

# YOUR GUIDE TO COMPETING

Where to start for first-time NPC competitors.

## CHOOSE A DIVISION

**Pick the division that best suits your physique.**



The different divisions are Bodybuilding, Men's Classic Physique, Men's Physique, Women's Physique, Figure, Fitness, Bikini and Wellness. Each requires a different level of muscularity and leanness. Look at pictures and determine which is best for you.

## REGISTER FOR A SHOW

**Know your timeline and register for a show.**



Amateurs can compete in any National Qualifier. [You can find the schedule and locations of Northeast shows here.](#)

You will need to [join the NPC and purchase an NPC card here](#) before competing.

## RULES AND POSES

**It's all about presentation.**



Each division has its own rules and required poses. You can find them at [npcnewsonline.com](http://npcnewsonline.com) under Rules, then select your division.

## GET ON STAGE

**Be prepared to get on stage.**



Know when you must check-in. Be sure that you have the appropriate suit, trunks, or shorts to wear on stage, as well as your spray tan appointment booked to show off all of your hard work.

**Most importantly, have fun on competition day!**