

## NPC Membership

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

## Competitor Rules

### In Round One (1)

- 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.
- Round Two (2) is maximum two (2) minute Routine.
- The Contestants should have shape to their muscles but not size, definition or vascularity as in Bodybuilding physique. If these are present the Contestant will be scored down.

**National Level Contests do not permit competitors to cross over into Bodybuilding, 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.

### Height Classes

**For National Level Contests that are Professional Qualifiers:**

- Up to and including 5'2"
- Over 5'2" up to and including 5'4½"
- Over 5'4½"

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

- 1 Class may be used at regional competitions

**For all contests with Two (2) Height Classes:**

- Up to and including 5'3"
- Over 5'3"

### Check-Ins

Fitness Division Competitors will be Checked-in and Measured the same as Figure and Bikini competitors.



## Competition Judging

### Presentation

- The contestants will be brought out on stage in one or more lines for quarter turns.

### Two Piece Swimsuit - Round 1

- Competitors will be judged wearing a two-piece swimsuit and heels.
- 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.
- Judges will have the opportunity to compare competitors against each other.

### Scoring - Round 1

Judges will score the degree of athleticism using the following criteria:

- Firmness
- Symmetry
- Proportion
- Overall Physical Appearance including:
  - Complexion
  - Poise
  - Overall Presentation

### Fitness - Round 2

- Each athlete will perform a maximum two minute routine.

### Scoring - Round 2

Judges will use four (4) aspects to score this round using the following criteria:

- 1. Strength** – The amount and types of strength moves.
  - The degree of difficulty of these moves.
  - The ease and correctness of the moves.
- 2. Flexibility** – The number and types of flexibility moves.
  - The degree of difficulty of these moves.
  - The ease and correctness of the moves.
- 3. Cardiovascular** – The tempo of the routine.
- 4. Overall Package** – full general assessment including but not limited to Creativity, Stage Presence, Outfits, Hair and Make-up.

**NOTE:** At National Level Competitions the Routine must incorporate Five (5) Mandatory moves as follows:

- 1. Three (3) Strength moves:**
  - One Arm Push-up
  - Straddle Hold
  - Leg Extension Hold
- 2. Two (2) Flexibility moves:**
  - High Kick
  - Side Split



**Finals**

- All athletes will be introduced in their two-piece swimsuits. The Finalists will perform their Routines.
- After all Classes are completed the trophies will be awarded.
- At Competitions where there is more than one class, the Class Winners will be brought back in their two-piece swimsuits. Quarter turns will be done.
- The Judges will then decide on the Overall Winner based on their Physique and Routine.

**IN REGARDS TO TIES:** After Highs and Lows are removed if there is still a Tie, then the athlete who has won the Routine Round is the Winner.



**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 Fitness Championships
- NPC Junior National Fitness Championships
- IFBB North American Fitness Championships
- NPC National Fitness Championships  
*(held with the Team Universe 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 competition.
- 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 Fitness Contest you entered
- Date of Contest
- Contest Promoter
- Your Height Class and Final Placing



**Qualifying for IFBB Professional Status**



**NPC Junior USA Fitness Championships**

- Overall Winner earns IFBB Pro Card  
*(3 Height Classes)*

**NPC Junior National Fitness Championships**

- Height Class Winners earn an IFBB Pro Card  
*(3 Height Classes)*

**IFBB North American Fitness Championships**

- Overall Winner earns IFBB Pro Card  
*(3 Height Classes)*

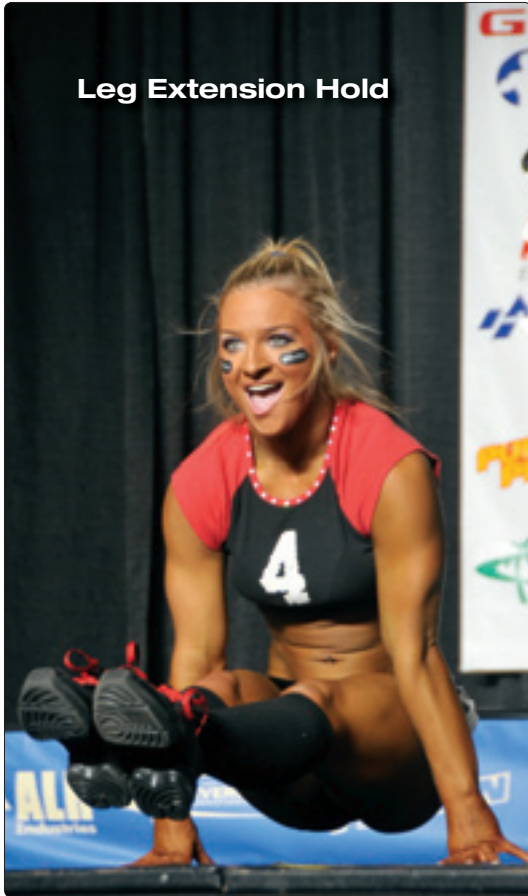
**NPC National Fitness Championships**

*(held with the Team Universe Championships)*

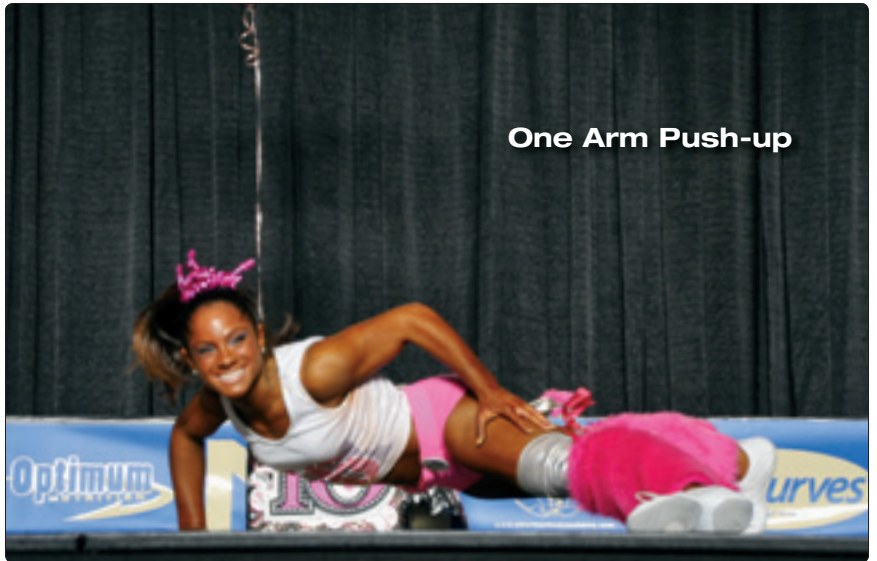
- Top Two (2) in Each Height Class earn an IFBB Pro Card  
*(3 Height Classes)*

**Three (3) Strength Moves**

**Leg Extension Hold**



**One Arm Push-up**



**Straddle Hold**



**Two (2) Flexibility Moves**

**High Kick**



**Side Split**

