



## **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.