

National Physique Committee of the U.S.A.**NPC**

December 5, 2008

TO : District Chairpersons
FROM : Jim Manion
SUBJECT : 2009 RULE CHANGES AND BIKINI DIVISION GUIDELINES

At our November 20, 2008 meeting in Atlanta, Georgia the following rules/changes were mandated:

- 1) A new division – NPC Bikini – was implemented. (See attached guidelines and rules)
- 2) New Rules for National Contests:
 - a) An athlete may qualify in any division – bodybuilding, fitness, figure and in 2009 bikini however when they enter a national contest they must select one division (which they must have qualified in) as a competitor. IF they qualify in more than one division they must select only one division – no crossovers
 - b) For all other contests, crossovers are permitted at the discretion of the promoter with the District Chairpersons approval.
 - c) If a competitor qualifies at a Masters competition, they are limited to compete in the masters divisions only.
- 3) Beginning in 2009, eligibility is reduced to one year for National contests with the exception of the Nationals and USA Championships that have two (2) years of eligibility.
 - a) Eligibility for athletes that qualified in 2007 will be grandfathered under the previous eligibility.
- 4) The overall second place in women's bodybuilding at the USA Championships will receive her pro card – the same as the men at this contest.
- 5) Fitness is reduced to two (2) rounds
 - Two piece suit. And,
 - routine round

Each round is scored at 50% of the final score

6) Figure is reduced to one (1) round

- Two Piece suit.

The NPC registration fee for 2009 is \$85.00