

## MEN'S DIVISIONS

### BODYBUILDING

**Teenage:** Athlete 16 yrs. or over who has not reached his 20<sup>th</sup> birthday by APRIL 7<sup>TH</sup>, 2018. **ONE CLASS** (5 places).

**True Novice:** Athlete that has never competed in a NPC show – **FIRST TIME COMPETITOR**. (5 places in each weight class).

**Lightweight** Up to & including 176.25

**Heavyweight** Over 176.25

**Masters 35 & over:** Athlete who has reached his 35<sup>th</sup> birthday by APRIL 7<sup>TH</sup>, 2018. **ONE CLASS** (5 places).

**Masters 40 & over:** Athlete who has reached his 40<sup>th</sup> birthday by APRIL 7<sup>TH</sup>, 2018. (5 places in each weight class and Overall).

**Lightweight** Up to & including 176.25

**Heavyweight** Over 176.25

**Grand Masters 50 & over:** Athlete who has reached his 50<sup>th</sup> birthday by APRIL 7<sup>TH</sup>, 2018. **ONE CLASS** (5 places).

**Grand Masters 60 & over:** Athlete who has reached his 60<sup>th</sup> birthday by APRIL 7<sup>TH</sup>, 2018. **ONE CLASS** (5 places).

**Novice Men:** Athlete who has never won their weight class. (5 places in each weight class and Overall).

**Lightweight** Up to & including 165.25

**Middleweight** Over 165.25 up to & including 187.25

**Heavyweight** Over 187.25

**Open Men:** Any Athlete over the age of 16. (An athlete who has won the overall title in a contest may not compete in a lower level contest in the same area or district as the contest he or she won.) (5 places in each weight class & Overall).

**Bantamweight** Up to & including 143.25

**Lightweight** Over 143.25 up to & including 154.25

**Welterweight** Over 154.25 up to & including 165.25

**Middleweight** Over 165.25 up to & including 176.25

**Light Heavyweight** Over 176.25 up to & including 198.25

**Heavyweight** Over 198.25 up to & including 225.25

**Super Heavyweight** Over 225.25

### CLASSIC PHYSIQUE

**True Novice:** Athlete that has never competed in a NPC show – **FIRST TIME COMPETITOR** (5 places).

**Novice:** Athlete who has never won their height/weight class.(5 places).

**Masters 35 & over:** Athlete who has reached his 35<sup>th</sup> birthday by APRIL 7<sup>TH</sup>. **ONE CLASS** (5 places).

**Open Men:** Any athlete over the age of 16. (An athlete who has won the overall title in a contest may not compete in a lower level contest in the same area or district as the contest he or she won.) (5 places in each height/weight class and overall).

**A CLASS** Up to & including 5'7"

**B CLASS** Over 5'7" up to & including 5'10"

**C CLASS** Over 5'10"

### PHYSIQUE

**Teenage:** Athlete 16 or over who has not reached his 20<sup>th</sup> birthday by APRIL 7<sup>TH</sup>, 2018. **ONE CLASS** (5 places).

**True Novice:** Athlete that has never competed in a NPC show – **FIRST TIME COMPETITOR**. **ONE CLASS** (5 places).

**Masters 35 & over:** Athlete who has reached his 35<sup>th</sup> birthday by APRIL 7<sup>TH</sup>, 2018. **ONE CLASS** (5 places).

**Masters 40 & over:** Athlete who has reached his 40<sup>th</sup> birthday by APRIL 7<sup>TH</sup>, 2018. **ONE CLASS** (5 places).

**Masters 50 & over:** Athlete who has reached his 50<sup>th</sup> birthday by APRIL 7<sup>TH</sup>, 2018. **ONE CLASS** (5 places).

**Novice:** Athlete who has never won their height class. **ONE CLASS** (5 places).

**Open Men:** Any Athlete over the age of 16. (An athlete who has won the overall title in a contest may not compete in a lower level contest in the same area or district as the contest he or she won.) (5 places in each height class - overall trophy).

**A CLASS** Up to & including 5'7"

**B CLASS** Over 5'7" up to & including 5'10"

**C CLASS** Over 5'10"

**Uniform Division:** Any athlete that is active military, police, firefighter or rescue worker. **ONE CLASS** (5 places).

\*Bodybuilding, Classic Physique or Physique Any athlete

**MR.NORTH ALABAMA** over 16 who lives in **NORTH ALABAMA**. **ONE CLASS** (5 places).

\*Bodybuilding, Classic Physique or Physique

**\*\*\*\*\*ALL CLASSES SUBJECT TO CHANGE BASED ON PARTICIPATION\*\*\*\*\***