



IFBB Pro League

NPC Worldwide

NPC Austria



REGIONAL AUSTRIA
&
(true) NOVICE AUSTRIA
&
NATURAL REGIONAL

Samstag 09. Juli 2022

PÖRTSCHACH am Wörthersee
Werzer Arena
Strandpromenade 3

GENERAL INFORMATION

IFBB PRO LEAGUE/NPC Regional Austria & (true) NOVICE Austria

WHEN? July 9th, 2022 starting at 9 o'clock

WHERE? Pörtschach am Wörthersee, Werzer Arena, Strandpromenade 3

WHO? Everyone with a valid NPC Worldwide Registration Number ([Join NPC Worldwide](#))

NPC Worldwide registration at the venue will be possible for additional 30.- Euros per athlete.

The Austrian Amateur Bodybuilding and Fitness Federation (AABFF) membership, which is free of charge, is accompanied with the NPC Worldwide registration and is mandatory for our competition. It expires with the end of the NPC Worldwide membership.

It will be valid until December 31st, 2022.

At the Regional, you have to proof your nationality (e.g. passport) along with the membership.

A Regional Certificate will be handed out on 9th of July when competing at the Regional Austria. (Does not include the NATURAL Regional & (true) Novice)

WHAT? All divisions of NPC Austria, see rules [Regeln \(npcaustria.at\)](https://npcaustria.at)

SCHEDULE OF EVENTS on July 9th, 2022

Registration from 9 a.m. to 11:30 a.m. in the arena.

From 12:00 individual presentation and comparisons in order of the divisions.

The (true) novice championship will be integrated in the sequence of the Regional. A (true) NOVICE is an NPC athlete that has never entered a NPC contest. No Regional Certificates will be awarded for the sole start at the (true) novice championship.

In the understanding of the NPC Austria novice contests are great for gaining show-experience.

The Natural Regional will be integrated in the sequence of the Regional. Only those athletes who declare originally that they have not taken any performance-enhancing substances in the last 5 years are eligible to start. Every athlete must voluntarily participate in doping controls if requested.

REGISTRATION FEE 80.- Euros

CROSSOVERS between all categories are possible.
Registration fee for each crossover is 40.- Euros.

ALL Divisions and Classes

- 1. Men's Physique**
- 2. Wellness**
- 3. Men's Classic Physique**
- 4. Women's Physique**
- 5. Women's Figure**
- 6. Men's Bodybuilding**
- 7. Bikini**

Men's Physique - NATURAL - Open Class

Men's Physique - True Novice - Open Class

Men's Physique - Juniors (16-23 years) - Open Class

Men's Physique - Masters (35 years and over) - Open Class

Men's Physique - up to & incl. 173 cm

Men's Physique - over 173 cm

Women's Wellness - NATURAL - Open Class

Women's Wellness - True Novice - Open Class

Women's Wellness - Juniors (16-23 years) - Open Class

Women's Wellness - Masters (35 years and over) - Open Class

Women's Wellness - up to & incl. 163 cm

Women's Wellness - over 163cm

Men's Classic Physique - NATURAL- Open Class

Men's Classic Physique - True Novice - Open Class

Men's Classic Physique - Juniors (16-23 years) - Open Class

Men's Classic Physique - Masters (35 years and over) - Open Class

Men's Classic Physique - up to & incl. 170 cm

Men's Classic Physique - over 170 cm up to & incl. 178 cm

Men's Classic Physique - over 178 cm

Women's Physique - NATURAL- Open Class
Women's Physique - True Novice - Open Class
Women's Physique - Juniors (16-23 years) - Open Class
Women's Physique - Masters (35 years and over) - Open Class
Women's Physique - up to & incl. 168 cm
Women's Physique - over 168 cm

Women's Figure - NATURAL - Open Class
Women's Figure - True Novice - Open Class
Women's Figure - Juniors (16-23 years) - Open Class
Women's Figure - Masters (35 Years and over)
Women's Figure - up to & incl. 163 cm
Women's Figure - over 163 cm

Men's Bodybuilding - NATURAL - Open Class
Men's Bodybuilding - True Novice - Open Class
Men's Bodybuilding - Juniors (16-23 years) - Open Class
Men's Bodybuilding - Masters (35 years and over) - Open Class
Men's Bodybuilding - up to & incl. 80 kg
Men's Bodybuilding - over 80 kg up to & incl. 90 kg
Men's Bodybuilding - over 90 kg up to & incl. 102 kg
Men's Bodybuilding - over 102 kg

Women's Bikini - NATURAL - Open Class
Women's Bikini - True Novice - Open Class
Women's Bikini - Juniors (16-23 years) - Open Class
Women's Bikini - Masters (35 years and over) - Open Class
Women's Bikini - up to & incl. 163 cm
Women's Bikini - over 163 cm up to & incl. 168 cm
Women's Bikini - over 168 cm

The Promotor may merge classes of each division if the number of athletes registered per class does not reach at least six participants. The closest classes are always merged in order to achieve the assessable minimum number of six starters per class.
Finals and award ceremonies directly after comparison.

Electronic registration is open from May 6th until 26th June 2022

Late fee is 30.- euro and is effective two weeks prior to the event.

COACHES Fee: 50.- Euros (includes a seat in the arena)

JUDGING CRITERIA See rules [Regeln \(npcaustria.at\)](http://npcaustria.at)

JUDGES

Only international NPC judges will be in the judges´ panel. This ensures the high international athletic standard of our shows.

MUSIC:

Music for the routines in the categories Bodybuilding, Classic Physique and Women´s Physique.

- Muscleware:** You send your files with the registrations on the Musclewareportal and we will play them for you in the final on the day of the competition.
- CD:** Bring your CD to the competition and give it to our DJ directly before you step on stage. It is mandatory that only one track (1 min) is on the CD.
- USB stick:** Bring your USB stick to the competition and give it to our DJ directly before you step on stage. It is mandatory that only one track (1 min) is on the stick.

PHOTOGRAPHY

Commercial photography and the use of video recording in the hall is only possible with permission of the Austrian Amateur Bodybuilding and Fitness Federation (AABFF) / NPC Austria press officer Mag. Johann Drabek at presse@npcaustria.at or +43699 81559925. Accreditation on site on the day of the competition is possible – just contact Mr. Drabek.

Due to copyright reasons, the use of photos by the official AABFF / NPC Austria-photographer Silvia Schober for personal or commercial purposes is permitted only with the permission of Mrs Silvia Schober.

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[appointment here](#)



Cancellations

Cancellation of a registration that has already been made is free of charge up to one month before the championship and 100% will be transferred back. From June 9th 2022 00:00 a processing fee of 30% of the amount paid will be withheld.

This information is continuously updated.