NPC Worldwide Regional & Pro Qualifier **RULES**

NPC Worldwide Regional and Pro Qualifier Rules

TYPE OF CONTEST	OPEN TO	PRO CARD
Regional	Worldwide	No
National Regional	Host Country Only	No
Pro Qualifier	Worldwide	See Table 1 below
National Pro Qualifier	Host Country Only	See Table 1 below
Ben Weider WorldWide Classic	Worldwide	See Table 1 below
Arnold Amateur (South America)	Worldwide	See Table 1 below
Arnold Amateur (USA)	Worldwide	See Table 2 below
Olympia Amateur	Worldwide	See Table 3 below
Other Competitions	Worldwide	See Table 4 below

Table 1: Pro Qualifier

TYPE OF CONTEST	MINIMUM NUMBER OF COMPETITORS PER DIVISION	NUMBER OF IFBB PRO CARDS AWARDED PER DIVISION OVERALL
Pro Qualifier	5	1
National Pro Qualifier	5	1
Ben Weider WorldWide Classic	5	1
Arnold Amateur (South America)	5	1

Table 2: Arnold Amateur (USA)

DIVISION	MINIMUM NUMBER OF COMPETITORS PER DIVISION	NUMBER OF IFBB PRO CARDS AWARDED PER DIVISION OVERALL
Men's Bodybuilding	5	1
Classic Physique	5	1
Fitness	5	1
Figure	5	1
Women's Physique	5	1
Wellness	5	1
Men's Physique	5	2
Bikini	5	2

Table 3: Olympia Amateur

NUMBER OF COMPETITORS PER DIVISION	COMPETITION NUMBER OF IFBB PRO CARDS AWARDED PER DIVISION OVERALL
8-9	2
5-7	1
less than 5	0

Table 4: Other Competitions

COMPETITION	NUMBER OF IFBB PRO CARDS AWARDED PER DIVISION
European Championships	Determined by NPC Worldwide and IFBB Pro League
European Masters Championships	Determined by NPC Worldwide and IFBB Pro League
South American Masters Championships	Determined by NPC Worldwide and IFBB Pro League

RULE 1 – Athletes must have an NPC Worldwide membership to compete in an NPC Worldwide Regional or Pro Qualifier contest. Membership is only valid for one calendar year (January 1 – December 31). US and Canadian athletes only require an NPC or CPA membership. Membership is verified before each contest.

RULE 2 – Unless stated otherwise, athletes that reside (live) in a country with a Regional Certificate requirement must compete in a Regional contest in their country of residence before competing in a Pro Qualifier contest. Regional Certificates are only valid within the calendar year the certificates were obtained. Regional certification is verified before each contest.

RULE 2A – Athletes must compete under the rules of the country in which they reside (live). Athletes must be a resident of a country for at least four months prior to competing in a Pro Qualifier contest held in that country. Proof of residency, such as a utility bill, rental agreement, driver's license, or bank or credit card statement, must be provided upon request. If you are residing in a country as a foreign student, you must provide a student ID or college or university enrollment form. Regional Certificate requirements still apply.

RULE 2B – Effective January 1, 2025, once an athlete registers as a resident of a country, the country of residence can only be changed if the athlete relocates to a different country for reasons of employment or education (proof required). Once relocated, Rule 2A applies.

RULE 3 – If an Athlete resides in a country with a Regional Certificate requirement but there are no Regionals in that country until later in the year, the Athlete may compete in a Pro Qualifier contest anywhere in the world provided:

1. the Athlete has competed in a Regional contest in the Athlete's country of residence in the previous year; and

2. the Pro Qualifier contest is held before the first Regional contest in the Athlete's country of residence.

When the first Regional contest is held in the Athlete's country of residence, the Athlete may not compete in a Pro Qualifier contest without first obtaining a current-year Regional Certificate from the Athlete's country of

residence. Failure to abide by this rule will result in disqualification from the Pro Qualifier contest.

RULE 4 – The following countries have a Regional Certificate requirement:

Argentina, Australia, Austria, Belgium, Bolivia, Brazil, Bulgaria, Cambodia, Chile, China, Colombia, Denmark, Ecuador, El Salvador, Finland, France, Germany, Guatemala, Hong Kong SAR, Hungary, India, Indonesia, Italy, Japan, Latvia, Lithuania, Luxembourg, Macau SAR, Malaysia, Mexico, Netherlands, New Zealand, Norway, Panama, Paraguay, Peru, Philippines, Poland, Portugal, Russia, Singapore, South Africa, South Korea, Spain, Sweden, Switzerland, [District of] Taiwan, Thailand, Trinidad & Tobago, Ukraine, United Kingdom, Uruguay, Venezuela, Vietnam

- *Athletes from Norway may compete in a Regional contest in Denmark, Finland or Norway to fulfill the Regional Certificate requirement.*
- *Athletes from Argentina, Bolivia, Chile, Colombia, Ecuador, El Salvador, Guatemala, Panama, Paraguay, Peru, Trinidad & Tobago, Uruguay and Venezuela may compete in a Regional contest in any one of these thirteen countries to fulfill the Regional Certificate requirement.*
- *Athletes from Cambodia, Indonesia, Malaysia, Philippines, Singapore, Thailand and Vietnam may compete in a Regional contest in any one of these seven countries to fulfill the Regional Certificate requirement.*
- *Athletes from Belgium, Luxembourg and the Netherlands may compete in a Regional contest in any one of these three countries to fulfill the Regional Certificate requirement.*
- *Athletes from Latvia and Lithuania may compete in a Regional contest in any one of these two countries to fulfill the Regional Certificate requirement.*
- *Athletes from China, Hong Kong SAR and Macau SAR may compete in a Regional contest in any one of these three countries to fulfill the Regional Certificate requirement.*

RULE 5 – US athletes must be nationally qualified by placing in the top 2 in an open class at an NPC regional contest held in the current or previous year before competing in an NPC Worldwide Pro Qualifier contest. US athletes who are posted overseas, or whose employment requires them to work overseas, are exempt from this requirement and must compete under the rules of the country in which they reside (live). Canadian athletes must compete in a Canadian Pro Qualifier contest not more than one year before competing in an NPC Worldwide Pro Qualifier contest, including the Arnold Amateur (USA), Olympia Amateur (USA) and NPC North American Championships. A current NPC or CPA membership is required.

***IFBB PRO athletes, and athletes who qualified for IFBB PRO status but who have not yet registered with the IFBB Professional League, may only compete in contests that are sanctioned by the IFBB Professional League.**

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RULE 6 – This rule applies to athletes who qualify for IFBB PRO status on or after May 11, 2023.

**Athletes who qualified before May 11, 2023 must register before December 31, 2024.*

1. An athlete has up to one year from the date the athlete qualifies for IFBB PRO status to register with the IFBB Professional League.

2. After registering, an athlete may choose:

   - to pay the membership fee and become an Active member. Active members receive an IFBB PRO card and may compete in IFBB PRO contests; or

   - to not pay the membership fee and become an Inactive member. Inactive members do not receive an IFBB PRO card and may not compete in IFBB PRO contests.

3. If an athlete does not register within one year, the athlete's qualification will be canceled.

4. An athlete has up to one year from the date of registration to become an Active member.

5. If an athlete does not become an Active member within one year , the athlete's membership will be canceled.

6. If an athlete's qualification or membership is canceled, the athlete may requalify at a Pro Qualifier.

*NOTE: "Register" means creating an account at ifbbpromembership.com and receiving a member number. Paying the membership fee assigns Active member status.

RULE 7 – If an Athlete qualifies for an IFBB PRO card at a Pro Qualifier contest and, before registering with the IFBB Professional League, competes in a Regional or Pro Qualifier contest or participates in a competition or event that is not sanctioned by the IFBB Professional League, the Athlete's qualification to apply for the IFBB PRO card is canceled. Participation includes, but is not limited to, competing, judging, officiating, promoting, advertising (to include using one's name and/or likeness) or otherwise endorsing a competition or event that is not sanctioned by the IFBB Professional League.

RULE 8 – The number of IFBB PRO cards awarded at NPC Worldwide Masters contests will be decided by NPC Worldwide and the IFBB Professional League.

RULE 9 – As of January 1, 2022, if an Open division at a Pro Qualifier contest has less than five competitors, the division winner may petition the IFBB Professional League for IFBB PRO status. The petition must:

1. be submitted in writing to info@ifbb-proleague.com;

2. be received by the IFBB Professional League no later than 14 days after the date of the Finals. Petitions received after the 14-day deadline will not be considered;

3. include official stage photographs of the individual poses and all comparison poses; and

4. for Fitness, include a video of the fitness routine.

RULE 10 – "*True Novice*" means a competitor who has never competed within NPC Worldwide. "*Novice*" means a competitor who, in the current contest year, has not won an Overall in a Novice, Masters or Open contest, or who has not won in an Open class with three or more competitors. "*Junior*" means a competitor who is 18-23 years old. "*Master*" means a competitor who is 35 years of age or older.

RULE 11 – At an Olympia Amateur Pro Qualifier:

1. if there are less than 15 competitors in a division, they will compete in one class; and
2. the number of IFBB PRO cards awarded is as detailed in Table 3 of these rules.

RULE 12 – The number of classes in a division at a Pro Qualifier contest may be changed by NPC Worldwide at its sole discretion at any time before the competition.