



***“Creating A Better YOU”***

From the Desk of \_\_\_\_\_ Tim Gardner

April 3, 2019

NPC Promoters Extraordinaire & Officials,

Effective immediately; to keep in line with the NPC National competition rules, all competitors will be required to wear their stage posing suits (suit bottoms for females) to competition check ins. Please request that the athletes wear the suits under their warm-ups. The suits will be checked within a station by the same gender as we do in the height and weight areas to assure they adhere to the rules posted on [npcnewsonline.com](http://npcnewsonline.com) for each division.

Each competitor is asked to bring a secondary suit in case their proposed suit does not meet NPC standards.

A few notable rules to remember:

**All NPC Divisions: NO T-backs or thongs are permitted.**

**Classic Physique: Suit style must be black no shorter than 4 ½” on the side cut.**

**Men’s Bodybuilding: Plain in color, no fringe, no sparkling or fluorescents.**

Proudly in the NPC,

*Tim Gardner*

NPC Florida Chairman Zone III