



**NPC WORLDWIDE IFBB PRO™ CARD QUALIFICATION RULES**  
(For International Regional and Pro Qualifier Contests)

TYPE OF CONTEST	OPEN TO	PRO CARD
Regional	Worldwide	No
National Regional	Host Country Only	No
Pro Qualifier	Worldwide	See Table 1 below
National Pro Qualifier	Host Country Only	
Ben Weider WorldWide Classic	Worldwide	
Arnold Amateur (Australia & Brazil)	Worldwide	
Arnold Amateur (USA)	Worldwide	See Table 2 below
Amateur Olympia	Worldwide	See Table 3 below

**Table 1: Standard Pro Qualifier**

TYPE OF CONTEST	MINIMUM NUMBER OF COMPETITORS PER DIVISION	NUMBER OF IFBB PRO CARDS AWARDED PER DIVISION OVERALL
Pro Qualifier	5	1
National Pro Qualifier		
Ben Weider WorldWide Classic		
Arnold Amateur (Australia & Brazil)		

**Table 2: Arnold Amateur (USA)**

DIVISION	MINIMUM NUMBER OF COMPETITORS PER DIVISION	NUMBER OF IFBB PRO CARDS AWARDED PER DIVISION OVERALL
Men's Bodybuilding	5	1
Classic Physique		
Fitness		
Figure		
Women's Physique		
Wellness		
Men's Physique	5	2
Bikini		

**Table 3: Amateur Olympia**

NUMBER OF COMPETITORS PER DIVISION	NUMBER OF IFBB PRO CARDS AWARDED PER DIVISION OVERALL
10 or more	3
8-9	2
5-7	1
less than 5	0

1. Athletes in the following countries must have an "Official Regional Certificate" confirming they competed in a Regional contest in their country not more than one year before competing in a Pro Qualifier contest: **Australia, Brazil, Canada, France, Germany, Hungary, India, Italy, Japan, Netherlands, New Zealand, Portugal, South Africa, South Korea, Spain, United Kingdom.**
2. If an Athlete qualifies for an IFBB PRO card at a Pro Qualifier and, before applying for the card, competes in another Pro Qualifier or competes in a contest that is not sanctioned by NPC WORLDWIDE, the Athlete automatically and without notice forfeits the right to apply for the card.
3. US athletes must compete in an NPC contest not more than one year before competing in an NPC WORLDWIDE Regional or Pro Qualifier contest. US athletes who are posted overseas, or whose employment requires them to work overseas, are exempt from this requirement and compete under the rules of the country in which they reside.
4. IFBB PRO Cards are not awarded to Master competitors, except for contests approved by NPC WorldWide.

\*These rules are subject to change without notice. Please contact Tony Blinn at [tblinn@ifbbpro.com](mailto:tblinn@ifbbpro.com) if you have any questions.