

1. CLASSES

WOMENS FITNESS	
Class A	Up to and including 5' 2" (157 cm)
Class B	Over 5' 2" and up to and including 5' 4 ½" (164 cm)
Class C	Over 5' 4 ½" (164 cm)

2. ATTIRE

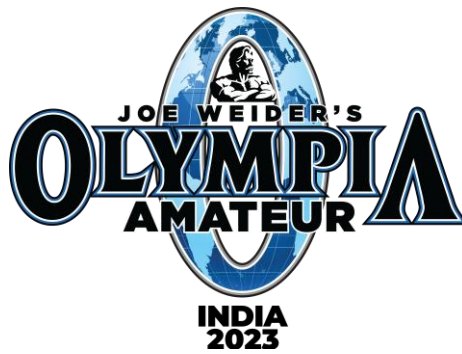
1. Competitors may dress as they deem appropriate to perform their fitness routines, except that:
 - a. Fitness routine attire must meet acceptable standards of taste and decency.
 - b. Thongs are prohibited.
2. Athletic footwear may be worn at the discretion of the competitor.

3. MUSIC

1. Routine music must be on a CD or USB stick.
2. Routine music must be the only music on the CD or USB stick.
3. Routine music must not contain vulgar lyrics. Competitors using music containing vulgar lyrics will be disqualified.

4. ONSTAGE

1. Prescription eyewear is permitted. Sunglasses are permitted if they are an accessory to the routine attire.
2. Competitor numbers must be worn on the left side of the routine attire.
3. Props are permitted under the following conditions:



- a. They must be of a size and weight to allow transport onto and off the stage by the competitor, without assistance.
 - b. They must not leave any residue on the stage that might cause a safety hazard for other competitors, or that might require cleaning the stage before subsequent use by other competitors.
 - c. If discarded during the routine, they must be transported off the stage by the competitor, without assistance.
4. Competitors are prohibited from wearing product i.e. oils, lotions, creams, etc. that may leave slippery residue on the stage.

5. FORMAT



NPC AND NPC WORLDWIDE FITNESS RULES – 2022 UPDATE

Beginning in 2022, for NPC and NPC Worldwide Fitness division, the Two-Piece Swimsuit Round will return just as it is in IFBB Professional League Fitness and will count for 1/3 of the score.

- The bottom of the suit must be v-shaped. No thongs are permitted. All swimsuits must be in good taste.
- Competitors must wear high heels
- Competitors may wear jewelry

The Fitness Routines must include the following mandatory moves and be a maximum of 2 minutes to music of the competitor's choice:

- Push Up (of any kind)
- High Kick
- Straddle Hold
- Side Split

The Fitness Routine will count for 2/3 of the score.

***** END *****