

NPC Worldwide IFBB PRO Card Qualification Rules



NPC Worldwide IFBB PRO Card Qualification **RULES**

**Revision Date:
March 31, 2025**

TYPE OF CONTEST	OPEN TO	PRO CARD
Regional	Worldwide	No
Natural Regional	Worldwide	No
National Regional	Host Country Only	No
Pro Qualifier	Worldwide	See Table 1 below
Natural Pro Qualifier	Worldwide	See Table 1 below
National Pro Qualifier	Host Country Only	See Table 1 below
Regional-Pro Qualifier	Worldwide	See Note 1 below
Natural Regional-Pro Qualifier	Worldwide	See Note 1 below
National Regional-Pro Qualifier	Host Country Only	See Note 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
Natural 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
Fit Model	5	1



NPC Worldwide
IFBB PRO Card
Qualification
RULES

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

Note 1: REGIONAL & PRO QUALIFIER CONTESTS HELD ON THE SAME DAY

1. Regional and Pro Qualifier contests that are held on the same day must be listed as separate contests on the schedule.
2. If held on the same day, Regional and Pro Qualifier contests may be held as either two separate contests or as one merged contest.
3. If held as two separate contests, all divisions of the Regional contest must be completed before the start of the Pro Qualifier contest.
4. If held as one merged contest, each division of the Regional contest must be completed before the corresponding Pro Qualifier division.
5. If the host country has a Regional requirement, only those athletes who reside in the host country will be granted a Regional qualification.
6. Promoters of Regional and Pro Qualifier contests may host competition in one or more of the following categories: True Novice, Novice, Juniors, Masters, Open.

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 Qualification requirement must compete in a Regional contest in their country of residence before competing in a Pro Qualifier contest. Regional Qualifications are only valid within the calendar year the qualifications were obtained. Regional Qualification is verified before each contest.



NPC Worldwide
IFBB PRO Card
Qualification
RULES

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 Qualification 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 Qualification 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 Qualification 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 Qualification 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, Ireland*, 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 Qualification requirement.*
- *Athletes from Estonia, Latvia, and Lithuania may compete in a Regional contest in any one of these three countries to fulfill the Regional Qualification requirement.*



NPC Worldwide IFBB PRO Card Qualification RULES

- 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 Qualification 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 Qualification 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 Qualification requirement.

* "Ireland" means the Republic of Ireland.

** "United Kingdom" means the United Kingdom of Great Britain and Northern Ireland (comprising England, Scotland, Wales, and Northern Ireland).

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.

***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



NPC Worldwide
IFBB PRO Card
Qualification
RULES

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.

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.



NPC Worldwide
IFBB PRO Card
Qualification
RULES

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.