



## Fire and Ice Classic – August 13<sup>th</sup>, 2022

**Location:** Laketown Wharf Event Center, 9902 Thomas Drive, Panama City Beach, Florida

**Host Hotel:** Laketown Wharf Condos, 9902 Thomas Drive, Panama City Beach, Florida  
Call 850-249-1244 and ask for the rate for Fire & Ice

**Check In: Friday August 12th at the venue 10-6pm**

**Show times:** Pre-Judging: **10:30AM**, event will run straight through with intermission before finals. Finals: approx **1-2PM** subject to change depending on amount of competitors.

**Eligibility:** Open to all natural Amateur athletes who hold an OCB membership. Membership applications can be obtained online at [www.OCBonline.com](http://www.OCBonline.com)

**Fees: Registration \$79, Crossovers: \$45**

**Final deadline** to enter is **07/31/2022**. **Late fee charge of \$50 will be added after 7/23/2022.**

All competitors will need to get an OCB membership card prior to the contest by going to OCBonline.com, then going to "Membership" on the top of the page and purchase their Amateur card there. All competitors must also schedule and pay for a polygraph, payment for drug testing shall be done on the day of testing, cash only.

**Tickets:** Full Show **\$40 online (\$45 at the door)**, Teens(13-16) **\$20**, Trainer Pass **\$50** (Includes general admission and backstage access 1 per competitor), Children ages 12 & under **FREE**  
**Now also offering VIP tables, each table cost \$350 and seats 6 people (\$58 per person)**  
Tickets are non-refundable.

**Backstage policy:** To limit crowding backstage, only one assistant per competitor will be allowed. Note: All non-competitors will need to purchase a ticket for admission to the event with no exceptions.

**Divisions:** See entry form. Promoter reserves the right to add or drop classes based on the number of entries. Contact promoter if wishing to add different Masters divisions f.ex 50+ etc

**Division Details:** Teen: Age 16-19. Debut: Open only to 1<sup>st</sup> time competitors with any organization. Novice: Open only to those who have not placed first in any class besides Teen or Debut within any division in the same category (Ex. Bikini) with any organization (unless was the only competitor in the class). Masters Divisions: Open only to those falling into the stipulated age range (ex. 40+ is age forty and over). Open: Open to anyone regardless of age and level of experience. Military: These classes are open to all Department of Defense identification cardholders (Active duty, retirees, Government civilians, contractors, military dependents).

**Crossovers:** A "crossover" pertains to entering more than one division. For example, someone may enter the Novice division, if eligible, and also elect to crossover into the Open division and/or a Masters division and compete in those classes as well. You can enter any number of division if applicable and you are eligible, and it's encouraged to enter all the ones you're eligible for. But crossovers between categories (Women's Physique, Bikini and Figure or between Men's Physique, Men's Classic Physique and Men's Bodybuilding) will not be permitted.

**Awards:** Trophies will be awarded to the top five placements in each class. There will also be a best poser award and a best presentation/T-walk award. As well as a Team Trophy if applicable. The eligible classes for best poser will be Men's Bodybuilding, Men's Classic Physique and Women's Physique only. The eligible classes for best presentation will be Men's Physique, Bikini, Wellness & Figure.

**Pro Qualifier information:** The Fire and Ice Classic is a conditional pro qualifier. Conditional Pro Qualifier: Minimum turnouts for divisions must be met for overall winners in Open and Age 40+ divisions to become eligible for OCB pro contests in their respective divisions.



## FIRE & ICE CLASSIC

The minimums required are: Open divisions: 6 for all categories except Women's Physique, which is 3. Age 35+ divisions: 3 for all categories.

**Check-In:** Check Ins, Tanning and Drug Testing will take place at the venue, Laketown Wharf Event Center (see address above) on Friday, August 12<sup>th</sup> 2022. All competitors will need to check-in even if the drug test has been waived due to prior testing (polygraph tested within past 3 weeks with approved polygrapher). Please contact us beforehand if you think your suit might be borderline inappropriate. Review suit guidelines at [OCBonline.com](http://OCBonline.com). All competitors will receive contest shirts and “goodie” bags at check-in.

**Music:** Men's Bodybuilders, Men's Classic Physique and Women's Physique competitors and anyone else wanting their own music played for their walk will also need to email their music prior to check ins. No music will be accepted on the day of the show.

**Contestant meeting:** There will be athlete meetings with all competitors on the stage on Saturday August 13<sup>th</sup> at 10am to discuss the “T” walk and answer any other stage presentation questions. Please schedule tanning appointments around this especially if you will be using our tanning professional, Spray Tans by Maggie backstage that morning.  
Competitor's meeting is at 10am

**Photography and Video:** Our official photographer & videographer is Michael Brewer with Nvision: Phone – 404 663-8991, Website - [www.nvisionatl.com](http://www.nvisionatl.com). Mike at Nvision for details.

**Spray Tanning and Make-up:** For Spray Tans by Maggie information contact Maggie: e-mail – [maggie@spraytansbymaggie.com](mailto:maggie@spraytansbymaggie.com) , phone – 678 6429972, website - [www.spraytansbymaggie.com](http://www.spraytansbymaggie.com).  
For make-up, TBA

**Drug Testing:** This is a 100% polygraphed event. All competitors must be drug free for a period of 7 years. Please review the OCB Banned substances List. You, as a competitor, are responsible to know 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 OCB. Please research carefully. The Banned substances List, along with any exceptions, is posted on our website, [www.OCBonline.com](http://www.OCBonline.com) and [www.fireandiceclassic.com](http://www.fireandiceclassic.com)

The polygraph will take place for ALL competitors at the venue listed above. Testing will take place on Friday August 12<sup>th</sup>. You can schedule your polygraph online on our linktree. No exceptions.

**Polygraph cost is \$50 and will be paid to the polygrapher at the time of the test.**

**Please note that you CAN NOT be under the influence of any drug or alcohol for minimum of 24 hours prior to drug testing, this includes weed.**

Photo identification is required. All competitors are subject to additional forms of testing, if requested, at the discretion and expense of the promoter. ALL **pro-qualifying placement** winners will also be subjected to urinalysis immediately after the placings are announced.

**Routines:** All competitors will do their T-walk or Routines at the beginning of the finals portion and will need to be no longer than 60 seconds in duration. Men's Bodybuilding, Classic Physique and Women's Physique competitors will need to designate to the DJ whether they will be walking on or will already be on stage when their music starts. All music needs to be sent via email in mp3 format. No music will be taken on the day of the contest. If it does not play you will have to pose to our music. Music can not contain any profanity. Costumes/props will be permitted but only if competitors can carry it on stage and it is in good taste. If a competitor chooses not to do a t-walk then he/she will just walk on stage after bio is read, do 1 pose and wave and walk off.

**Bio:** When competitors enter the stage individually at the finals portion of the program a “bio” will be read for each individual by the MC. This should include your name, and then something like your motivation, how long you have been competing and then something interesting about yourself and/or thanks to those who helped you along the way. An email with a bio form will be sent couple of weeks prior to show day.

**Contact:** Jenny Rodriguez, [fireandice@glacierbodies.com](mailto:fireandice@glacierbodies.com) or 904-600-4080