

## NPC FITNESS RULES

In answer to the questions probably asked the most - the NPC women's fitness rules and scoring procedures and how one can qualify to be an IFBB professional fitness competitor?

In answer to those questions, for NPC Fitness, there is a qualifying system which will be similar to the system currently used for NPC bodybuilding competitions. To qualify for the NPC USA Fitness Championships, NPC Team Universe Fitness Championships and NPC National Fitness Championships, (all IFBB pro qualifiers) a competitor must place in the top 5 of her state contest or a contest designated as an NPC national qualifier.

In an effort to eliminate confusion among NPC fitness competitors concerning their amateur status, the NPC Fitness Division will follow the bodybuilding division rules for status as an amateur;

A.) Once a fitness athlete competes in an NPC sanctioned fitness contest, you have declared yourself an amateur. If you then go and compete in another fitness contest for cash or cash prizes (i.e. car, vacations trips, etc.) you are no longer considered an amateur by the NPC. But that does not make you a professional in the IFBB either. This must be done by qualifying through our NPC sanctioned fitness contests.

B.) For regulation swimsuits, thong or t-back swimsuits cannot be worn.

To answer how we score NPC Fitness, recently there have been a few changes to our original criteria that brings us more in line with the IFBB Fitness Division so that NPC fitness competitors can make a smooth transition to the IFBB Professional Fitness Division. It will also help our local, state and regional NPC fitness competitors prepare for our national fitness contests, particularly the NPC pro fitness qualifiers.

The judging criteria for NPC fitness contests will be based on the 1 Physique/Swimsuit round being worth 1/2 of the total score, while the Fitness Routine round is worth 1/2 of the total score. Instead of the judges handing in one total score, each round will be judged separately, with the judges handing in a score for each round. That means there will be a total of two scores handed in per judge for each competitor.

All IFBB Pro qualifier National NPC contests, Team Universe and Nationals, will have three height classes. The height classes shall be; 5' 2" and under; Over 5' 2" and up to and including 5' 4-1/2", and over 5' 4-1/2".

Using 3 height classes is optional at all other NPC contests. The height classes for all contests with two height classes shall be; 5' 3" and under, and over 5' 3".

For the NPC Team Universe Fitness Championships and the NPC National Fitness Championships, the top 2 in each height class will receive professional status in the IFBB. That mean's 12 women from the NPC will be eligible to earn their IFBB pro cards.

The overall winner of the NPC Team Universe Fitness Championships will also be part of the NPC USA women's team that will travel to and compete in the IFBB Women's World Amateur Bodybuilding and Fitness Championships.

The NPC Junior USA Championships and NPC Junior National Championships will also hold fitness contests in conjunction with each event. These contests can be used as a qualifier to enter the Team Universe or Nationals if you finish in the top 5 of your height class.

Following is a breakdown of each round in NPC Fitness;

#### PRE-JUDGING ROUND 1 - TWO PIECE SWIMSUIT

All contestants will be brought out in a line up in their 2-piece swimsuits with heels. Quarter turns will be directed by the head judge. At this time, judges are assessing 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 physical appearance including complexion, poise and overall presentation.

#### PRE-JUDGING ROUND 1 – FITNESS ROUTINE

The fitness round is your choice. Contrary to popular opinion, YOU DO NOT HAVE TO BE A GYMNAST to do well in this round. Perform your best dance or aerobics routine. It may include gymnastics if you choose. More important is the inclusion of strength and flexibility movements. This round is similar to the bodybuilder's posing routine. It is your time to show the judges your best routine.

There are five mandatory fitness moves, (3 Strength & 2 Flexibility), that are used in the IFBB Professional Fitness Division that will now be mandatory for all NPC national fitness contests including the NPC Junior USA Fitness Championships, NPC Junior National Fitness Championships, NPC Team Universe Fitness Championships and NPC National Fitness Championships. Fitness competitors in these contests must incorporate the following five moves into their 2-minute fitness routines. They include;

One Arm Push-Up



Straddle Hold



Leg Extension Hold



Full Split-Front



High Kick



## Full Split-Side



These can be done in any order during the 2 minute fitness routine, as long as all of them are included.

## FINAL SCORING

During both rounds the judges will place each athlete from first through fifteenth place in each round depending on the number of athletes competing. After each round, the judges will turn in their scores for that particular round. Once both rounds are completed, the scores will then be added together and averaged as one for each competitor's final score. The judges will be scoring the overall physique and performance during the entire prejudging. It is important to do your best during the prejudging because all the scoring is tallied afterwards. The only judging of the evening performance is of the height class winners for the overall award. No other scores or pacing's will change after the prejudging.

## EVENING PERFORMANCE

For local, state and regional contests, all contestants will be introduced at the evening event in their 2-piece swimsuits and heels. The number of athletes that will perform their fitness routines will be designated by the promoter and head judge depending on the number of the total athletes in the event.

For all national level NPC Fitness contests, (NPC Junior USA Fitness Championships, NPC Junior National Fitness Championships, NPC Team Universe Fitness Championships and NPC National Fitness Championships), the top 15 will be introduced in their 2-piece swimsuits and heels and then the top 5 from all 3 height classes will perform their fitness routine.

The top 5 contestants in each height class will be awarded trophies, medals or other similar awards in their 1-piece swimsuits with heels.

## PHYSIQUE:

Small degree of muscularity with separation no visible striations

- Overall muscle tone, shapely lines, overall firmness
- No excessive leanness.
- Healthy appearance
- Face
- Makeup
- Skin tone

\* NO EXCESSIVE OVERALL MUSCULARITY

## ROUTINE:

### 1. Strength:

- Number of strength moves
- Degree of difficulty in executing movements
- Creativity in performing strength moves

### 2. Flexibility:

- Number of Flexibility moves
- Degree of difficulty in executing movements
- Creativity in performing flexibility moves

### 3. Tempo of Routine:

- Presentation
- Showmanship