

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 contest.
- The Bikini Division sanction fee is already included as a part of the Fitness/Figure fee.

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 heighted in the same fashion as Fitness and Figure competitors.

HEIGHT CLASSES

- Promoters can run as many classes as they see fit.
- **4 Height Classes**
 - Class A – Up to 5'2"
 - Class B – Over 5'2" up to 5'4"
 - Class C – Over 5'4" up to 5'6"
 - Class D – Over 5'6"
- **2 Height Classes**
 - Class A – Up to 5'4"
 - Class B – Over 5'4"

COMPETITOR RULES

- Competitors are not permitted to crossover into Bodybuilding, Fitness or Figure at the same event.
- Competitors may compete in different Divisions at different events.
- Competitors will compete in a two-piece suit.
- The bottom of the suit must be v-shaped. No thongs are permitted.
- Swimsuits must be in good taste.
- Competitors must wear high heels.
- Competitors may wear jewelry.

COMPETITION JUDGING

- **Presentation**

- Competitors will walk onstage alone, stop at Center Stage and perform 2 stances of their choice and then proceed to the diagonal line.

- **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 Front Stance and then a Back Stance.
- Judges will have the opportunity to compare competitors against each other.
- Judges will be scoring competitors on the following items:
 - Balance and Shape.
 - Overall physical appearance including complexion, skin tone, poise and overall presentation.
 - Competitors in the Bikini Division should be softer than the Figure Division.

QUALIFYING FOR NATIONAL LEVEL EVENTS

- Rules for qualifying for National Level events is the same as in the Figure Division.
- National Level Qualification lasts 1 year.
 - Example: Competitors who qualify in 2009 are qualified to compete in National Level events through the entire year of 2010.

QUALIFYING FOR IFBB PRO STATUS

- Competition in the IFBB Pro Bikini Division will start in 2010.
- Rules for qualifying for IFBB Pro Status is the same as in the Figure Division.