cristymtate@gmail.com) for apt.**

**Urinalysis is the testing method of the ANBF. There will be no polygraph testing at ANBF shows. Therefore, there will also not be any polygraph fees necessary. The ANBF will be using the 2023 WADA Prohibited List as it is banned substance standard. You, as a competitor, are responsible for knowing the effects that certain supplements may present. Just because you may have bought it over the counter does not mean it is acceptable in the ANBF. Please research carefully. The WADA Banned List is posted on our website, [www.anbfnatural.com](http://www.anbfnatural.com) as well as the 2023 ANBF Drug Testing Policy.**

**Eligibility: Open to all amateur and pro athletes who hold an ANBF membership. Membership applications can be obtained online at [www.anbfnatural.com](http://www.anbfnatural.com), or via email from the ANBF office. The cost of amateur membership is \$115.00. The cost of pro membership is \$175. You will get \$10 discounts for up to 4 other natural org memberships (total \$40). The membership is good for a period of one year from the date of purchase. You may send in the entry form without your ANBF membership number. You will get your card at the show.**

**Music and routines: *Everyone please email your music to DJ Frank, [mytwotoyz@yahoo.com](mailto:mytwotoyz@yahoo.com). Amateur routines are maximum of 60 seconds. Pros get up to 2 minutes. Props are allowed. All competitors will do a stage presentation.***

**Awards: Top 5 competitors in each class and most entertaining stage presentation in the show. All open and master's overalls are ANBF pro qualifiers. If there are less than 5 competitors, the judges will decide if pro status is earned. If 4 or more pros, top 3 get payouts. If 3 competitors, the top 2 get payouts. If 2, first place only gets payout. If only one competitor, they get payout.**

**\*\*If at least 6 competitors in open pro class 1<sup>st</sup> place payout for that class is \$1750 (minimum \$1250). If 10 or more competitors, then 1<sup>st</sup> place is \$2000!\*\***

**Photography / Video:** No outside photography or professional style cameras are permitted. Please contact the Official Show Photographer, <https://lancetylerphotos.com/anbf> for info

**CLASSES:**

**Teenage Bodybuilding (ages 13-19)**

**Men's Bodybuilding Debut (First time competitors only)**

**Men's Bodybuilding Novice**

**Men's Bodybuilding Open Classes are set based on entries and check in weights. \***

**Men's Bodybuilding Masters (40+, 50+, 60+, 70+) \*\***

**Men's Bodybuilding Pro**

**Classic Physique Debut (First time competitors only)**

**Classic Physique Novice**

**Classic Physique Masters (40+, 50+) \*\***

**Classic Physique Open \***

**Classic Physique Pro**

**Men's Physique Teenage (13-19)**

**Men's Physique Debut**

**Men's Physique Novice**

**Men's Physique Masters (40+, 50+) \*\***

**Men's Physique Open \***

**Men's Physique Pro**

**Women's Physique Masters 40+\*\***

**Women's Physique Open \***

**Women's Physique Pro**

**Wellness Open\***

**Wellness Pro**

**Bikini Debut (First time competitors only)**

**Bikini Novice**

**Bikini Masters (40+, 50+) \*\***

**Bikini Open \***

**Bikini Pro**

**Figure Debut (First time competitors only)**

**Figure Masters (40+, 50+) \*\***

**Figure Novice**

**Figure Open - Classes are set based on entries and check in heights. \***

**Figure Pro**

**\* ANBF PRO QUALIFIER \*\* ANBF MASTERS PRO QUALIFIER**

Contact Kent Bierly with questions or details at [kreb46@comcast.net](mailto:krb46@comcast.net) or call 7322136537

Entry Form for King's Cup American Championships and Jersey Shore Pro/Am

(Please Print Clearly)

**ENTRY FEES ARE NON - REFUNDABLE AND NO CREDITS GIVEN!**

Entry available online at [anbfnatural.com](http://anbfnatural.com)

Or send to: ANBF c/o Kent Bierly, 537 James Rd., Brick, NJ 08723,

**MAY ALSO PAY VIA PAYPAL TO [KRB46@COMCAST.NET](mailto:krb46@comcast.net). Must still send in entry form.**

CLASS(ES) ENTERING \_\_\_\_\_

Name \_\_\_\_\_ ANBF # \_\_\_\_\_

Phone # \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Height \_\_\_\_\_ Age \_\_\_\_\_ Weight \_\_\_\_\_

Gym \_\_\_\_\_ Occupation \_\_\_\_\_

### **RELEASE**

I acknowledge that athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by the terrain, the facilities, temperature, weather, condition of athletes, spectator, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to athletics, but also present for volunteers. I hereby assume all the risks of participating and/or volunteering in this event. I realize liability may arise from negligence, carelessness on the part of the persons or entities being released from dangerous or defective equipment or property owned, maintained, or controlled by them or because of their possible liability without fault.

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 in the event holders, sponsors, organizers, in which I may participate and that it will govern my actions and responsibilities at said event.

In consideration of my application and permitting me to participate in this event, I hereby take actions 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 thefts or actions of any kind which might hereafter accrue to me including my traveling to and from this event, the following entities or persons:

Their directors, officers, employees, representatives, and agents, the event holders, event sponsors, event volunteers; (B) indemnify and hold harmless the entities or persons mentioned in this paragraph from any and all liability or claims made as 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 or illness during this event.

I understand that at this event or related activities, I may be photographed. I hereby agree to allow my photo, video, or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and assigns.

I understand that this is a drug-tested contest and agree to submit to any testing method approved by the contest promoter. I also agree to accept, without challenge, the results of such drug tests. Unless in the case of inconclusive results, I understand agree that the preliminary results are final.

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

I hereby certify that I have read this document and I understand it's contents.

\_\_\_\_\_  
Print Participants Name

\_\_\_\_\_  
Age

\_\_\_\_\_  
Participant Signature

(If under 18 years old, Parent or guardian must also sign)

\_\_\_\_\_  
Date

### **Parent Guardian Waiver for Minors**

The undersigned parent and natural guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all the parties referred to above from all liability, loss, claim or damage whatsoever which may be imposed upon said parties because of any defect or lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

\_\_\_\_\_  
Print Participants Name

\_\_\_\_\_  
Age

\_\_\_\_\_  
Signature of Parent or Guardian