

NPC BODYBUILDING DIVISION RULES

My placement qualifies me for the following National Events:

To enter the **Junior USA, Teen and Masters Nationals** you must place as follows:

- Top Five (5) in a Weight Class from a National Level Competition.
- Top Three (3) in a Weight Class in the Teen or Masters Nationals.
- Class Winner in the Armed Forces.
- Top Three (3) in a Weight Class from an Area National Qualifier.
- Top Two (2) from a District Level National Qualifier

To enter the **USA and Junior Nationals** you must place as follows:

- Top Five (5) in a Weight Class from the Nationals, USA, Team Universe, or Junior Nationals.
- Top Three (3) in a Weight Class from the Teen, Collegiate Masters Nationals.
- Class Winner in the Armed Forces.
- First Overall in an Area Level National Qualifier.
- Top Two (2) in an Area Level National Qualifier.
- Weight Class Winner from a District Level Competition designated as a National Qualifier.

To enter the **Nationals and North American Championships** you must place as follows:

- Top Five (5) in a Weight Class from the Nationals, USA, or North American Championships.
- Top Five (5) in a Weight Class from the Team Universe, Junior Nationals, or Junior USA.
- Top Five (5) in a Weight Class from the Teen, Collegiate Masters Nationals.
- Top Two (2) in a Weight Class in the Armed Forces.
- First Overall in an Area Level Competition of the Unrestricted Class.
- Top Two (2) in a Weight Class in an Area Level National Qualifier.
- Overall Winner in a District Level Competition designated as a National Qualifier.
- Class Winners at the USA and Nationals will be given Five (5) years of eligibility.

Entry Information

The following must be provided with your entry:

- NPC Contest you entered
- Date of Contest
- Contest Promoter
- Your Weight Class and Final Placing



Front Lat Spread

Qualifying for
**IFBB
Professional
Status**



NPC Masters Nationals Bodybuilding Championships

- Top Two (2) in Men's Over 40 earns IFBB Pro Card
- Overall in the Men's Over 50, Over 60 earns IFBB Pro Card
- Women's Bodybuilder Over 35/Over 45 earn IFBB Pro Card

IFBB North American Championships

- Overall in the Open's Men, Men's Over 40, Men's Over 50
- Open Women's Bodybuilding and
- Women's Bodybuilding Over 35 earn IFBB Pro Card

NPC Team Universe Championships

- Overall Men's and Women's Bodybuilding earn IFBB Pro Card

NPC USA Championships

- Top Three (3) Men's Overall
- Top Two (2) Women's Overall earn IFBB Pro Card

NPC National Championships

- Weight Class Winners earn IFBB Pro Cards
Men's Seven (7) Weight Classes
Women's Four (4) Weight Classes

National Level Bodybuilding Contests

- NPC Junior USA Championships
- NPC Junior National Championships
- NPC Masters National Championships
- NPC USA Championships
- IFBB North American Championships
- NPC Team Universe Championships
- NPC National Championships

Eligibility

An athlete must be a Citizen to compete in the following National Competitions:

- NPC Masters National Championships
- NPC USA Championships
- NPC Team Universe Championships
- NPC Nationals Championships

Proof of Citizenship must be one of the following:

- A Birth Certificate
- A Voter's Registration Card
- Military Discharge Papers
- Naturalization Papers – Form N560
- Consular Service Form FS24 for those born outside of the United States to US parents

Residency is Four (4) months prior to a Contest or must be a Full-time Student in the area.

Who Qualifies for National Level Competitions?

- A competitor must place in the Top Two (2) in their Weight Class of the Men's Open or in the Top Three (3) in their Weight Class of the Women's Open in a contest that has been sanctioned as a National Qualifier.
- First Overall in an Area Championship of the Open division.
- Top Two (2) in a Weight Class from an Area Level National Qualifier.
- Overall Winner in a District Level Competition designated as a National Qualifier.
- Winner of the Weight Class in a Regional Competition designated as a National Qualifier.
- Weight Class Winners from the Armed Forces.
 - I. This qualifies the Competitor for competition on the National Level for a period of One (1) Full Calendar Year after the year that the qualification took place.
 - II. Only if a competitor's One (1) Year Qualification has expired can an athlete enter a State or higher level National qualifying competition even if they have already won the Overall title.



NPC BODYBUILDING DIVISION RULES

NOTE: Class Winners of the drug-free NPC Team Universe Championships go on to represent the United States in the IFBB World Championships that follow the IFBB weight limits below and for all polygraph tested events.

Lightweight.....Up to including 114½ lbs.

Middleweight.....Over 114½ up to including 125½ lbs.

Heavyweight.....Over 125½ lbs.

National Level Contests do not permit competitors to cross over into Fitness, Figure or Bikini in the same event.

All other competitions are permitted to have cross overs at the discretion of the promoter with appropriate approval.

Prejudging Posing Rounds for Male and Female Competitors

Judges will score competitors according to the NPC "Total Package" which is a balance of Size, Symmetry and Muscularity.

Relaxed Round

- Keep your feet flat
- Keep your heels together
- Hold your arms at your sides
- No twisting
- Your head must be facing the same direction as your feet.

Individual Round

- Begin when ready – no signal is necessary from the Head Judge.
- **Maximum of 60 seconds** with a warning when 10 seconds remain.
- You are not obligated to use all 60 seconds.
- Lying on the floor is not permitted.

Mandatory Round

- Front Double Bicep
- Front Lat Spread
- Side Chest
- Side Tricep
- Rear Double Bicep
- Rear Lat Spread
- Abdominals with one thigh
- Most Muscular (*Men Only*)



LIGHTWEIGHT
Up to including 114½ lbs.

Side Chest



MIDDLEWEIGHT
Over 114½ up to including 125½ lbs.

Front Double Bicep



LIGHT-HEAVYWEIGHT
Over 176¼ up to including 198¼ lbs.

Front Lat Spread



HEAVYWEIGHT
Over 125½ lbs.

Side Chest

NPC BODYBUILDING DIVISION RULES



HEAVYWEIGHT
Over 198 ¼ up to including 225 ¼ lbs.

Side Chest



LIGHT-HEAVYWEIGHT
Over 176 ¼ up to including 198 ¼ lbs.

Most Muscular



BANTAMWEIGHT
Up to including 143 ¼ lbs.

Side Chest



MIDDLEWEIGHT
Over 165 ¼ up to including 176 ¼ lbs.



Most Muscular (MEN ONLY)



Rear Lat Spread



Abdominals with One Thigh

NPC BODYBUILDING DIVISION RULES

Weight Classes

Male Competitors (All contests that are pro qualifiers)

- Bantamweight.....Up to including 143 ¼ lbs.
- LightweightOver 143 ¼ up to including 154 ¼ lbs.
- MiddleweightOver 154 ¼ up to including 176 ¼ lbs.
- Light-Heavyweight.....Over 176 ¼ up to including 198 ¼ lbs.
- HeavyweightOver 198 ¼ up to including 225 ¼ lbs.
- Super-HeavyweightOver 225 ¼ lbs.

Male Welterweight Class

for USA and National Championships

- Bantamweight.....Up to including 143 ¼ lbs.
- LightweightOver 143 ¼ up to including 154 ¼ lbs.
- Welterweight*Over 154 ¼ up to including 165 ¼ lbs.
- MiddleweightOver 165 ¼ up to including 176 ¼ lbs.
- Light-Heavyweight.....Over 176 ¼ up to including 198 ¼ lbs.
- HeavyweightOver 198 ¼ up to including 225 ¼ lbs.
- Super-HeavyweightOver 225 ¼ lbs.

***NOTE:** *The Welterweight Class is optional at Local, Regional, and National Qualifying Contests.*

Male Welterweight Class

for Team Universe Championships

- Bantamweight.....Up to including 143 ¼ lbs.
- LightweightOver 143 ¼ up to including 154 ¼ lbs.
- Welterweight*Over 154 ¼ up to including 165 ¼ lbs.
- MiddleweightOver 165 ¼ up to including 176 ¼ lbs.
- Light-Heavyweight.....Over 176 ¼ up to including 198 ¼ lbs.
- HeavyweightOver 198 ¼ up to including 225 ¼ lbs.

***NOTE:** *At the Team Universe Championships there is no Super-Heavyweight Class but there is a Welterweight Class for a Total of Six (6) Classes.*

Male Weight Classes

- 2 Classes** Lightweight.....Up to including 176 ¼ lbs.
Heavyweight.....Over 176 ¼ lbs.
- 3 Classes** Lightweight.....Up to including 165 ¼ lbs.
Middleweight.....Over 165 ¼ up to including 187 ¼ lbs.
Heavyweight.....Over 187 ¼ lbs.
- 4 Classes** Lightweight.....Up to including 154 ¼ lbs.
Middleweight.....Over 154 ¼ up to including 176 ¼ lbs.
Light-HeavyweightOver 176 ¼ up to including 198 ¼ lbs.
Heavyweight.....Over 198 ¼ lbs.
- 5 Classes** BantamweightUp to including 143 ¼ lbs.
Lightweight.....Over 143 ¼ up to including 154 ¼ lbs.
Middleweight.....Over 154 ¼ up to including 176 ¼ lbs.
Light-HeavyweightOver 176 ¼ up to including 198 ¼ lbs.
Heavyweight.....Over 198 ¼ lbs.
- 6 Classes** BantamweightUp to including 143 ¼ lbs.
Lightweight.....Over 143 ¼ up to including 154 ¼ lbs.
Middleweight.....Over 154 ¼ up to including 176 ¼ lbs.
Light-HeavyweightOver 176 ¼ up to including 198 ¼ lbs.
Heavyweight.....Over 198 ¼ up to including 225 ¼ lbs.
Super-Heavyweight...Over 225 ¼ lbs.

Female Weight Classes

- 2 Classes** Lightweight.....Up to including 125 lbs.
Heavyweight.....Over 125 lbs.
- 3 Classes** Lightweight.....Up to including 125 lbs.
Middleweight.....Over 125 up to including 140 lbs.
Heavyweight.....Over 140 lbs.
- 4 Classes** Lightweight.....Up to including 115 lbs.
Middleweight.....Over 115 up to including 125 lbs.
Light-HeavyweightOver 125 up to including 140 lbs.
Heavyweight.....Over 140 lbs.

NATIONAL PHYSIQUE COMMITTEE OF THE USA

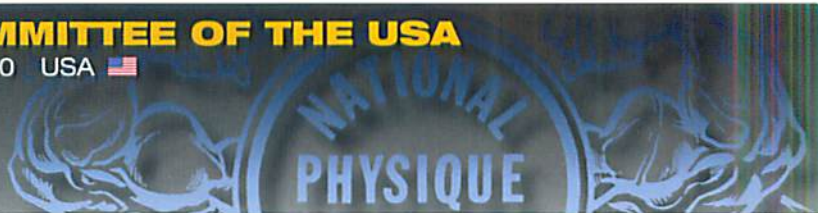
PO Box 3711, Pittsburgh, Pennsylvania 15230 USA 

TOLL FREE: 1-866-304-4322

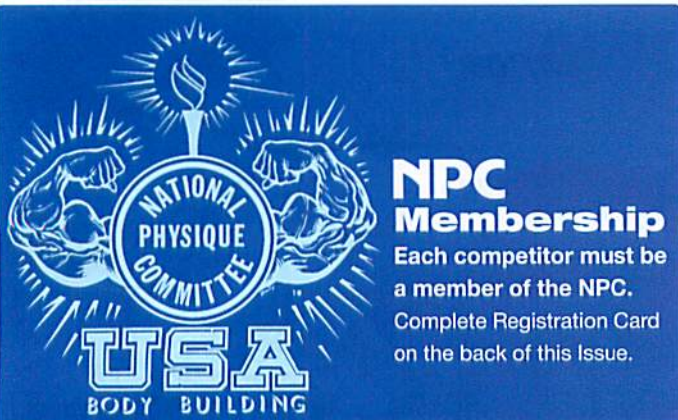
PHONE: 412-276-5027 FAX: 412-281-0471

EMAIL: NPCfirst@aol.com

WEB: www.NPCnewsOnline.com



NPC BODYBUILDING DIVISION RULES



NPC Membership

Each competitor must be a member of the NPC. Complete Registration Card on the back of this Issue.

Competitor Rules

Check-Ins

Competitors will be checked in and weighed.

Posing Suits

- All suit bottoms must be V-shaped, no thongs are permitted.
- Suits worn by male competitors at the prejudging and finals must be plain in color with no fringe, wording, sparkle or fluorescents.
- Suits worn by female competitors at the **Prejudging** must be two-piece and plain in color with no fringe, wording, sparkle or fluorescents.
- Suits worn by female competitors at the **Finals** must be two-piece but may include a printed design with fringes, lace, sparkle or fluorescents that are in good taste.
- All Prejudging suits will be checked at the morning check-in.
- Competitors are not permitted to alter the fit of the posing suit by hiking it up in the back or by pulling up the sides during Front and Rear Lat Spreads.

Posing Music

- Posing Music will be used at the Finals only.
- Posing Music must be on CD and must be the only music on the CD.
- Posing Music should be cued to the start of the music.
- Posing Music must not contain vulgar lyrics. Competitors using music containing vulgar lyrics will be disqualified.

Onstage

- During the Prejudging male and female competitors are not permitted to wear any jewelry onstage other than a wedding band. Decorative pieces in the hair are not permitted.
- During the Finals female competitors are permitted to wear earrings.
- No glasses, props or gum are permitted onstage.
- Any competitor doing the "Moon Pose" will be disqualified.
- Lying on the floor is prohibited.
- Bumping and shoving is prohibited. First and second persons involved will be disqualified.
- Competitors numbers will be worn on the left side of the suit bottom during both Prejudging and Finals.

Backstage

The only people permitted in the backstage area are:

- Competitors
- Expeditors
- NPC Officials

Competitors Health

- Any competitor who appears to be disoriented, light-headed or experiences undue cramping will not be permitted to compete.
- Any competitor disqualified for health reasons must be checked by the attending EMT and, if it is advised by the EMT, must go to the nearest hospital for evaluation.
- Competitors who refuse to be evaluated by the EMT or at the hospital will be suspended from competition for a period of one year from the date of the occurrence.