

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.
- Figure will not have a routine round.
- Competitors must wear high heels.
- Competitors may wear jewelry

National Level Contests do not permit competitors to cross over into Bodybuilding, Fitness or Bikini 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" up to and including 5'2½"
- Over 5'2½" up to and including 5'4"
- Over 5'4" up to and including 5'5½"
- Over 5'5½" 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" up to and including 5'4"
- Over 5'4" up to and including 5'6"
- Over 5'6"

Check-Ins

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



CLASS F
Over 5'7"



CLASS A
Up to and including 5'1"

Competition Judging

Presentation

- Competitors will walk to the center of the stage alone and perform model turns, starting by facing the judges before moving into their model turns then proceed to the side of the stage.

Comparison Round - Two Piece Swimsuit

- Competitors will be judged wearing a two-piece swimsuit and high heels
- The competitors will be brought back out in a group and directed to do quarter turns
- Judges will have the opportunity to compare competitors against each other in quarter turns.

Scoring

Judges will be scoring competitors using the following criteria:

- Small degree of muscularity with separation, no visible striations.
- Overall Muscle Tone with shapely lines, overall firmness and not excessively lean
- Full general assessment
- Healthy appearance
- Make-up
- Skin Tone

National Level Fitness Contests

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

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

Who Qualifies for National Level Competitions?

- Competitors that place in the Top Five (5) in each Class at National Qualifying Contests qualify for the Junior USA and the Team Universe Championship competitions.
- Competitors that place in the Top Three (3) in each Class at National Qualifying Contests qualify for all other National Level Competitions.

Entry Information

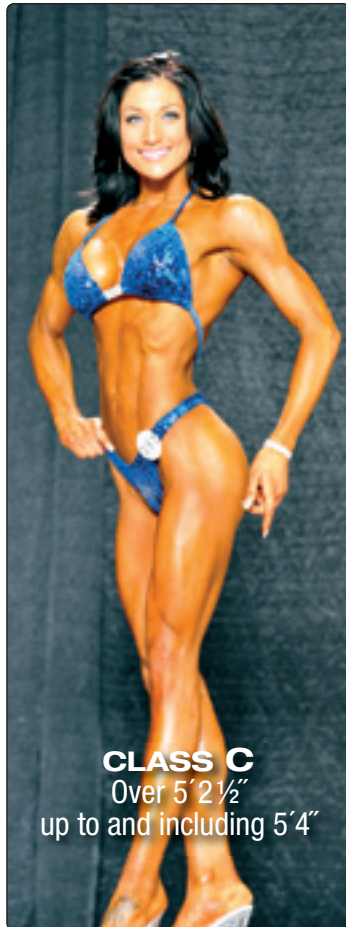
The following must be provided with your Entry:

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

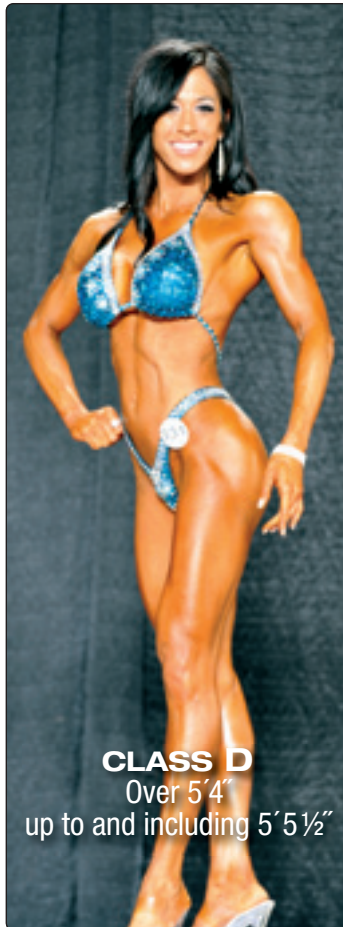
NPC FIGURE DIVISION RULES



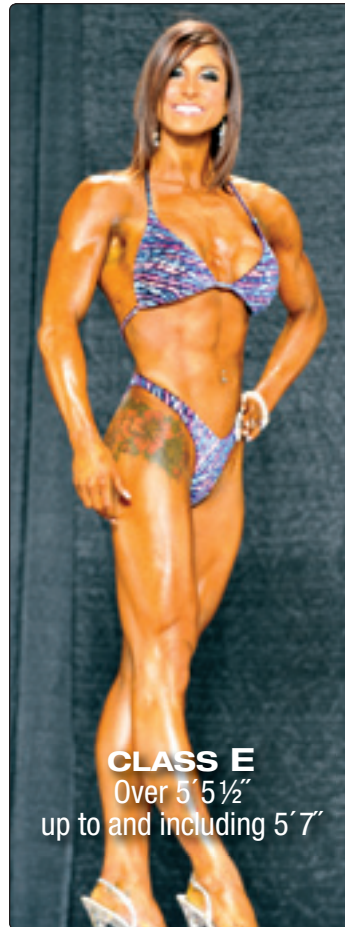
CLASS B
Over 5'1"
up to and including 5'2½"



CLASS C
Over 5'2½"
up to and including 5'4"



CLASS D
Over 5'4"
up to and including 5'5½"



CLASS E
Over 5'5½"
up to and including 5'7"

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 Championships

- Overall Winner in Over 35 (6 Height Classes) and
- Overall Winner in Over 45 (2 Height Classes) earns IFBB Pro Card

IFBB North American Championships

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

NPC Team Universe Championships

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

