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.

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NPC BODYBUILDING DIVISION RULES

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.

Competitor Rules

 Pose your body in a way that highlights your best attributes. Use Posing Suits that are simple and elegant, without any distractions. Remember to maintain good posture and a confident stance throughout your routine. ©NPC

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Weight Classes

Male Competitors (All contests that are pro qualifiers)

- Bantamweight ................ Up to including 143 ¼ lbs.
- Lightweight ................... Over 143 ¼ up to including 154 ¼ lbs.
- Middleweight ................ Over 154 ¾ up to including 176 ¾ lbs.
- Light-Heavyweight .......... Over 176 ¼ up to including 198 ¾ lbs.
- Heavyweight .................. Over 198 ¼ up to including 225 ¼ lbs.
- Super-Heavyweight .......... Over 225 ¼ lbs.

Male Welterweight Class
for USA and National Championships

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

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 125 lbs.
- Middleweight ............... Over 125 up to including 140 lbs.
- Light-Heavyweight .......... Over 140 up to including 165 lbs.
- Heavyweight ................. Over 165 lbs.

5 Classes Lightweight........... Up to including 143 ¼ lbs.
- Middleweight ............... Over 143 ¼ up to including 154 ¼ lbs.
- Light-Heavyweight .......... Over 154 ¼ up to including 165 ¼ lbs.
- Heavyweight ................. Over 165 lbs.

6 Classes Lightweight........... Up to including 143 ¼ lbs.
- Middleweight ............... Over 143 ¼ up to including 154 ¼ lbs.
- Light-Heavyweight .......... Over 154 ¼ up to including 165 ¼ lbs.
- Heavyweight ................. Over 165 lbs.

Super-Heavyweight .......

Over 225 ¼ lbs.

Most Muscular
(MEN ONLY)
HEAVYWEIGHT
Over 198 ¼ up to including 225 ¼ lbs.

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

BANTAMWEIGHT
Up to including 143 ¼ lbs.

MIDDLEWEIGHT
Over 165 ¾ up to including 176 ¼ lbs.

Most Muscular

Side Chest

Most Muscular (MEN ONLY)

Rear Lat Spread

Abdominals with One Thigh
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 114 ½ lbs.
Middleweight...............Over 114 ½ up to including 125 ½ lbs.
Heavyweight...............Over 125 ½ lbs.

NPC BODYBUILDING DIVISION RULES

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)
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

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.

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 National 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.
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.
- 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