

NPC BIKINI DIVISION

NPC MEMBERSHIP

- Each competitor must be a member of the NPC.

COMPETITOR RULES

- The bikini competitor will be judged wearing a two-piece suit preferably “off the rack” type suit. Suit must be worn at the weigh-in for determination of proper fit. The bottom should be in good taste covering about 50% of the gluteal area. No thong type suits will be allowed. IF the athlete has any questions they should bring a second suit with a more modest bottom. The final decision will rest with the head judge.
- Bikini competitors are NOT permit to crossover into Bodybuilding, Fitness or Figure at the same event.
- Competitors must wear high heels.
- Competitors may wear jewelry.

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 rear stance then turn to the front again in front of the judges and 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 out in a group and directed to do a full front and rear stance.
- Judges will have the opportunity to compare competitors against each other in half turns. (No side judging permitted, front and back only.)
- Judges will be scoring competitors on the following items:
 - Balance and Shape
 - Overall physical appearance including complexion, skin tone, poise and overall presentation.

QUALIFYING FOR NATIONAL LEVEL EVENTS

- The following placings will qualify competitors for one year for the NPC national level Bikini contests:
 - Top 5 places in each class at National Qualifying events only.

The NPC national level contests are listed below:

- JUNIOR USA BIKINI CHAMPIONSHIP
- JUNIOR NATIONAL BIKINI CHAMPIONSHIPS
- USA BIKINI CHAMPIONSHIPS
- TEAM UNIVERSE BIKINI CHAMPIONSHIPS
- IFBB NORTH AMERICAN BIKINI CHAMPIONSHIPS
- NATIONAL BIKINI CHAMPIONSHIPS

QUALIFYING FOR IFBB PRO STATUS

- The following placings at selected national level events will qualify competitors to turn professional and compete in the IFBB Pro Bikini Contests.
- USA CHAMPIONSHIPS – Height class winners earn IFBB Pro Card (6 height classes)
- NATIONAL CHAMPIONSHIPS – Height class winners earn IFBB Pro Card (6 height classes)
- JUNIOR USA CHAMPIONSHIPS – top 2 in the Overall Comparison earn IFBB Pro Cards – (6 height classes)
- JUNIOR NATIONAL CHAMPIONSHIPS - top four (4) in the Overall Comparison earn IFBB Pro Cards (6 height classes)
- IFBB NORTH AMERICAN CHAMPIONSHIPS - Top two (2) in Overall Comparison earn IFBB Pro Cards (6 height classes)
- TEAM UNIVERSE CHAMPIONSHIPS – Top two (2) in each height class earn their IFBB pro Card (6 height classes)

HEIGHT CLASSES

For all contests with two (2) classes:

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

For all contests with three (3) 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) 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"