

JUDGING QUALIFICATIONS

1. **Test judge three NPC-sanctioned contests, scoring 90% accuracy or better.**
2. **Attend annual Judges Clinic.**
3. **Compete or Judge, not both:**
 - . **If you compete locally, you will not be asked to judge a contest for at least one year following the competition.**
 - . **If you are a judge, you are asked not to judge local contests for one year prior to competing locally.**

Exception: Overall winners of the Alaska State Bodybuilding Championships may judge local contests without the above restrictions, at the discretion of the NPC chairman.

4. **Obtain and maintain NPC card.**

Round 1 - Quarter Turns

- ALWAYS *"Quarter Turn to the Right"*.
- Be sure to give judges ample time to examine each competitor at each turn.
- Make sure contestants have both feet flat on the floor with heels together.
- Make sure contestants face forward.

Round 2 - Individual Posing Routine

- Time limit is 60 seconds.
- Time begins when competitor is ready.
- Announce *"10 seconds"* when 10 seconds is left.
- Announce *"Time"* when 60 seconds is up.
- Thank the competitor when they exit the stage.

Round 3 - Mandatory Poses

- Front Double Bicep
- Front Lat Spread
- Side Chest - *EITHER SIDE*
- Side Tricep - *EITHER SIDE*
- Back Double Bicep
- Back Lat Spread
- Thigh/Abdominals
- Most Muscular - **WOMEN DO NOT DO THIS POSE!!!**