

2012 NPC TEXAS COMPETITOR GUIDELINES

Please read all of the following information carefully and keep this information as a reference. We want you to enjoy your experience and above all, have fun. Practice good sportsmanship.

ELIGIBILITY: Shows are open to all NPC registered athletes who possess a current NPC membership card. (NPC registration applications are available through the NPC USA website, www.npcnewsonline.com). When you send in your membership card application and payment (money order only – personal checks not accepted), please make a copy of both for proof to show at the weigh-in, in case you do not receive your NPC membership card prior to the show. You may also purchase an NPC card at the weigh-in – cash payment only accepted.

ENTRIES: The entry form 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, etc. just in case something gets lost in the mail, misplaced, or whatever. The NPC officials and promoters want to create a good experience for the athlete.

NATIONAL QUALIFIER

WEIGHT GROUPS:

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

AGE GROUPS:

| | | | | | |
|--------------------|---------------------------------------|----------------------|-------------------|-------------|---------------------|
| Men Masters | 40 - 49 / 50 - 59 / 60 - 69 / over 70 | Women Masters | over 35 / over 45 | Teen | (at least 16 years) |
|--------------------|---------------------------------------|----------------------|-------------------|-------------|---------------------|

HEIGHT GROUPS:

| | | | | |
|------------------------------|--|--|--|--|
| Men Physique | (class(es) to be decided at each individual event) | | | |
| Women Physique | (class(es) to be decided at each individual event) (cannot crossover to other group) | | | |
| Women Figure / Bikini | (class(es) to be decided at each individual event) | | | |

AGE GROUPS:

| | | | |
|-----------------------------|-------------------|-----------------------------------|---|
| Women Figure Masters | over 35 / over 45 | Women Fitness Teen | 17 - 19 years / 13 - 16 years / 10 - 12 years |
| Women Bikini Masters | (over 35) | Women Figure / Bikini Teen | (at least 16 years) |

TEAM UNIVERSE / NON-QUALIFIER

WEIGHT GROUPS:

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

AGE GROUPS:

| | | | | | |
|--------------------|---------------------------------------|----------------------|-------------------|-------------|---------------------|
| Men Masters | 40 - 49 / 50 - 59 / 60 - 69 / over 70 | Women Masters | over 35 / over 45 | Teen | (at least 16 years) |
|--------------------|---------------------------------------|----------------------|-------------------|-------------|---------------------|

HEIGHT GROUPS:

| | | | | |
|------------------------------|--|--|--|--|
| Men Physique | (class(es) to be decided at each individual event) | | | |
| Women Physique | (class(es) to be decided at each individual event) (cannot crossover to other group) | | | |
| Women Figure / Bikini | (class(es) to be decided at each individual event) | | | |

AGE GROUPS:

| | | | |
|-----------------------------|-------------------|-----------------------------------|---|
| Women Figure Masters | over 35 / over 45 | Women Fitness Teen | 17 - 19 years / 13 - 16 years / 10 - 12 years |
| Women Bikini Masters | (over 35) | Women Figure / Bikini Teen | (at least 16 years) |

TIMES: *Your attendance is mandatory at the weigh-in which begins promptly at 7:00 pm on Friday at the contest hotel or venue (check promoter information). If you need a height card or a NPC membership card, please arrive at 6:00 pm.* There will be an athlete meeting prior to checking height, weight, and suits. It is your responsibility to be on time and location all weekend. **Please bring proof of NPC membership and wear your posing suit (all athletes) to the weigh-in.** Bring a second suit just in case there is a problem. Saturday morning, check-in for all athletes will be 8:00 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 Super Show, have slightly different schedules of events. Please read the information sent to you by the promoter for times and locations of events.

RULES: Backstage passes will be sold for \$150 for trainers, family, or friends plus they must have a NPC membership. When a competitor moves up to the next level of competition, 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.

MUSIC: **The lyrics will not contain any racial, vulgar, or sexual connotations.** All posing music must be burned on **CD** and in a jewel case. 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 90 seconds for open and women physique competitors and 60 seconds for novice, teen, and masters. You will pose only once if you are in more than one class, and open competitors who crossover to masters may use 90 seconds. All competitors will be introduced at the night show. If there are more than 50 competitors, then only the top five in each weight (bodybuilding) or height (women physique) class will perform their routine. The time allowed for fitness routine is two (2) minutes, with a short warm-up period.

POSING SUITS: **Posing suits for bodybuilders for am prejudging must be worn to weigh-in and be approved by the 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).

Men physique must wear their board shorts to the weigh-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.

Women physique suits for prejudging must be a two-piece with bottom having a V shape and approved 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.

Fitness, figure, and bikini contest posing suits (two-piece) for am prejudging must be worn to the weigh-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 should be “off the rack” types. Thong suits are not allowed. 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, whether for bodybuilding, physique, fitness, figure, or bikini. 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).

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

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 / thigh.

The fitness and figure 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.

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 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.

The scoring for men physique during prejudging will consist of quarter turns and call-outs will be used for large classes. Judges will be looking for muscularity, conditioning, and personality. Live scoring at night show consists of quarter turns.

The scoring for women physique during prejudging will consist of quarter turns, individual 60-second routines, and mandatory poses. Call-outs will be used for large classes. Judges will be looking for symmetry, shape, proportion, muscle tone, and beauty flow. Women physique will be judged as a standard between figure and bodybuilding. Live scoring at the night show consists of symmetry and mandatory poses.

The scoring for figure and bikini will be done during prejudging in one round –two-piece. 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 quarter turns (figure) or front/back turns (bikini).

Final results only will be posted on the internet the week after the show at www.thompsonmusclecontest.com. To determine qualification for a national level show, please see the rules for your division at the NPC USA website: www.npcnewsonline.com.