

MUSCLE EXPLOSION 3 BODYBUILDING COMPETITION Official Entry Form

Date: 16th October 2010 (Sat)
Time: 7pm
Venue: NTUC Centre, 1 Marina Boulevard
Level 8, Singapore 018989

Mailing Address:
My Saviour's Church
No. 2 Prince Charles Crescent
Singapore 159011

This event is organized by My Saviour's Church and sanctioned by the Singapore Bodybuilding and Fitness Federation (SBBF).

- Your Entry Form must reach us by : **1st October 2010**
- Please read the rules and regulations (Section C) thoroughly first and sign the indemnity section (Section D) before submitting your application.

For any enquiries, please feel free to contact us via:

- Email at: muscleexplosion@hotmail.com
- Contact: Francis (8495 8620) during office hours

Mail your completed Entry Form with the Registration Fees to the church mailing address as above.

Please make all cheques/money orders payable to "**My Saviour's Church**" and write your Name, NRIC number and "MUSCLE EXPLOSION 3" Bodybuilding Competition behind the cheque/money orders for identification purposes.

Please **DO NOT** send cash through the mail. We shall not be responsible for any monetary loss if you insist on sending cash through the mail.

Upon registration, you will receive a confirmation letter. If you do not hear from us please email immediately or contact Francis at Telephone No: 8495 8620.

Section A - Personal Particulars

Name in Full:	NRIC No:
Gender : Male / Female	Date of Birth:
Address:	
Occupation:	Email:
Contact No: (Home)	(Hand Phone)

Section B - Participating Category: Please tick one only

NO	CATEGORY	TICK
1	Men's Bodybuilding – Open Category	
2	Men's Bodybuilding – Junior 70 KG & Below	
3	Men's Bodybuilding – Junior 70 KG & Above	
4	Men's Athletic Physique - Up to 170cm	
5	Men's Athletic Physique – Above 170cm	
6	Ms Model Physique – Open Category	

(Registration Fees - S\$20/- per participant)

Section C - (Basic Rules and Regulations) Please read rules and regulations

1. Singapore Citizens and Singapore Permanent Residents who are members of a Club/Association, affiliated to Singapore Bodybuilding and Fitness Federation are eligible to participate in this event. The application form must be endorsed by that Club/Association.
2. The competition will be conducted in accordance to WBPF rules book (<http://www.wbpsf.org>).
3. Contestants must report to the contest venue, dressed in the proper attire 2 hour before the contest. Failure to do so will result in disqualification of the contestant.
4. Attire for Muscle Explosion contestants: plain colour posing trunks without any manufacturer's logo.
5. All schedules and timing will be kept and observed in accordance with the Chief Marshall's clock/watch.
6. The Organizers will not entertain any claims for expenses incurred in the event of participation of this event.
7. The decisions of the judges are final and binding. No further enquiries will be entertained.
8. Any false information submitted to the organizers will lead to disqualification. No appeals or refunds will be entertained from any disqualified competitor.
9. The organizers reserve the right to reject any application or change the rules and regulations without prior notice.

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Signature/Name of Official

.....
Club/Association Chop/Date

Section D - Indemnity Form

I have read the rules and regulations governing Muscle Explosion 3 Bodybuilding Competition and agree to abide by them. I have not been declared by any practising physician to be unfit for the event. I also understand that My Saviour's Church and the Singapore Bodybuilding and Fitness Federation will not be held responsible for any personal injury or loss of life, whether due to negligence or otherwise, which may occur in the course of or in connection with my participation in this event.

Participant's Signature

Date

(This sub-section is to be completed by the Parent/Guardian of the participant if the participant is less than 21 years of age as of 16th October 2010).

I agree to allow the above-mentioned participant to participate in the "Muscle Explosion 3" Bodybuilding Competition. I shall not hold My Saviour's Church and the Singapore Bodybuilding and Fitness Federation responsible for any damage, personal injury or loss of life, whether due to negligence or otherwise, that may occur in the course of or in connection with his/her participation in this event.

Signature of Parent/Guardian : _____

Name of Parent/Guardian : _____

NRIC NO. of Parent/Guardian : _____