

CONTEST DIVISIONS AND CLASSES: FOR BODYBUILDING, WOMEN'S PHYSIQUE, CLASSIC MEN'S PHYSIQUE, FIGURE & BIKINI, RULES & REGULATIONS log onto:www.NPCNewsOnLine.com

**** NEW ****NPC Natural Cleveland Open Limited Novice Division Championships- Limited Divisions will be for ANY competitor from ANY state who has NOT PLACED IN THE TOP 2 in any NPC contest previously. "LIMITED" CLASSES INCLUDE: BODYBUILDING - 2 CLASSES:

LIGHTWEIGHT - Up to & Including 176 lbs

HEAVYWEIGHT - Over 176 lbs MEN'S PHYSIQUE - 2 HEIGHT CLASSES: *Heights to be determined at Check-in's* FIGURE - 2 HEIGHT CLASSES: *Heights to be determined at Check-in's* BIKINI - 3 HEIGHT CLASSES: *Heights to be determined at Check-in's* WOMEN'S PHYSIQUE - 1 CLASS

******Limited Classes could be added as competitor numbers increase.

Check www.daveliberman.com

for updates******

******"LIMITED" COMPETITOR'S CAN CROSSOVER TO NPC NATURAL NORHTERN USA CLASSES!*****

- ****NEW **** CLASSIC MEN'S PHYSIQUE (National Qualifier) - For competitors who want to present more muscular size than is currently acceptable for Men's Physique, but not as extreme for Bodybuilding. ****CLASSIC MEN'S PHYSIQUE CAN CROSSOVER!!**** Judging Criteria -Muscularity and Body Condition - Judges will be looking for muscular size, symmetry, balance and proportion, with an emphasis on definition and condition. The ideal physique will display an aesthetic appearance highlighted by a small waist, Classic Men's Physique Suits - POSING TRUNKS, which can be found on: https://www.npc-wear.com/product_detail.cfm?id=344

PREJUDGING POSES - * Quarter Turns * Front Double Biceps * Side Chest * Back Double Biceps * Abdominal's and Thighs * Favorite Classic Pose (NO "most muscular") FINALS POSING - ALL competitors will perform a 60 second posing routine to their music up to a maximum 60 seconds. 3 Classic Men's Physique Classes Include: DIVISION "A" - (UP TO AND INCLUDING 5`7"):

*Up to & including 5`4" with a bodyweight up to & including 155 lbs

*Over 5`4" up to & including 5`5" with a bodyweight up to & including 160 lbs

*Over 5`5" up to & including 5`6" with a bodyweight up to & including 165 lbs

*Over 5`6" up to & including 5`7" with a bodyweight up to & including 170 lbs CLASS B - (OVER 5`7", UP TO AND INCLUDING 5`10"):

*Over 5`7" up to & including 5`8" with a bodyweight up to & including 177 lbs

*Over 5`8" up to & including 5`9" with a bodyweight up to & including 185 lbs

*Over 5`9" up to & including 5`10" with a bodyweight up to & including 192 lbs CLASS C - (OVER 5`10"):

*Over 5`10" up to & including 5`11" with a bodyweight up to & including 200 lbs

*Over 5`11" up to & including 6`0" with a bodyweight up to & including 207 lbs

*Over 6`0" up to & including 6`1" with a bodyweight up to & including 215 lbs

*Over 6`1" up to & including 6`2" with a bodyweight up to & including 225 lbs

*Over 6`2" up to & including 6`3" with a bodyweight up to & including 232 lbs

*Over 6`3" up to & including 6`5" with a bodyweight up to & including 240 lbs

*Over 6`4" up to & including 6`5" with a bodyweight up to & including 247 lbs

*Over 6`5" up to & including 6`6" with a bodyweight up to & including 255 lbs

*Over 6`6" up to & including 6`7" with a bodyweight up to & including 262 lbs

*Over 6`7" with a bodyweight up to & including 270 lbs

******NO refunds for any athlete that does not make weight. Any competitor who doesn't

make weight can compete in Bodybuilding or Men's Physique.**
More information can be found on www.npcnewsonline.com

MEN'S OPEN BODYBUILDING:

(NPC Team Universe Qualifier)

6 Classes:

BANTAMWEIGHT - Up to 143-1/4 lbs

LIGHTWEIGHT - Over 143-1/4 lbs up to & including 154-1/4 lbs

WELTERWEIGHT - Over 154-1/4 lbs up to & including 165-1/4 lbs

MIDDLEWEIGHT - Over 165-1/4 lbs up to & including 176-1/4 lbs

LIGHT-HEAVYWEIGHT - Over 176-1/4 lbs up to & including 198-1/4 lbs

HEAVYWEIGHT - Over 198-1/4 lbs

MASTER'S MEN'S BODYBUILDING:

2 Classes:

40 - 49 years old

50 years old & Over

JUNIOR MEN'S BODYBUILDING:

1 Class:

23 years old & Under

TEENAGE MEN'S BODYBUILDING:

1 Class:

16 - 19 years old

OPEN MEN'S PHYSIQUE:

(NPC National Qualifier)

6 Classes:

CLASS A - Up to & including 5`7"

CLASS B - Over 5`7" up to & including 5`8"

CLASS C - Over 5`8" up to & including 5`9"

CLASS D - Over 5`9" up to & including 5`11"

CLASS E - Over 5`11 up to & including 6`

CLASS F - Over 6`

MASTER'S MEN'S PHYSIQUE:

1 Class:

35 years old & Over

TEENAGE MEN'S PHYSIQUE:

1 Class:

16 - 19 years old

WOMEN'S PHYSIQUE:

(NPC National Qualifier)

2 Classes:

Height classes to be determined at check-in's

MASTER'S WOMEN'S PHYSIQUE:

1 Class:

35 years old & Over

OPEN FIGURE:

(NPC National Qualifier)

5 Classes:

CLASS A - Up to & including 5`2 - 1/2"

CLASS B - Over 5`2-1/2" up to & including 5`4"

CLASS C - Over 5`4" up to & including 5`5-1/2"

CLASS D - Over 5`5-1/2" up to & including 5`7"

CLASS E - Over 5`7"

MASTER'S FIGURE:

3 Classes:

35 - 39 years old

40 - 49 years old

50 years old & Over

OPEN BIKINI:

(NPC National Qualifier)

6 Classes:

CLASS A - Up to & including 5`1"

CLASS B - Over 5`1" up to & including 5`2-1/2"

CLASS C - Over 5`2-1/2" up to & including 5`4"

CLASS D - Over 5`4" up to & including 5`5-1/2"

CLASS E - Over 5`5-1/2" up to & including 5`7"

CLASS F - Over 7`7"

MASTER'S BIKINI

1 Class:

35 years old & Over

CROSSOVERS:

Crossover means competing in more than one division
- \$100.00 entry fee per class. CROSSOVERS ARE PERMITTED BETWEEN THE
FOLLOWING DIVISIONS:

CLEVELAND LIMITED NOVICE COMPETITORS CAN CROSSOVER TO NPC NATURAL
NORTHERN USA DIVISIONS!! Women's Physique, Figure & Bikini competitors CAN
crossover! Men's Physique, Classic Men's Physique & Bodybuilding competitors CAN
crossover!