

COMPETITOR INFORMATION

ALL DIVISIONS

ELIGIBILITY: ALL COMPETITORS: (1) Each competitor must be currently registered with the NPC and to meet this requirement, he/she must present his/her current NPC card, current NPC receipt, or purchase a NPC card at this competition (\$125). (2) Each competitor must be an amateur in good standing with the NPC. (3) Competitor must not have won overall in his/her division at any MN NPC competition in the last calendar year.

MASTER'S CLASSES: Each competitor in these divisions by 9/9/17 must have reached the age of the class entered, ie their 35th birthday for master's 35+, and must provide proof of age with birth certificate, driver's license or state ID.

TRUE NOVICE CLASSES: True Novice divisions and classes are open only to competitors who have not previously competed in a physique sport competition. Any competitor found to have previously competed will be disqualified. Class breakdowns will be based upon number of registered competitors in each division.

BODYBUILDING DIVISIONS

MEN'S WEIGHT CLASSES: OPEN: Lightweight: Up to and including 165.25 Middleweight: over 165.25 - 187.25 Heavyweight: Over 187.25. NOVICE: Lightweight: Up to and including 176.25 Heavyweight: Over 176.25

RULES: NO SPRAY OILS IN PUMP ROOM. Bottled oil permitted. **NO HOT STUFF OR ANALGESIC SPRAYS ALLOWED, NO BOTTLED TANNING LOTION ALLOWED IN THE BUILDING, INCLUDING DREAM TAN! NO EXCEPTIONS! PLEASE HAVE YOUR TANNING PREPARATION DONE BEFORE YOU ARRIVE.** Any competitor who competes in the judging must participate in evening show. Solid posing suits only and no jewelry will be worn during judging. All athletes must exhibit good sportsmanship at all times. Exhibition of poor sportsmanship will be grounds for automatic disqualification. **NO ONE WILL BE ALLOWED IN COMPETITOR'S PUMP ROOM OR BACKSTAGE EXCEPT COMPETITORS, CONTEST OFFICIALS AND EVENT SECURITY.** Current NPC rules will apply. **NO COSTUMES OR PROPS ALLOWED.**

MUSIC: Competitor must provide music by emailing song file to shandi@christinebongiovanni.com for evening posing routine: 60 seconds of music (email by Wed. before show). Recordings of poor quality, with more than one song and/or vulgar or obscene lyrics (this INCLUDES any swearing) will not be played and will be replaced by house music. You must cut your music to where you want it to start, if it starts at the beginning no cut is necessary.

MANDATORY POSES: Front double bicep, front lat spread, favorite side chest pose, back double bicep, back lat spread, favorite side tricep, abdominal pose showing thigh, most muscular.

PREJUDGING: Quarter turns, arms at side, no twisting; individual front pose; mandatory poses/comparisons.

EVENING SHOW: Depending upon number of registered athletes all athletes OR top 5 will perform their individual posing routines. Routines are 60 seconds, no exceptions, anything longer will be cut.

TROPHIES: All trophies are to be presented at the end of each division.

MEN'S PHYSIQUE

HEIGHT CLASS: Height classes will be formed based upon National level height regulations. Final heights and number of height classes determined at registration.

RULES: Above BB rules apply with following exceptions/additions: Suits must be cut according to NPC rules, board shorts above knee and 1" below navel, no shirt, barefoot. No lewd acts permitted on stage.

PRE-JUDGING: The contestants will present front & back poses as a group, then return to the stage for their individual half turn routine of 10 seconds and group comparisons/front and back turns. No lewd acts permitted on stage.

EVENING: Same as pre-judging.

MEN'S CLASSIC PHYSIQUE

HEIGHT CLASS: Height classes will be formed based upon National level height regulations. Final heights and number of height classes determined at registration. Weights will be checked at registration on 6/24, to see weight breakdowns visit npcnews.com/classic-physique

RULES: Above BB rules will apply based on development of this new division.

MUSIC: Above BB rules apply. If you crossover to BB, you will do a routine for each division. Separate songs and routines are allowed.

MANDATORY POSES: Front double bicep, side chest, back double bicep, abdominal pose showing thigh, favorite classic pose (no most muscular)

PREJUDGING: Quarter turns, arms at side, no twisting; individual front pose; mandatory poses/comparisons.

EVENING SHOW: Depending upon number of registered athletes all athletes OR top 5 will perform their individual posing routines. Routines are 60 seconds, no exceptions, anything longer will be cut.

WOMEN'S PHYSIQUE

HEIGHT CLASS: Height classes will be formed based upon the height of entered competitors.

RULES: Above BB rules apply with following exceptions/additions: Two piece suit cut according to NPC rules, solid suit is not required, jewelry allowed.

MUSIC: Above BB rules apply.

MANDATORY POSES: Open hand front double bicep, arm extended side chest pose, open hand back double bicep, side tricep leg extended, abdominal pose showing thigh

PRE-JUDGING: Quarter turns, arms at side, no twisting; individual front pose; mandatory poses/comparisons.

EVENING: All athletes will perform their individual posing routines. Routines are 60 seconds, no exceptions, anything longer will be cut.

WOMEN'S FIGURE

HEIGHT CLASS: Height classes will be formed based upon National level height regulations. Final heights and number of height classes determined at registration.

RULES: Above BB rules apply with following exceptions/additions: Suits must be cut according to NPC rules, minimum of 50% glute coverage, no thongs. Jewelry may be worn.

PRE-JUDGING: The contestants will present quarter turns as a group, then return to the stage for their individual model poses routine of 10 seconds and group comparisons/quarter turns wearing a two-piece swimsuit according to NPC rules (50% minimum glute coverage, no thongs permitted) and high heels. Jewelry is allowed.

EVENING: Same as pre-judging.

WOMEN'S BIKINI

HEIGHT CLASS: Height classes will be formed based upon National level height regulations. Final heights and number of height classes determined at registration.

RULES: Above BB rules apply with following exceptions/additions: Suits must be cut according to NPC rules, minimum of 50% glute coverage and not too low in front, athlete can face disqualification if inappropriate suit is worn, alternate suit is suggested. Jewelry may be worn.

PRE-JUDGING: The contestants will present front and back poses w/ hand on hip, as a group finishing facing the judges, then return to the stage for their individual routine of 10 seconds and group comparisons/quarter turns, wearing a two-piece swimsuit according to NPC rules (50% minimum glute coverage, no thongs permitted) and high heels. Jewelry is allowed. No lewd acts permitted on stage.

EVENING: Same as pre-judging.