



## 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          |
| 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 | Tamer El Shahat   | Egypt        | 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    |
| 2009 | Antuane Smith     | USA          | Musclemania Universe Champion     |
| 2009 | David Lovelace    | USA          | Musclemania Universe Pro Champion |
| 2009 | DeWayne Malone    | USA          | Musclemania America Champion      |
| 2009 | Genaro Alvarado   | Mexico       | Musclemania World Champion        |
| 2009 | Dickens Lambert   | Canada       | Musclemania World Pro Champion    |
| 2010 | Frederick Mumpo   | France       | Musclemania Universe Champion     |
| 2010 | Patrick Banyu     | USA          | Musclemania Universe Pro Champion |
| 2010 | John Pierce       | USA          | Musclemania America Champion      |
| 2010 | Gerald Pangan     | Philippines  | Musclemania World Champion        |
| 2010 | Ulisses Jr.       | USA          | Musclemania World Pro Champion    |
| 2011 | Yoon Jong Muc     | Korea        | Musclemania Universe Champion     |
| 2011 | Morris Mendez     | USA          | Musclemania Universe Pro Champion |
| 2011 | Erick Perkins     | USA          | Musclemania America Champion      |
| 2011 | Shameen Adams     | South Africa | Musclemania World Champion        |
| 2011 | Morris Mendez     | USA          | Musclemania World Pro Champion    |



## INTRODUCTION

Welcome to the Musclemania World Championships! Over the past 21 years 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 regional and international events this year.

## 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 \*

Lightweight Up to 155 lbs.  
Middleweight Up to 175 lbs.  
Heavyweight Over 195 lbs.

### Masters

Over 40 Years of Age

### Novice

One Division

### Teenage Men \*\*

19 Years of Age & Younger

### Open Women

One Division

### Junior Men \*\*

22 Years of Age & Younger

\* 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 Tour are natural bodybuilding events, 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-<br>Mesterolone | Mestanolone           | Nandrolone         | Testosterone |
|                                     | Norethandrolone       |                    |              |

### eDIURETICS

|                     |                  |                     |                   |
|---------------------|------------------|---------------------|-------------------|
| 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 |            |

For a complete and regularly updated list of tested substances, refer to [www.musclemania.com](http://www.musclemania.com).



## 2012 REGIONAL EVENT ENTRY FORM

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

Regional 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 \$150
  - Late Fee \$25 (Ten days 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:**  
Musclemania World Tour  
Post Office Box 6100  
Rosemead, California 91770

**FAX TO:**  
(626) 280-0001

### ABOUT YOURSELF

Education: \_\_\_\_\_

Occupation: \_\_\_\_\_

Noteworthy Bodybuilding or Sports Competition Experience: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Other Interesting Information About Yourself: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Entry form must be submitted 2 weeks prior to event or \$25 Late Fee applies.**





**2012 MUSCLEMANIA MEMBERSHIP APPLICATION  
& ENTRY PAYMENT FORM**

First Name: \_\_\_\_\_ MI: \_\_\_\_\_ Last Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ Apt. #: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip / Postal Code: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Home Phone: ( \_\_\_\_\_ ) \_\_\_\_\_ Work Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

**\$150 Regional Event Entry Fee** (Do not use for Universe, 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 6100  
Rosemead, California 91770 USA  
Fax (626) 280-0001**