

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.

Beginning in 2011, the emphasis in Women's Fitness will be on the fitness routine and will be scored as 1/3 on Physique/2-Piece Swimsuit and 2/3 on the 2 Minute Fitness Routine. The 2 Minute Fitness Routine scores will be doubled. The mandatory movements within the routine, in no specific order, in Women's Fitness are as follows:

- * Push Up (of any kind)
- * High Kicks
- * Straddle Hold
- * Side Split

The Physique/2-Piece Swimsuit round will be judged during the prejudging and the 2 Minute Fitness Routine will be performed and scored during finals. It is suggested that finals begin with the 2 Minute Fitness Routine.

All trophies should be awarded to Fitness athletes in their routine outfits.

The Overall comparison will happen immediately after all awards for each height class are given out.

For the Overall comparison, Fitness athletes will be judged wearing their routine outfits.

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. ter 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.

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 4 mandatory moves that must be in your routine. A push up of any kind, high kick, straddle hold, and side split.

EVENING PERFORMANCE

For local, state and regional contests, all contestants will be introduced at the evening event in their 2-piece swimsuits and heels.

PHYSIQUE of Fitness Athlete:

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