

2016 TEXAS COMPETITOR GUIDELINES

Please read all of the following information carefully and keep this information as a reference. It should answer most of your questions and includes the procedures for checking in on Friday night. There are one or two shows where the times are different, please check the information provided by the promoter to sure when and where you need to be.

We want you to enjoy your experience and above all, have fun, and practice good sportsmanship.

ENTRIES: The entry form (either paper or on-line) must be fully completed and signed. Please use the same name as on your NPC card. Please return the completed application and entry fee to the address provided on the entry form. It is always a good idea to make copies of any forms, payment, and confirmation email in case proof is needed at check-in.

NATIONAL QUALIFIER

WEIGHT GROUPS:

Men BB Open	Bantamweight (<143.25)	Lightweight (143.25 to 154.25)	
	Middleweight (154.25 to 176.25)	Light Heavyweight (176.25 to 198.25)	
	Heavyweight (198.25 to 225.25)	Super Heavyweight (>225.25)	
Men BB Novice	Lightweight (<165.25)	Middleweight (165.25 – 187.25)	Heavyweight (>187.25)
Women BB Open / Novice	(class(es) to be decided at each individual event)		

AGE GROUPS:

Men BB Masters	Women BB Masters	Men BB Teen
35 - 49 / 50 - 59 / 60 - 69 / 70+	35 - 44 / 45+	(16 - 19)

HEIGHT GROUPS:

Men Classic Physique	[class(es) to be decided at each individual event – must make weight for height]
Men Physique	[class(es) to be decided at each individual event]
Women Physique	[class(es) to be decided at each individual event] <i>(cannot crossover to bodybuilding)</i>
Figure / Bikini	[class(es) to be decided at each individual event]

AGE GROUPS:

Fitness Teen	
17 - 19 / 13 - 16 / 10 - 12	
Figure / Bikini Masters	Figure / Bikini Teen
35 - 44 / 45+	(16 - 19)
Women Physique Masters	Women Physique Teen
35 - 44 / 45+	(16 - 19)
Men Physique / Classic Physique Masters	Men Physique / Classic Physique Teen
35 - 44 / 45+	(16 - 19)

REGIONAL QUALIFIER / UNIVERSE QUALIFIER / NON-QUALIFIER

WEIGHT GROUPS:

Men BB Open / Novice	Lightweight (<165.25)	Middleweight (165.25 – 187.25)	Heavyweight (>187.25)
Women BB Open / Novice	(class(es) to be decided at each individual event)		

AGE GROUPS:

Men BB Masters	Women BB Masters	Men BB Teen
35 - 49 / 50 - 59 / 60 - 69 / 70+	35 - 44 / 45+	(16 - 19)

HEIGHT GROUPS:

Men Classic Physique	[class(es) to be decided at each individual event – must make weight for height]
Men Physique	[class(es) to be decided at each individual event]
Women Physique	[class(es) to be decided at each individual event] <i>(cannot crossover to bodybuilding)</i>
Figure / Bikini	[class(es) to be decided at each individual event]

AGE GROUPS:

Fitness Teen	
17 - 19 / 13 - 16 / 10 - 12	
Figure / Bikini Masters	Figure / Bikini Teen
35 - 44 / 45+	(16 - 19)
Women Physique Masters	Women Physique Teen
35 - 44 / 45+	(16 - 19)
Men Physique / Classic Physique Masters	Men Physique / Classic Physique Teen
35 - 44 / 45+	(16 - 19)

ELIGIBILITY: Shows are open to all NPC registered athletes who possess a current NPC membership card. Membership cards are good from January to December of the current year. (NPC registration applications are available through the NPC USA website, www.npcnewsonline.com). When you send in your membership card application and payment, please make a copy of both for proof to show at check-in, in case you do not receive your NPC membership card prior to the show.

TIMES: *Your attendance is mandatory at the check-in which will be between 6:00 to 8:00 pm on Friday at the contest hotel or venue (check promoter information). Please bring proof of NPC membership, height card (for divisions other than bodybuilding), and wear your posing suit (all bodybuilders) to the check-in.*

Saturday morning, check-in for all athletes will be 7:30 am with prejudging to begin at 9:00 am. The night show check-in will be 5:30 pm followed by trophy presentations at 6:30 pm. It does not matter when your class will be on stage; all athletes must check-in at the above times. Some shows, such as the Europa Games, have slightly different schedules of events.

Please read the information sent to you by the promoter for times and locations of events.

FRIDAY CHECK-IN PROCEDURES: (time is always 6:00 to 8:00 pm unless otherwise stated)

Station 1 - NPC Membership Cards

\$125.00 – cash only and completed card. Please complete entire card (all blanks) and sign the card. Give the NPC Official the completed card and \$125.00 in cash. You will receive a receipt. Please keep receipt to use for proof of membership until the card arrives from the national office. It takes about 45 days to process and receive the card.

Back Stage Passes – If you have a trainer or friend to help back stage, then that person must have a current NPC card in order to purchase a back stage pass. However, back stage passes will not be given for someone to help you with tanning, oiling, or make-up. Only the official tanning and make-up persons are allowed back stage. Back stage passes may be purchased for \$150.00.

Station 2 - Late Entries

If you choose to enter a show at this time, you will need to complete a late entry and pay for the number of classes you wish to enter. Be prepared to pay in cash to the promoter. You must hold on to the late entry form to show the NPC official when you obtain your height card (unless a bodybuilder) and when you check-in. If you want to add any classes, you must complete a form and pay the additional entry fee(s).

Tickets – The promoter will have tickets available for the morning and night shows.

Back Stage Passes – May be purchased at this time only for \$150.00 in cash and must show proof of NPC membership. They can only be purchased on Friday during check-in.

Station 3 - Height Cards

You need to have your NPC card or receipt (plus late entry form if applies) and give to the NPC Official to have your height measured. If you are competing in bodybuilding, then go to Station 4.

Station 4 - Final Check-in

There will be signs to indicate which NPC Official you need to check-in for your class. Bodybuilders must wear their posing trunks in order to be weighed on the scale. All competitors must have their NPC card or receipt and height card (if needed) to check-in. If you paid for late entry or additional classes, please have that form ready as well.

You must check-in at this station for all classes that you want to compete in. Be sure to tell the NPC official all classes you have entered – for example, open and masters. If you have entered more than one division – say, male physique and bodybuilding – you must check-in at both places. **Do not leave until you make sure all information is correct.** You **may not** add classes on Saturday morning.

RULES: **NOVICE** – A true novice is an athlete that has never entered an NPC event. An athlete may also enter a novice division until he/she wins that division. When a competitor wins a novice division, he/she must move up to the next level of competition and he/she may never return to a lower level. Anyone who makes a false statement on an entry form will be disqualified from competition for one year. Displays of poor sportsmanship at any time during a contest will not be tolerated and may result in disqualification from competition for one year.

BODYBUILDING

MUSIC: **The lyrics will not contain any racial, vulgar, or sexual connotations.** All posing music (60 seconds only) must be burned on **CD** and in a sleeve. Prerecorded / purchased CDs will not be accepted and you will pose to house music. Each competitor is responsible for picking up his / her music after the night show. Individual posing routines are **60 seconds for bodybuilding (all classes) and women physique competitors.** You will pose only once if you are in more than one class. All competitors will be introduced at the night show. If more than 50 competitors in bodybuilding and women physique, then only the top five in each weight or height class will perform their routine.

POSING SUITS: **Posing suits for bodybuilders for am prejudging must be worn to check-in and approved by Head Judge.** For am prejudging, posing suits must be one color – no multicolor suits or thongs allowed. Jewelry may be worn at the night show only (think tasteful). You should bring a second suit in case there are questions about a suit style or some other mishap occurs. Emphasis is on “tasteful”, remember these are family shows. There are also a variety of different products to temporarily glue your suit to your body.

HAIR / MAKEUP: While there are no rules on how to wear your hair, just remember that judges cannot judge what they cannot see. Remember to move your hair aside so the judges can see your back development. For makeup, the more finished and feminine you appear, the better your overall presentation. Keep in mind your face and body tan should blend.

POSES: Display of the “moon” hamstring pose at any time will result in disqualification. The following are the bodybuilding mandatory poses: Front Double Bicep, Front Lat Spread, Side Chest and Bicep (either side), Side Tricep (either side), Back Double Bicep, Back Lat Spread, Front Abs and Leg, Most Muscular (men), and Favorite Pose (women).

SCORING: The scoring for bodybuilding during prejudging will consist of three rounds. If a weight class is large, call-outs will be used during the symmetry and mandatory posing rounds. There will be a 60-second routine to demonstrate the eight (8) mandatory poses to house music. Live scoring at the night show consists of symmetry and mandatory poses. Final results only will be posted on the internet the week after the show. To determine qualification for a national level show, please see the rules for your division at the NPC USA website: npcnewsonline.com.

WOMEN PHYSIQUE

MUSIC: **The lyrics will not contain any racial, vulgar, or sexual connotations.** All posing music (60 seconds only) must be burned on **CD** and in a sleeve. Prerecorded / purchased CDs will not be accepted and you will pose to house music. Each competitor is responsible for picking up her music after the night show. Individual posing routines are 60 seconds for women physique. You will pose only once if you are in more than one class. All competitors will be introduced at the night show. If there are more than 50 competitors, then only the top five in each height class will perform their routine.

POSING SUITS: **Women physique suits for prejudging must be a two-piece with bottom having a V shape and approved at check-in by Head Judge.** No thongs are permitted. Jewelry may be worn at the night show only (think tasteful). No props may be used. No heels may be worn. You should bring a second suit in case there are questions about a suit style or some other mishap occurs. Emphasis is on "tasteful", remember these are family shows. There are also a variety of different products to temporarily glue your suit to your body.

HAIR / MAKEUP: While there are no rules on how to wear your hair, just remember that judges cannot judge what they cannot see. Remember to move your hair aside so the judges can see your back development. For makeup, the more finished and feminine you appear, the better your overall presentation. Keep in mind your face and body tan should blend.

POSES: Women physique will consist of mandatory poses performed with open-hand style and include: front double biceps / open hands / front twisting, back double biceps / open hands, side tricep with leg extended, side chest with arms extended, and front abdominal and thigh .

SCORING: The scoring for women physique during prejudging will consist of quarter turns, individual 60-second routines, and mandatory poses. Call-outs with group comparisons will be used for large classes. Judges will be looking for symmetry (shape and balance), muscularity (20% more than figure), and presentation (hair, makeup, suit, tan, etc.). Live scoring at the night show consists of symmetry and mandatory poses. Final results only will be posted on the internet the week after the show. To determine qualification for a national level show, please see the rules for your division at the NPC USA website: npcnewsonline.com.

MEN CLASSIC PHYSIQUE

NOTES: For 2016 only, no crossovers are permitted. If an athlete does not make weight, you have option of competing in bodybuilding or men physique with proper attire – trunks for bodybuilding and board shorts for men physique (please bring with you just in case). Athletes may compete in another division at another NPC event, but not the same day. In order to compete at a National contest in 2016, athlete must have competed in a NPC Classic Physique event with no other qualification required.

MUSIC: **The lyrics will not contain any racial, vulgar, or sexual connotations.** All posing music (60 seconds only) must be burned on **CD** and in a sleeve. Prerecorded / purchased CDs will not be accepted and you will pose to house music. Each competitor is responsible for picking up his music after the night show. Individual posing routines are 60 seconds for men classic physique. You will pose only once if you are in more than one class. All competitors will be introduced at the night show. If there are more than 50 competitors, then only the top five in each height class will perform their routine.

POSING SUITS: **Spandex shorts for am prejudging must be worn to check-in and approved by Head Judge.** For am prejudging, spandex shorts must be one color – no multicolor suits allowed. You should bring a second suit in case there are questions about a suit style or some other mishap occurs. Emphasis is on “tasteful”, remember these are family shows.

HAIR: While there are no rules on how to wear your hair, just remember that judges cannot judge what they cannot see. Remember to move your hair aside so the judges can see your back development.

POSES: Men classic physique will consist of the following mandatory poses: front double biceps, side chest, back double biceps, abdominals and thighs, and favorite classic pose – no most muscular.

SCORING: The scoring for men classic physique during prejudging will consist of quarter turns, mandatory poses, and call-outs / group comparisons will be used for large classes. Judges will be looking for muscularity, conditioning, and personality – the classic look of bodybuilding in the 1970s and 1980s. Live scoring at night show consists of 60-second posing routine and confirmation round if necessary. Final results only will be posted on the internet the week after the show. To determine qualification for a national level show, please see the rules for your division at the NPC USA website: npcnewsonline.com.

MEN PHYSIQUE

POSING SUITS: **Men physique must bring their board shorts to the check-in and be approved by the Head Judge.** Suits must be just above the knee in length and can be one inch below belly button. Only manufacturers’ logos accepted. You should bring a second suit in case there are questions about a suit style or some other mishap occurs. Emphasis is on “tasteful”, remember these are family shows.

HAIR: While there are no rules on how to wear your hair, just remember that judges cannot judge what they cannot see. Remember to move your hair aside so the judges can see your back development.

POSES: Men physique will consist of performing half turns at center stage with optional pose of hand on hip or in pocket. No lewd acts are permitted and will result in disqualification.

SCORING: The scoring for men physique during prejudging will consist of half turns and call-outs / group comparisons will be used for large classes. Judges will be looking for muscularity (shape and symmetry), conditioning, and personality. Live scoring at night show consists of half turns. Final results only will be posted on the internet the week after the show. To determine qualification for a national level show, please see the rules for your division at the NPC USA website: npcnewsonline.com.

FIGURE

POSING SUITS: **Figure contest posing suits (two-piece) for am prejudging must be brought to check-in and be approved by the Head Judge.** The bottom of the suit should be in good taste – not too low in front and covering 50% of the gluteus area (bring a second suit with a more modest bottom, just in case). Thong suits are not allowed. Competitors must wear high heels. Jewelry may be worn (think tasteful).

You should bring a second suit in case there are questions about a suit style or some other mishap occurs. Emphasis is on “tasteful”, remember these are family shows. There are also a variety of different products to temporarily glue your suit to your body.

HAIR / MAKEUP: While there are no rules on how to wear your hair, just remember that judges cannot judge what they cannot see. Remember to move your hair aside so the judges can see your back development. For makeup, the more finished and feminine you appear, the better your overall presentation. Keep in mind your face and body tan should blend.

POSES: The figure swimsuit round will consist of model and quarter turns at center stage. No lewd acts are permitted and will result in disqualification.

SCORING: The scoring for figure during prejudging consists of group comparisons with quarter turns and individual model turns. Judges are looking for smaller degree of muscle than women physique with some separation but no striations, symmetry, presentation (posing), and overall look (hair, makeup, tan, suit, etc.). Live scoring at the night show consists of confirmation round with quarter turns. Final results only will be posted on the internet the week after the show. To determine qualification for a national level show, please see the rules for your division at the NPC USA website: npcnewsonline.com.

BIKINI

POSING SUITS: **Bikini contest posing suits (two-piece) for an prejudging must be brought to check-in and be approved by the Head Judge.** The bottom of the suit should be in good taste – not too low in front and covering 50% of the gluteus area (bring a second suit with a more modest bottom, just in case). Bikini suits can be “off the rack” types. Thong suits are not allowed. Competitors must wear high heels. Jewelry may be worn (think tasteful). You should bring a second suit in case there are questions about a suit style or some other mishap occurs. Emphasis is on “tasteful”, remember these are family shows. There are also a variety of different products to temporarily glue your suit to your body.

HAIR / MAKEUP: While there are no rules on how to wear your hair, just remember that judges cannot judge what they cannot see. Remember to move your hair aside so the judges can see your back development. For makeup, the more finished and feminine you appear, the better your overall presentation. Keep in mind your face and body tan should blend.

POSES: The bikini swimsuit round will consist of the model walk at center stage – front stance with hand on hip, full turn to a back stance with hand on hip, and return to front stance. No lewd acts are permitted and will result in disqualification.

SCORING: The scoring for bikini during prejudging consists of group comparisons with front/back turns and individual model turns. Judges are looking for smaller degree of muscle than figure with no separation or striations, symmetry, presentation (posing), and overall physical appearance (complexion, skin tone, poise, and overall presentation). Live scoring at the night show consists of conformation round with front/back turns. Final results only will be posted on the internet the week after the show. To determine qualification for a national level show, please see the rules for your division at the NPC USA website: npcnewsonline.com.

FITNESS

MUSIC: **The lyrics will not contain any racial, vulgar, or sexual connotations.** All posing music must be burned on **CD** and in a sleeve. The time allowed for fitness routine is two (2) minutes, with a short warm-up period.

POSING SUITS: **Fitness contest posing suits (two-piece) for am prejudging must be brought to check-in and be approved by the Head Judge.** The bottom of the suit should be in good taste – not too low in front and covering 50% of the gluteus area (bring a second suit with a more modest bottom, just in case). Competitors must wear high heels in the swimwear round and athletic shoes in the fitness routine. Jewelry may be worn (think tasteful).

You should bring a second suit in case there are questions about a suit style or some other mishap occurs. Emphasis is on “tasteful”, remember these are family shows. There are also a variety of different products to temporarily glue your suit to your body.

HAIR / MAKEUP: While there are no rules on how to wear your hair, just remember that judges cannot judge what they cannot see. Remember to move your hair aside so the judges can see your back development. For makeup, the more finished and feminine you appear, the better your overall presentation. Keep in mind your face and body tan should blend.

POSES: The fitness swimsuit round will consist of model and quarter turns at center stage. For fitness routine there are four mandatory moves – push-up (of any kind), straddle hold, side split, and high kick. The fitness routine will be performed and scored at the night show (finals) only. For teen fitness, scoring is as follows: 10-12 years old will perform 2 required moves only, no swimsuit rounds; 13-16 years old will perform 3 required moves only, no swimsuit rounds; and 17-19 years old will perform 4 required moves and a two-piece swimsuit round. Props are allowed, but must be approved in advance.

SCORING: The scoring for fitness includes two rounds – routine (pm) of two (2) minutes (66%) and two-piece (am) (34%), except as specified above (under poses) for teen fitness. Live scoring at the night show consists of the routine. Final results only will be posted on the internet the week after the show. To determine qualification for a national level show, please see the rules for your division at the NPC USA website: npcnewsonline.com.