



# INTERNATIONAL REGIONAL & PRO QUALIFIER RULES

## NPC WORLDWIDE IFBB PRO™ CARD QUALIFICATION RULES (For International Regional and Pro Qualifier Contests)

| TYPE OF CONTEST                        | OPEN TO           | PRO CARD                 |
|--|-------------------|--------------------------|
| Regional                               | Worldwide         | No                       |
| National Regional                      | Host Country Only | No                       |
| Pro Qualifier                          | Worldwide         | <b>See Table 1 below</b> |
| National Pro Qualifier                 | Host Country Only |                          |
| Ben Weider Worldwide Classic           | Worldwide         |                          |
| Arnold Amateur (Australia, Brazil, UK) | Worldwide         |                          |
| Arnold Amateur (USA)                   | Worldwide         | <b>See Table 2 below</b> |
| Amateur Olympia                        | Worldwide         | <b>See Table 3 below</b> |

**TABLE 1: STANDARD PRO QUALIFIER**

| TYPE OF CONTEST                        | MINIMUM NUMBER OF COMPETIORS PER DIVISION | NUMBER OF IFBB PRO CARDS AWARDED PER DIVISION OVERALL |
|--|---|---|
| Pro Qualifier                          | <b>5</b>                                  | <b>1</b>  |
| National Pro Qualifier                 |   |   |
| Ben Weider Worldwide Classic           |   |   |
| Arnold Amateur (Australia, Brazil, UK) |   |   |

**TABLE 2: ARNOLD AMATEUR (USA)**

| DIVISION           | MINIMUM NUMBER OF COMPETITOR PER DIVISION | NUMBER OF IFBB PRO CARDS AWARDED PER DIVISION OVERALL |
|--------------------|---|---|
| Men's Bodybuilding | <b>5</b>                                  | <b>1</b>  |
| Classic Physique   |   |   |
| Fitness            |   |   |
| Figure             |   |   |
| Women's Physique   |   |   |
| Wellness           |   |   |
| Men's Physique     | <b>5</b>                                  | <b>2</b>  |
| Bikini             |   |   |

**TABLE 3: AMATEUR OLYMPIA**

| <b>NUMBER OF COMPETITORS PER DIVISION</b> | <b>NUMBER OF IFBB PRO CARDS AWARDED PER DIVISION ORVERALL</b> |
|---|---|
| 10 or more                                | <b>3</b>  |
| 8-9                                       | <b>2</b>  |
| 5-7                                       | <b>1</b>  |
| Less than 5                               | <b>0</b>  |

1. Athletes in the following countries must have an "Official Regional Certificate" confirming they competed in a Regional contest in their country not more than one year before competing in a Pro Qualifier contest: **Australia, Austria, Brazil, Canada, Denmark, Finland, France, Germany, Hungary, India, Italy, Japan, Mexico, Netherlands, New Zealand, Norway, Portugal, South Africa, South Korea, Spain, District of Taiwan, United Kingdom, Argentina, Bolivia, Chile, Colombia, Ecuador, Paraguay and Uruguay.**

*\*Athletes from Denmark, Finland, and Norway may compete in a Regional contest in any one of these three countries, as well as in Sweden, to fulfill the requirement for an Official Regional Certificate.*

*\*Athletes from Argentina, Bolivia, Chile, Colombia, Ecuador, Paraguay and Uruguay may compete in a Regional contest in any of the seven countries to fulfill the requirement for an Official Regional Certificate.*

2. If an Athlete qualifies for an IFBB PRO card at a Pro Qualifier and, before applying for the card, competes in another Pro Qualifier or competes in a contest that is not sanctioned by NPC WORLDWIDE, the Athlete automatically and without notice forfeits the right to apply for the card.

3. US athletes must compete in an NPC contest not more than one year before competing in an NPC WORLDWIDE Regional or Pro Qualifier contest. US athletes who are posted overseas, or whose employment requires them to work overseas, are exempt from this requirement and compete under the rules of the country in which they reside.

4. IFBB PRO Cards are not awarded to Master competitors, except for contests approved by NPC WorldWide. If approved, the number of pro cards awarded is the same as described in Table 1.

\*These rules are subject to change without notice. Please contact Tony Blinn at [tblinn@ifbbpro.com](mailto:tblinn@ifbbpro.com) if you have any questions.