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# **The Austrian Oak**

**Friday, August 22, 2025**

**Weigh In**

**Saturday, August 23, 2025**

**Natural Regional  
Regional**

**Sunday, August 24th**

**Pro Qualifier  
PRO Show**

**VAZ St. Pölten  
Kelsengasse 9  
3100 St. Pölten  
Austria**



# General information

- **Location.** For all championships, weigh-in, pro athletes meeting, tanning etc.
  - VAZ St.Pölten. Kelsengasse 9 , 3100 St.Pölten . AUSTRIA
- **Weigh In**
  - August 22, 2025
  - Registration for all amateur championships 15:00 - 19:30
  - VAZ, Kelsengasse 9, 3100 St.Pölten
- **NPC membership.** A general requirement for competing with the NPC is an NPC Worldwide membership  
<https://www.npcworldwidemembership.com/system/>
- **Regional Certificate.** Austrian athletes can compete in the Pro Qualifier after competing in an OPEN class at the Regional. The Regional Certificates are stored in the system for all international shows. (NO Certificates in the classes (true) Novice, Juniors, Masters)
- **Mandatory Status.** All countries with a “Mandatory Status” must present the REGIONAL CERTIFICATE from their respective home country when registering for the Pro Qualifier.
  - WITHOUT A VALID REGIONAL CERTIFICATE IT IS NOT POSSIBLE TO COMPETE IN THE PRO QUALIFIER.
  - Those countries WITHOUT “Mandatory Status” do NOT need to present a Regional Certificate. However, the athlete must be able to credibly prove that he/she is resident in that country.
- **The (true) Novice** is integrated into the Regional Championship process.
  - A True Novice has never been on the stage of an NPC show.
  - A Novice has never taken first place in an NPC Championship in the current calendar year.
- **Electronic registrations**
  - possible from February 2, 2025 to August 18 , 2025 . For registrations after this date, a processing fee of 50 € will be charged .

- **Cancellations**
  - If you cancel your registration before August 17th, you will be charged a processing fee of 30% of the amount paid.
  - From August 18, 2025, 100% of the amount paid will be retained.
- **Posing music** for the Bodybuilding, Classic Physique, Women 's Physique and Women's Fitness divisions .
  - NO USB sticks will be accepted during the weigh-in! The music must be uploaded by the athlete in the Muscware portal. If no music has been uploaded, posing music selected by the DJ will be played.
- **Commercial photography and the use of professional photo/video recording equipment**
  - In the hall only possible with the permission of the press officer . This must be submitted to the press officer, Mag. Drabek, by August 20, 2025 at [presse@npcaustria.at](mailto:presse@npcaustria.at) or 0699/81559925 and is only possible in conjunction with a press card.
  - For the use of professional photo/video recording equipment WITHOUT a press pass, a fee of 150€ (including entrance to the event) will be charged.
  - The use of mobile phones for taking photos and videos is permitted at no additional cost.

## **Services**

- **TANNING by ProTan**
  - [www.austrianoak.at](http://www.austrianoak.at)
  - Tanning in the venue is only permitted by the ProTan Tanning Team! Self tanning is NOT permitted directly in the VAZ.
- **Make-up by ProTan Beauty Team**
  - [www.austrianoak.at](http://www.austrianoak.at)
  - Make-up in the venue is only permitted by the ProTan Beauty Team! Own stylists are NOT permitted directly in the VAZ.
- **Tickets**
  - [www.austrianoak.at](http://www.austrianoak.at)
- **Live Stream**
  - [www.austrianoak.at](http://www.austrianoak.at)

# Divisions & Classes

- **Regional, Natural Regional, Pro Qualifier Divisions**

- **Mens' Physique:** True Novice; Novice, Juniors (18-23) , Masters ( +35 ), Class A (-1 70 cm), Class B (-17 8 cm), Class C ( +178 cm)
- **Men s' Classic Physique:** True Novice, Novice, Juniors (18-23), Masters ( +35), Class A (-170 cm), Class B ( -178 cm), Class C ( +178 cm)
- **Women's Fit Model:** True Novice, Novice, Juniors (18-23), Masters (+35, Class A (-163 cm), Class B (-168 cm), Class C (+168 cm )
- **Women's Bikini:** True Novice A (-163), True Novice B (+163), Novice A (-163), Novice B (+163), Juniors (18-23), Masters (+35), Class A (-163 cm), Class B (-168 cm), Class C (+168 cm )
- **Women's Wellness:** True Novice, Novice, Juniors (18-23), Masters (+35), Women 's Wellness Open
- **Women's Fitness:** True Novice, Novice, Junior, Women 's Fitness Open
- **Women's Figure:** True Novice, Novice, Juniors, Masters +35, Women 's Figure Open
- **Women s' Physique:** True Novice, Novice, Juniors, Masters +35, Women 's Physique Open
- **Men s' Bodybuilding:** Wheelchair, True Novice, Novice, Junior (18-23), Masters (+35), Class A (- 80 kg), Class B (- 90 kg), Class C (- 102 kg), Class D ( +102 kg)

True Novice will not be part of the Pro Qualifier show!



# Natural Regional

- **WHEN**

- August 23 , 2025 from 09:00 am
- Entrance to the VAZ from 08:00 am

- **FEES:**

- 1st category: 130€
- 2nd category: 80€
- 3rd category: 80€
- Registration possible from February 2, 2025 to August 18, 2025 . For registrations after this date, a processing fee of 50 € will be charged .
- Coaches: 80€ Euro (including a seat in the venue)

- **Doping controls**

- ALL overall winners of the OPEN categories will be checked.
- If a division has fewer than 5 athletes and no overall winner can be chosen, an athlete will be selected by the Head Judge.
- If obvious doping abuse is detected, those athletes will be called for doping control.
- More detailed information can be found at <https://www.ifbbpro.com/npc-worldwide/natural-contest-rules/>

# Regional

- **WHEN**

- August 23 , 202 5 NOT EARLIER THAN 1:00 PM
- Since the Natural Show in Austria is being held for the first time in the NPC Austria, it is not possible to estimate how many athletes will accept this offer. For this reason, the regional will not start before 1300. If necessary, the start can be postponed.

- **FEES:**

- 1st category: 100€
- 2nd category: 80€
- 3rd category: 80€
- possible from February 2, 2025 to August 18 , 2025 . For registrations after this date, a processing fee of 50 € will be charged .
- Coaches: 80€ Euro (including a seat in the venue)

# Pro Qualifier

- **WHEN**

- On August 24 , 2025 from 09:00 am
- Admission to the VAZ from 08:00 am

- **FEES:**

- 1st category: 260€
- 2nd category: 210€
- 3rd category: 210€
- possible from February 2, 2025 to August 18 , 2025 . For registrations after this date, a processing fee of 50 € will be charged .
- Coaches: 80€ Euro (including a seat in the venue)

# PRO SHOW

- **WHEN**

- On August 24 , 2025 no earlier than 6:00 pm

- **WHAT**

- IFBB PRO Classic Physique & Wellness

- **Registration**

- <https://www.ifbbpromembership.com>

- **PRO Athletes Meeting**

- August 22, 2025 2 - 3 p.m.  
OR
- August 22, 2025 8:00 p.m.

- **FEES**

- Coaches: 150€ Euro (including a seat in the venue)

This information is constantly updated.

The IFBB PRO LEAGUE/NPC Austria team is looking forward to seeing you.