

NPC Judging Criteria

All judging criteria with examples can also be found on www.npcnewsonline.com

Fitness Division

In this division competitors perform a 2 minute routine - and the judging is based solely off their routine, not their physique.

Routines must include at least 4 Mandatory moves:

Push Up, Splits, Straddle Hold, High Kick

The routine is also judged on:

- *Strength
 - *Flexibility
 - *Cardiovascular - tempo of routine
 - *Overall Package - creativity, entertainment value & energy
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Women's Physique

athletes should display symmetry, shape, & muscle tone.

Emphasis on muscular development with full muscle bellies

Muscle development should be balanced between upper and lower body

Clear muscle separation, small amount of striations is acceptable

More muscular density than seen in the Figure division

WELLNESS Division

This division is for females with athletic physiques that showcase more body mass in the hips, glutes and thigh areas. The upper body is developed, but not to the same degree as the lower body.

Level of conditioning

Same as Bikini athletes, but slightly more muscle. Judges want to see a little body fat with slight separation but no striations.

Abs defined like Figure or less defined like Bikini?

As it currently is in Bikini.

Shoulder development?

Slightly more developed than Bikini and a little less than Figure, but not as lean and with no striations. Not like Women's Physique.

How much definition for quads?

The quads should display an athletic appearance with slight separation but no striations. Not as lean and defined as Figure and Women's Physique.

Glute Development

Full round glutes with a slight separation between the hamstring and glute area but no striations, as is in place for the Bikini Division. Glutes will be bigger than current Bikini competitors. They will not be as lean and defined as Figure and Women's Physique.

More info can be found online at

<http://npcnewsonline.com/wellness/>

FIGURE Division

athletes should display overall balance of muscular development – rounded delts, quad sweep, back depth & width.

Emphasis on balance & symmetry with “V taper”

Small amount of muscle separation

Tight glutes with separation between hamstring and glute area

Bikini Division

Bikini athletes should display a foundation of muscle to give the body shape.

Full round Glutes with a slight separation between the hamstring and glute area

Small amount of roundness in delts

Conditioned Core

Also Judged on overall balance & shape as well as overall physical appearance including complexion, skin tone, poise, and presentation.