



## 1. CLASSES

*For all contests with 2 classes:*

<b>Class A</b>	Up to and including 5' 4" (163 cm)
<b>Class B</b>	Over 5' 4" (163 cm)

*For all contests with 3 classes:*

<b>Class A</b>	Up to and including 5' 4" (163 cm)
<b>Class B</b>	Over 5' 4" and up to and including 5' 6" (168 cm)
<b>Class C</b>	Over 5' 6" (168 cm)

*For all contests with 4 classes:*

<b>Class A</b>	Up to and including 5' 2" (157 cm)
<b>Class B</b>	Over 5' 2" and up to and including 5' 4" (163 cm)
<b>Class C</b>	Over 5' 4" and up to and including 5' 6" (168 cm)
<b>Class D</b>	Over 5' 6" (168 cm)

*For all contests with 6 classes:*

<b>Class A</b>	Up to and including 5' 1" (155 cm)
<b>Class B</b>	Over 5' 1" and up to and including 5' 2 ½" (159 cm)
<b>Class C</b>	Over 5' 2 ½" and up to and including 5' 4" (163 cm)
<b>Class D</b>	Over 5' 4" and up to and including 5' 5 ½" (166 cm)
<b>Class E</b>	Over 5' 5 ½" and up to and including 5' 7" (170 cm)
<b>Class F</b>	Over 5' 7" (170 cm)

**For all contests with 8 classes:**

<b>Class A</b>	Up to and including 5' 1" (155 cm)
<b>Class B</b>	Over 5' 1" and up to and including 5' 2" (157 cm)
<b>Class C</b>	Over 5' 2" and up to and including 5' 3" (160 cm)
<b>Class D</b>	Over 5' 3" and up to and including 5' 4" (163 cm)
<b>Class E</b>	Over 5' 4" and up to and including 5' 5" (165 cm)
<b>Class F</b>	Over 5' 5" and up to and including 5' 6" (168 cm)
<b>Class G</b>	Over 5' 6" and up to and including 5' 7" (170 cm)
<b>Class H</b>	Over 5' 7" (170 cm)

**NPC, NPC WORLDWIDE & IFBB PROFESSIONAL LEAGUE  
UPDATED BIKINI RULES, MARCH 2020**

**2. PRESENTATION**

- Each competitor, in numerical order, walks onstage and performs their "Model Walk" (personal preference).
- The "Model Walk" is described as follows:

Walk to the center of the stage, stop, and do a front stance, then a full turn and do a back stance, then turn to the front again and face the judges as directed, then proceed to the side of the stage. No lewd acts are permitted. Length of time allowed is 10 seconds.

**NOTE:** We do not want to see the arm off to the side with the elbow bent and the wrist bent upwards or downwards.

**3. COMPARISONS ROUND, TWO-PIECE SWIMSUIT**

- The competitors will be brought back out in a group and directed to do a full front and back stance.
- Judges will have the opportunity to compare competitors against each other in half turns (no side judging – front and back only).
- **NOTE:** We do not want to see the arm off to the side with the elbow bent and the wrist bent upwards or downwards.

**4. SCORING**

Judges will be scoring competitors using the following criteria:

1. Balance and shape
2. Overall physical appearance including complexion, skin tone, poise, and overall presentation.

\*If necessary, the judging panel, at its sole discretion, reserves the right to re-judge at the Finals using a Confirmation round.

## 5. ATTIRE

- Competitors will compete in a two-piece suit. The bottom of the suit must be V-shaped. No thongs are permitted. Competitors can compete in an off-the-rack suit. Athletes are warned about improper suits and are advised to bring two (2) suits to check-in. If the fronts of the suit(s) bottoms are too low and the judges deem them so at check-ins, then the suit must be constructed higher, otherwise the Athletes will be scored down if the suit is not up to standard. All suits must meet acceptable standards of taste and decency.
- Competitors must wear high heels.
- Competitors may wear jewelry.

**\*NOTE:** The NPC, NPC Worldwide and IFBB Professional League Have Not Authorized or Granted the license, authority or exclusivity to any competition suit company or designer to be their Official Suit Maker and to advertise their suits as an Official Cut or Approved Cut. There has never been an Official or Approved "Pro Cut Bikini" for Any Division! That term was erroneously created by suit makers.

**CORRECT POSING** (see example images below)



**INCORRECT POSING** (see example images below)

