



NPC Worldwide Natural Contest Rules

General Rules

RULE 1: The following countries have a Regional requirement:

Belgium, Canada, France, Hong Kong SAR, Hungary, Malaysia, New Zealand, Portugal, South Korea, Spain, Taiwan (District of), United Kingdom

RULE 2: Athletes who live in a country that has a Regional requirement must compete in a Natural Regional in their country before they can compete in a Natural Pro Qualifier anywhere in the world.

RULE 3: Notwithstanding Rule 2, if a country has a Regional requirement but does not hold a Natural Regional before a scheduled Natural Pro Qualifier anywhere in the world, athletes may compete in a Natural Pro Qualifier only if the Natural Pro Qualifier is held before the first Natural Regional in the athlete's country. When the first Natural Regional is held in the athlete's country, athletes from that country may not compete in any other Natural Pro Qualifier without first meeting the Regional requirement.

RULE 4: Athletes who live in countries that do not have a Regional requirement may compete in any Natural Pro Qualifier anywhere in the world.

Technical Rules

RULE 5: Testing will be by urinalysis for anabolic agents and diuretics.

RULE 5A: Persons using HRT (Hormone Replacement Therapy) are not eligible to compete in NPC Worldwide Natural contests.

RULE 6: The following required minimum number of tests will be conducted:

- Natural Regional: overall winner in each Open division
- Natural Pro Qualifier: top 2 in each Open division overall

If a division has less than five competitors, the winner will be tested.

RULE 7: At a Natural Regional, the Head Judge, at his or her discretion, has authority to test the second-place competitor in an open division overall.

RULE 8: The contest organizer, as the testing authority, may conduct more than the required minimum number of tests provided:

- the total number of tests to be conducted in each division is clearly indicated on the competitor entry form; and
- NPC Worldwide is given prior notice of the number of tests in each division above the required minimum.

RULE 9: The testing agency must be pre-approved by NPC Worldwide.

RULE 10: All individuals involved in maintaining the chain of custody, to include collection, documentation and transportation of samples to the testing agency, must be completely independent from the contest organizer.

RULE 11: Test results will be considered confidential. NPC Worldwide will be informed of the test results no later than three weeks after the contest.

RULE 12: The contest organizer will be responsible for results management.

Penalties

RULE 13: The penalties for a positive test result are as follows:

- First offence: one-year suspension
- Second offence: two-year suspension
- Third offence: lifetime suspension

The suspension is from all NPC Worldwide contests.

RULE 14: If an athlete's A sample tests positive, that athlete will be provisionally suspended until a final finding is determined.

Pro Card Rules

RULE 15: Athletes who earn an IFBB PRO card at a Natural Pro Qualifier may not compete in an IFBB PRO contest until the test results are received by the testing authority and reported to NPC Worldwide.