

A banner for the NPC Men's Open Bodybuilding Division Rules. The background is a black and white photograph of a bodybuilding competition stage with several male and female bodybuilders in various poses. Overlaid on the image is the text 'NPC' in large white letters, 'MEN'S OPEN BODYBUILDING' in large yellow letters, and 'DIVISION RULES' in large white letters.

NPC

MEN'S OPEN BODYBUILDING

DIVISION RULES

1. CLASSES

Contests with 2 classes:

Lightweight	up to and including 176 ¼ lbs (80 kg)
Heavyweight	over 176 ¼ lbs (80 kg)

Contests with 3 classes:

Lightweight	up to and including 165 ¼ lbs (75 kg)
Middleweight	over 165 ¼ lbs (75 kg) up to and including 187 ¼ lbs (85 kg)
Heavyweight	over 187 ¼ lbs (85 kg)

Contests with 4 classes:

Bantamweight	up to and including 154 ¼ lbs (70 kg)
Lightweight	over 154 ¼ lbs (70 kg) up to and including 176 ¼ lbs (80 kg)
Light-Heavyweight	over 176 ¼ lbs (80 kg) up to and including 198 ¼ lbs (90 kg)
Heavyweight	over 198 ¼ lbs (90 kg)

Contests with 5 classes:

Bantamweight	up to and including 143 ¼ lbs (65 kg)
Lightweight	over 143 ¼ lbs (65 kg) up to and including 154 ¼ lbs (70 kg)
Middleweight	over 154 ¼ lbs (70 kg) up to and including 176 ¼ lbs (80 kg)
Light-Heavyweight	over 176 ¼ lbs (80 kg) up to and including 198 ¼ lbs (90 kg)
Heavyweight	over 198 ¼ lbs (90 kg)

Contests with 6 classes:

Bantamweight	up to and including 143 ¼ lbs (65 kg)
Lightweight	over 143 ¼ lbs (65 kg) up to and including 154 ¼ lbs (70 kg)
Middleweight	over 154 ¼ lbs (70 kg) up to and including 176 ¼ lbs (80 kg)
Light-Heavyweight	over 176 ¼ lbs (80 kg) up to and including 198 ¼ lbs (90 kg)
Heavyweight	over 198 ¼ lbs (90 kg) up to and including 225 ¼ lbs (102 kg)
Super-Heavyweight	over 225 ¼ lbs (102 kg)

Contests with 7 classes:

Bantamweight	up to and including 143 ¼ lbs (65 kg)
Lightweight	over 143 ¼ lbs (65 kg) up to and including 154 ¼ lbs (70 kg)
Welterweight	over 154 ¼ lbs (70 kg) up to and including 165 ¼ lbs (75 kg)
Middleweight	over 165 ¼ lbs (75 kg) up to and including 176 ¼ lbs (80 kg)
Light-Heavyweight	over 176 ¼ lbs (80 kg) up to and including 198 ¼ lbs (90 kg)
Heavyweight	over 198 ¼ lbs (90 kg) up to and including 225 ¼ lbs (102 kg)
Super-Heavyweight	over 225 ¼ lbs (102 kg)

2. ATTIRE

1. Posing suits must be standard men's swimsuit with at least ½ rear coverage. Suits must meet acceptable standards of taste and decency. Thongs are prohibited.
2. Posing suits must be one color. Fringe, wording, sparkle or fluorescents is prohibited.
3. Competitors must not alter the fit of the posing suit by hiking it up in the back or by pulling up the sides during Front and Rear Lat Spreads.

3. MUSIC

1. Posing Music will used for the final.
2. Posing music must be uploaded to MUSCLEWARE when registering or be included on a USB stick by the Registration (Check-In).
3. Posing music must be the only music on the USB stick.
4. Posing music must not contain vulgar lyrics. Competitors using music containing vulgar lyrics will be disqualified.

4. ONSTAGE

1. During the Judging, competitors shall not wear jewelry except for a wedding band.
2. Prescription eyewear (except sunglasses) is permitted.
3. The following is prohibited while onstage:
 - a. Props
 - b. Chewing gum
 - c. "Moon Pose" (any competitor performing this pose will be disqualified)
 - d. Lying on the stage
 - e. Bumping and shoving (the first and second person involved will be disqualified)
4. Competitor numbers must be worn on the left side of the posing suit during the Judging and Finals.

5. FORMAT

Judging

Presentation

1. Each competitor proceeds to center-stage individually in numerical order and automatically performs the mandatory poses. No signal from the Head Judge is required.
2. Each competitor has a maximum of 60 seconds to perform the poses. A warning will be given when 10 seconds remain.
3. Competitors are not required to use the full 60 seconds.
4. The mandatory poses are:
 - a. Front Double Biceps
 - b. Front Lat Spread
 - c. Side Chest
 - d. Back Double Biceps
 - e. Back Lat Spread
 - f. Side Triceps
 - g. Abdominals and Thighs
 - h. Favorite Most Muscular

Mandatory Poses (a-d)



Mandatory Poses (e-h)



Quarter Turns



Comparisons

1. The Head Judge will call the competitors, in small groups and in numerical order, to center stage to perform the quarter turns and mandatory poses.
2. In the call-outs, the Head Judge will direct specific competitors to perform the quarter turns and mandatory poses. Judges will have the opportunity to compare competitors against each other.

* Judges will score competitors according to the “total package”, which is a balance of size, symmetry and muscularity.

Finals

Posing-Routine

1. Competitors are called onstage individually in numerical order to perform a posing routine to music of the competitor’s choice.
2. The length of the posing routine is a maximum of 60 seconds.
3. Depending on the number of competitors, the promoter and Head Judge may decide that only the top finalists shall perform their posing routine.

Confirmation

Competitors are called onstage and, under the direction of the Head Judge, are compared in groups while performing the mandatory poses.

The judging panel, at its sole discretion, reserves the right to re-judge using a Confirmation round.

Posedown (overall title only)

The class winners take part in a 60-second posedown in which free posing is allowed.

6. SCORING

1. The Judging is scored 100%. The posing routine is therefore not included in the score.
2. Ties are broken using the Relative Placement method.