

# **NPC BODYBUILDING RULES**

## **PREJUDGING**

### **Attire**

During the prejudging a solid color suit will be worn. Suits of metallic nature are not allowed. There will be no "T" suits or "G" strings worn. The style of suit that will be worn at the actual competition must be worn at the weigh-in especially at all National competitions. No jewelry or hair ornaments will be allowed at the prejudging. Female bodybuilders are permitted to wear jewelry and hair ornaments at the evening competition. Numbers will be worn on the left side of the suit.

### **Scoring**

The Placement System is used for scoring the contest. Each round is considered to be equally important, however only one placing will be marked on the judges score sheet for each contestant. The final placing for each competitor is a reflection of the combination of all three rounds.

When calculating the scores from the 7 judges, the highest and lowest scores are discarded. The remaining 5 scores are added together. The contestant with the lowest score wins and the rest are placed accordingly.

### **Quarter Turns**

The Relaxed Round is designed to show the proportion, shape and balance of the physique in a relaxed state. Competitors are directed to do ¼ turns. The following are important guidelines to correctly doing the Relaxed ¼ turns:

- Head faces the way your feet are facing
- Hands at your sides
- No twisting
- Feet flat

### **Individual Posing Round (Only at the discretion of the Head Judge)**

If the Head Judge determines individual routines are necessary each competitor will then perform their Individual Posing Routine. The Routine is done with no music and is limited to 60 seconds with a 10 second warning. During this round the judges will be focusing on how well the contestant is able to "present their physique" - showing both muscular and symmetrical development. The moon pose has been banned by the NPC and the IFBB and will not be allowed at either phase of the competition. If it is done it will result in immediate disqualification from the competition.

### **Mandatory Comparison Round**

After each contestant has finished their Individual Posing Routines, they are brought out as a group in numerical order. The head judge will then direct them through the Mandatory poses. The

judges will take this time to assess muscular development (See Judging criteria, Muscular development). The Side Chest and Side Tricep poses may be done from either side.

During the Prejudging, the judges look for a balance of size, symmetry and muscularity. The judges may ask to see certain competitors together for comparisons.

The judges then mark their score sheets, consisting of a single placing for each competitor based on all three rounds of posing.

### **MANDATORY POSES**

- POSE#1 - FRONT DOUBLE BICEP
- POSE#2 - FRONT LAT SPREAD
- POSE#3 - SIDE CHEST POSE (either side)
- POSE#4 - SIDE TRICEP EXTENSION (either side)
- POSE#5 - BACK DOUBLE BICEP
- POSE#6 - BACK LAT SPREAD
- POSE#7 – ABDOMINAL/THIGH POSE
- POSE#8 - MOST MUSCULAR (Men Only)

### **Criteria for Female Bodybuilders**

Judges look for the Total Package – the balance of size, symmetry and muscularity. There are, however, limits to the size of the muscles and the degree of muscularity that are acceptable. Competitors must maintain a feminine look. Extreme hardness and extreme muscle size is not acceptable.

### **MANDATORY POSES**

- POSE#1 - FRONT DOUBLE BICEP
- POSE#2 - FRONT LAT SPREAD
- POSE#3 - SIDE CHEST POSE (either side)
- POSE#4 - SIDE TRICEP EXTENSION (either side)
- POSE#5 - BACK DOUBLE BICEP
- POSE#6 - BACK LAT SPREAD
- POSE#7 – ABDOMINAL/THIGH POSE

### **Evening Finals**

The competitors perform their Individual Posing Routine to their choice of music. The time limit is 60 seconds. Female bodybuilders are permitted to wear jewelry and hair ornaments. Some competitions, if there are a lot of competitors, are forced to limit Individual Posing at the Finals to the top 5 competitors. Check with the promoter of the event for details.

### **Awards Presentation**

The emcee will call out the top 5 finalists in numerical order. The emcee will announce the final placings starting with 5th place and working up to first place. Each trophy is awarded as the placing is announced.

## **Overall Posedown**

Each Weight Class Winner advances into the Overall Posedown. The Head Judge guides them through the quarter turns and the Mandatory poses. They are then given 30 seconds of free posing with some background music. While the free posing is being done, the judges give their sheets to the head judge so that the scores can be tallied. The competitor with the lowest score is the overall winner.

## **NPC JUDGING CRITERIA**

The sport of bodybuilding represents the balanced muscular development of the physique. The quality of this development is determined by the overall assessment of these areas:

- PRESENTATION
- SIZE - MUSCULAR DEVELOPMENT
- SYMMETRY - BALANCE OF THE PHYSIQUE
- MUSCULARITY - LACK OF BODYFAT

It is imperative to remember that each category is of equal importance. The judges will submit one final placing for each competitor after the completion of all three rounds of posing – Relaxed Round, Individual Posing Round, Mandatory Round.