

NPC Worldwide Regional and Pro Qualifier Rules



NPC Worldwide Regional & 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 |



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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



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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, Costa Rica, Denmark, Ecuador, El Salvador, Estonia, France, Germany, Guatemala, Hong Kong SAR, Hungary, India, Indonesia, Italy, Japan, Latvia, Lithuania, Luxembourg, Macau SAR, Malaysia, Mexico, Netherlands, New Zealand, 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 Argentina, Bolivia, Chile, Colombia, Costa Rico, Ecuador, El Salvador, Guatemala, Panama, Paraguay, Peru, Trinidad & Tobago, Uruguay, and Venezuela may compete in a Regional contest in any one of these fourteen countries to fulfill the Regional Certificate requirement.*
- *Athletes from Estonia, Latvia, and Lithuania may compete in a Regional contest in any one of these three 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 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.

RULE 5A - Athletes may not qualify for a natural Pro Qualifier by competing in an open Regional.

RULE 5B - Athletes may not qualify for an open Pro Qualifier by competing in a natural Regional.



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***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.**

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.*

DEFINITIONS

“**Register**” means creating an account at www.ifbbpromembership.com.

“**Inactive**” means a registered IFBB PRO member who has not signed the “Athlete Membership Agreement” and paid the membership fee for the current calendar year. Inactive members do not receive an IFBB PRO card and cannot compete in IFBB PRO contests.

“**Active**” means a registered IFBB PRO member who has signed the “Athlete Membership Agreement” and paid the membership fee for the current calendar year. Active members receive an IFBB PRO card and can compete in IFBB PRO contests.

Explanatory Note:

Registering requires that the registrant create an account in the IFBB Professional League membership system, which is managed by “Muscleware”. When the account is created, if the registrant chooses at that time not to sign the “Athlete Membership Agreement” and pay the membership fee, the registrant is assigned “Inactive” status. The registrant's status will only change to “Active” when the registrant signs the “Athlete Membership Agreement” and pays the membership fee. Active membership status automatically changes to Inactive membership status at midnight on December 31 each year unless the member renews before this date and time. Both Active and Inactive members are subject to IFBB Professional League rules and policies.

THE PROCESS OF CHANGING FROM AMATEUR TO IFBB PRO

(1). Only NPC, NPC Worldwide, and designated National Pro Qualifier contests offer qualified amateur athletes (“**Athletes**”) an earned right to apply for IFBB PRO status.

(2). **Athletes** have up to one year from the date they earn the right to apply for IFBB PRO status to [register with the IFBB Professional League](#).

(3). **Athletes** may choose one of the following two options during registration:

Option #1

Do not sign the “Athlete Membership Agreement” and do not pay the membership fee. You will be assigned “Inactive” member status.



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Option #2

Sign the "Athlete Membership Agreement" and pay the membership fee. You will be assigned "Active" member status.

(4). **Athletes** who do not register within one year of earning the right to apply for IFBB PRO status lose their right to apply and must requalify through a Pro Qualifier contest.

(5). **Athletes** have up to one year from the date of registration to become Active members.

(6). **Athletes** who do not become Active members within one year of the date of registration lose their IFBB PRO status and must requalify through a Pro Qualifier contest.

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.

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