

## **NPC FIGURE RULES AND GUIDELINES**

Beginning January of 2009 Figure contest are only one round, two-piece suit.

### **Prejudging: Two-Piece Suit**

Each height class will be brought out separately in a lineup in their two-piece suit with high heels to perform quarter turns as directed by the Head Judge. Depending on the number of competitors or the level of competition, the judges may ask for certain the overall physique for degree of athleticism, proportion, and skin tone. The judges will be scoring the degree of athleticism by assessing the degree of firmness, symmetry, proportion and the overall healthy physical appearance including complexion, poise and overall presentation. Muscle tone should appear firm and round with a small amount of body fat over the muscle. Muscle striations and extreme definition or leanness should be avoided.

### **Scoring**

The judges will place each competitor from first through last place. The only judging during the finals is of the height class winners for the overall. No scores or placements will change after the prejudging.

### **Finals**

During the finals, all competitors will be introduced and the top five (5) place winners in each height class will be presented awards. To determine the Overall Champion (if applicable), the class winners be brought out to perform quarter turns as directed by the head judge. Criteria for assessing the physiques will be the same as prejudging.

### **Special Note**

The focus of the figure competition is on health and fitness and is intended to provide an alternative for athletic women who train but do not wish to gain muscle size or other requirements necessary for bodybuilding competitions.