

NPC Membership

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

Competitor Rules

- Competitors will compete in a two-piece suit. The bottom of the suit must be v-shaped. No thongs are permitted. Competitors can compete in an off the rack suit. All swimsuits must be in good taste.
- Competitors must wear high heels.
- Competitors may wear jewelry.

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

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

Height Classes

For National Level Contests that are Professional Qualifiers:

- Up to and including 5'1"
- Over 5'1" and up to and including 5'2½"
- Over 5'2½" and up to and including 5'4"
- Over 5'4" and up to and including 5'5½"
- Over 5'5½" and up to and including 5'7"
- Over 5'7"

A promoter can choose to have fewer Height Classes for non-national level contests as follows:

For all Contests with Two (2) Height Classes:

- Up to and including 5'4"
- Over 5'4"

For all Contests with Three (3) Height Classes:

- Up to and including 5'4"
- Over 5'4" and up to and including 5'6"
- Over 5'6"

For all Contests with Four (4) Height Classes:

- Up to and including 5'2"
- Over 5'2" and up to and including 5'4"
- Over 5'4" and up to and including 5'6"
- Over 5'6"

Check-Ins

Bikini Division Competitors will be checked in and measured the same as Fitness and Figure Competitors.



Competition Judging

Presentation

Competitors will walk onstage alone and perform their **Model Walk (personal preference)**.

The **Model Walk** consists of the following:

- Walk to the center of the stage, Stop and do a Front Stance,
- then a full turn and do a Back Stance,
- then turn to the front again and face the Judges as directed,
- then proceed to the side of the stage.

Comparison Round - Two-Piece Swimsuit

- Competitors will be judged wearing a two-piece swimsuit and heels.
- The competitors will be brought back out in a group and directed to do a full Front and Back Stance.
- Judges will have the opportunity to compare competitors against each other in half turns. *(No side judging permitted, front and back only.)*

Scoring

Judges will be scoring competitors using the following criteria:

- Balance and Shape
- Overall Physical Appearance including:
 - Complexion,
 - Skin Tone
 - Poise
 - Overall Presentation.

National Level Bikini Contests

One (1) Year Qualification for the Top Five (5) Places in Each Height Class at National Level Contests.

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

Who Qualifies for National Level Competitions?

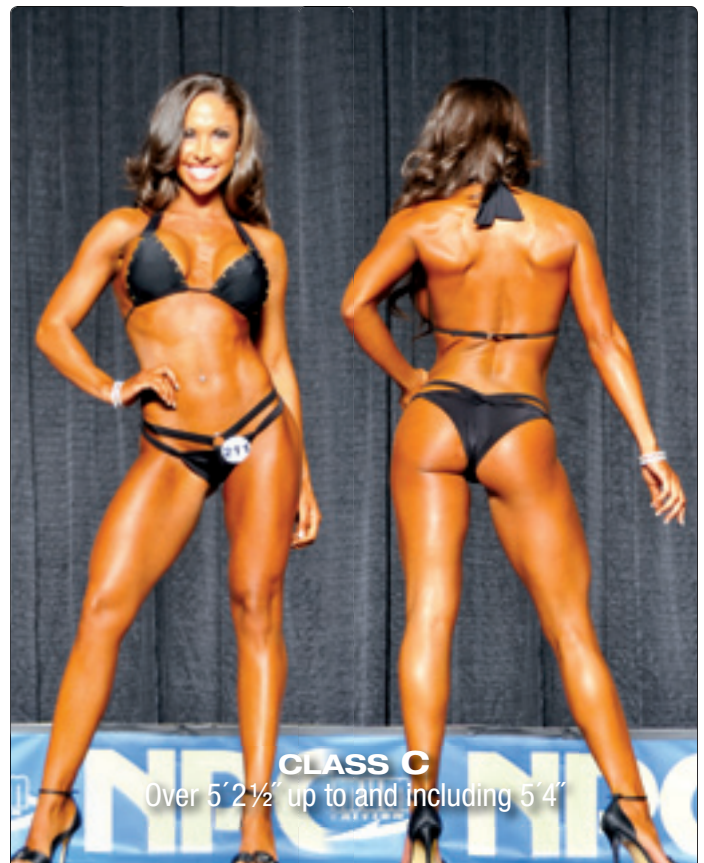
- Competitors that place in the Top Five (5) in Each Class at National Qualifying Contests.

NOTE: For 2009 ONLY a place in the Top Five (5) of any Bikini Contest will qualify you for National level Bikini Contests.

Entry Information

The following must be provided with your Entry:

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



NPC BIKINI DIVISION RULES



Qualifying for IFBB Professional Status



NPC USA Championships

- Height Class Winners earn IFBB Pro Cards
(6 Height Classes)

NPC National Championships

- Height Class Winners earn IFBB Pro Cards
(6 Height Classes)

NPC Junior USA Championships

- Top Two (2) in the Overall Comparison earn IFBB Pro Cards
(6 Height Classes)

NPC Junior National Championships

- Top Four (4) in the Overall Comparison earn IFBB Pro Cards
(6 Height Classes)

NPC Masters National Bikini Championships

- Overall Winner earns IFBB Pro Card
(6 Height Classes)

IFBB North American Championships

- Top Two (2) in the Open Overall Comparison earn IFBB Pro Cards (4 or 6 Height Classes)
- Overall Winner in the Masters earns IFBB Pro Card (2 or 4 Height Classes)

NPC Team Universe Championships

- Top Two (2) in each Height Class earn their IFBB Pro Cards
(6 Height Classes)

