

NPC BIKINI DIVISION

NPC MEMBERSHIP

- Each competitor must be a member of the NPC.

SANCTIONING A BIKINI DIVISION EVENT

- An NPC BIKINI CHAMPIONSHIPS must be run along with another NPC division i.e. Bodybuilding, fitness or figure contest.

CONTEST ENTRIES

- All height classes and awards must be awarded as advertised on the entry form.
- Height classes may not be combined on the day of the show and this cannot be advertised as a possibility.

AWARDS

- Cash awards are not permitted.

CHECK-INS

- BIKINI Division competitors will be checked in and measured the same as Fitness and Figure competitors.

HEIGHT CLASSES – For Pro qualifying event

- Up to and including 5'1"
- Over 5'1" and up to and including 5'2-1/2"
- Over 5'2-1/2" and up to and including 5'4"
- Over 5'4" and up to and including 5'5-1/2"
- Over 5'5-1/2" and up to and including 5'7"
- Over 5'7"

If promoter chooses to do fewer height classes:

For all contests with two (2) classes:

- Up to and including 5'4"
- Over 5'4"

For all contests with three (3) classes:

- Up to and including 5'4"
- Over 5'4" and up to and including 5'6"
- Over 5'6"

For all contests with four (4) classes:

- Up to and including 5'2"
- Over 5'2" and up to and including 5'4"
- Over 5'4" and up to and including 5'6"
- Over 5'6"

COMPETITOR RULES

- National level contests do not permit competitors to crossover into Bodybuilding, Fitness or Figure at the same event. All other competitions are permitted to have crossovers at the discretion of the promoter with district chairperson approval.
- Competitors will compete in a two-piece suit. The bottom of the suit must be v-shaped. No thongs are permitted. Competitors can compete in an off the rack suit. All swimsuits must be in good taste.
- Competitors must wear high heels.
- Competitors may wear jewelry.

COMPETITION JUDGING**Presentation**

- Competitors will walk onstage alone and perform their Model Walk (personal preference)
- The Model Walk consists of the following:

Walk to the center of the stage, stop and do a front stance then a full turn and do a rear stance then turn to the front again in front of the judges and then proceed to the side of the stage.

Comparison Round, Two-Piece Swimsuit

- Competitors will be judged wearing a two-piece swimsuit and heels.
- The competitors will be brought out in a group and directed to do a full front and rear stance.
- Judges will have the opportunity to compare competitors against each other in half turns. (No side judging permitted, front and back only.)
- Judges will be scoring competitors on the following items:
 - Balance and Shape
 - Overall physical appearance including complexion, skin tone, poise and overall presentation.

QUALIFYING FOR NATIONAL LEVEL EVENTS

- The following placings will qualify competitors for one year for the NPC national level Bikini contests:

Top 5 places in each class at National Qualifying events only.

- **The NPC national level contests are listed below:**

JUNIOR USA BIKINI CHAMPIONSHIPS
JUNIOR NATIONAL BIKINI CHAMPIONSHIPS
USA BIKINI CHAMPIONSHIPS
TEAM UNIVERSE BIKINI CHAMPIONSHIPS
IFBB NORTH AMERICAN BIKINI CHAMPIONSHIPS
NATIONAL BIKINI CHAMPIONSHIPS

QUALIFYING FOR IFBB PRO STATUS

- The following placings at selected national level events will qualify competitors to turn professional and compete in the IFBB Pro Bikini Contests.
 - USA CHAMPIONSHIPS – Height class winners earn IFBB Pro Card (6 height classes)
 - NATIONAL CHAMPIONSHIPS – Height class winners earn IFBB Pro Card (6 height classes)
 - JUNIOR USA CHAMPIONSHIPS – top 2 in the Overall Comparison earn IFBB Pro Cards – (6 height classes)
 - JUNIOR NATIONAL CHAMPIONSHIPS - top four (4) in the Overall Comparison earn IFBB Pro Cards (6 height classes)
 - IFBB NORTH AMERICAN CHAMPIONSHIPS - Top two (2) in Overall Comparison earn IFBB Pro Cards (6 height classes)
 - TEAM UNIVERSE CHAMPIONSHIPS – Top two (2) in each height class earn their IFBB pro Card (6 height classes)