

Center Podium Competitor Stage Blocking

Competitor Entrance STAGE RIGHT

NPC Pre-Judging

Pre-Judging is when the judges decide playing for all classes except the overall. The judges may choose to re-judge at finals, but it is rare.

All Classes

NPC Pre-Judging - All Classes

Bikini, Figure & Men's Physique

1. Athletes line up in numerical order Backstage.
2. Athletes enter from the STAGE RIGHT NEAR THE CENTER of the rear of the stage.
3. Each athlete has 15 seconds to walk to the Front and center of the stage directly in front of the head judge. You will see a number "1" on the floor in that position. Perform 2-3 turns as time allows. Keep it brief, "The more time you spend on your presentation, the more time you give the judges to find your flaws.", Olympia Judge Sandy Williamson.
4. The head judge will nod once your time is up.
5. You will follow the stage expeditors instructions to walk to the diagonal line on stage left. (this is **your** left when on stage)
6. The first FIVE athletes will be instructed to walk to the center judging line where the judge will call quarter turns.
7. Initial comparisons take place.
8. After Initial comparisons, competitors will move back to the diagonal line, filling to stage right, front to the back and then stage left back to the front. *Like a "V" shape, the bottom of the "V" is the back of the stage.*
9. Judges will then call athletes by number for "First Callout." The will call 5-6 competitors at a time, running competitors through mandatory poses. Stage expeditor assist in identifying athletes in the call out and moving them to the appropriate spot as the judge requests. Be sure to listen for your number and follow the instructions of the head judge.
10. Upon completion, if there is LESS THAN one "CALL OUT" you will be instructed to file off stage by the judges and stage expeditor.
11. If there is MORE THAN one "CALL OUT," the first group will file to the diagonal. The judges will then call "SECOND CALL OUT." This may repeat depending on number of competitors.
12. Follow the instructions of the judges and stage expeditor to know when to leave the stage. It will vary based on number of athletes in your class.

Classic Physique, Bodybuilding, Fitness, & Women's Physique

1. Competitor will not perform posing free posing round.
2. Up to 8 athletes will go on stage to the judging line as instructed by the stage expeditor. If there are more than eight athletes, the group will be split in half or be brought to the stage in groups of 5.
3. Initial comparisons take place running competitors through all compulsory poses.
4. After Initial comparisons, competitors will move to the diagonal line, filling to stage right, front to the back and then stage left back to the front. *Like a "V" shape, the bottom of the "V" is the back of the stage.*
5. Judges will then call athletes by number for "First Callout." The will call 5-6 competitors at a time, running competitors through mandatory poses. Stage expeditor assist in identifying athletes in the call out and moving them to the appropriate spot as the judge requests.
6. Upon completion, if there is LESS THAN one "CALL OUT" you will be instructed to file off stage by the judges and stage expeditor.
7. If there is MORE THAN one "CALL OUT," the first group will file to the diagonal. The judges will then call "SECOND CALL OUT." This may repeat depending on number of competitors.

8. Follow the instructions of the judges and stage expeditor to know when to leave the stage. It will vary based on number of athletes in your class.

NPC Finals

Finals is the awards presentations and live judging for overall winners. All athletes will participate in Finals.

Bikini, Figure, & Men's Physique – DJ provides music

1. Walk to downstage toward the judges to the "1".
2. Perform 2-3 poses.
3. Walk to YOUR right and off the stage to the side from which you entered the stage.
4. You will be informed if you are in the TOP 5.
5. Top 5 will return to the stage and will stand on the diagonal line as the Top 5 awards are called.

Classic Physique, Bodybuilding, Fitness & Women's Physique – You will have provided music to the DJ. Music can be brought on USB or by emailing DJ Alex Updike at djalexupdike@gmail.com. All music must be provide by check-ins.

- ALL Competitor will perform up to a 45 second posing routine. Leave stage after posing. Immediately return to back stage entrance to find our if you are in the Top 5.
- TOP 5 will be brought out to stand on stage LEFT diagonal

CROSSOVERS

You will do your walk or pose only in the first class. When you are on stage TWO or more times for a crossover class, you will only return to the stage for that class if you are in the Top 5 and receiving an award.

AWARDS

Awards will be called from 5th place to 1st place.

The placement on stage is laid out as such:

4 2 1 3 5

1. When you hear your name and number called, move to the placement on the stage.
2. The trophy presenter will place a medal around your neck.
3. After all, awards have been announced, you will take a photo with the trophy presenters
4. You will take a second photo without the presenters and only your fellow athletes.
5. If it is an overall, you will take a photo alone with you trophy. Take a photo holding your trophy and another with the trophy on the floor. Hit your favorite poses for the photos.

Remember always to smile, show fantastic sportsmanship, and respect for your fellow athletes and judges. This will pay off big in the future of you contest career.

SUBJECT TO CHANGE

Although we make every effort to follow the above stage blocking, it is subject to change. The head judge and promoter reserves the options to make any changes and will do so when nessesary based on pace of show, flow, and number of atheltes.

Changes that may occur include, but are not limited, to shortening of posing times, change of stage blocking, cutting posing routines, allowing only top 5 or top 10 to pose, cutting or shortening posing routines of bottom placing competitors, etc.