

# **General Rules and Regulations**

## **ELIGIBILITY**

Athletes from any organization and region are welcome at any NPAA event. All competitors are required to be 18 years of age or older (excluding Junior Division) and must be current members of NPAA to compete in NPAA events. NPAA memberships are \$100.00 per year.

**NPAA Membership forms are available in the Membership section of [npaa.ca](http://npaa.ca).**

## **NUMBER OF JUDGES**

All NPAA contests are to have an odd number of judges (with five being the minimum number of judges for every contest).

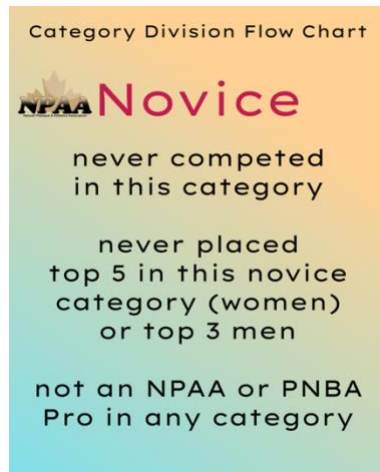
## **DIVISIONS**

Divisions offered at NPAA events are based on age and level of experience. Divisions offered can vary from each NPAA competition. Please view a particular contest's entry form for the specific Divisions offered.

## **DIVISION DEFINITIONS:**

**Junior Division:** Open only to those Men's Sports Model, Men's Physique, Women's Sports Model, and Women's Bikini athletes aged 16 - 18 years of age within the year that they compete.

## Novice Division:

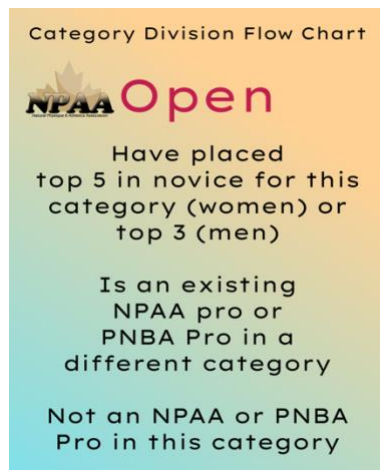


Open only to those in the Women's categories who have not placed top 5 in the Novice Division in a NPAA sanctioned event. Also only open to those in the Men's categories who have not placed top 3 in the Novice Division in a NPAA sanctioned event. **Athletes who hold a NPAA Elite-Pro card or Pro card are not permitted to enter the Novice division.**

**Masters Division:** Open to those aged 35 and over in female competition or aged 40 and over in male competition.

**Grandmasters Division:** Open to those aged 46 and over in the bikini category.

## Open Division:



Open only to those Sports Model, Bikini Model, Wellness, and Figure athletes who have placed top 5 and Bodybuilders who have placed top 3 in the Novice Division in a NPAA sanctioned event. **Athletes who hold a NPAA Elite-Pro card or Pro card in another federation are permitted to enter the Open division of a category in which they do not possess a Pro card.**

**Elite-Pro Division:** Winners of Open Division in a NPAA sanctioned event. **As of January 2025**, to maintain NPAA Elite-Pro status, **athletes must compete in the Elite-Pro Division at least once every two calendar years**. This includes both newly awarded Pros and existing Pros. Failure to do so will result in the forfeiture of Pro status unless a special exemption application is submitted and approved by NPAA at [info@npaa.ca](mailto:info@npaa.ca)

**Elite-Pro Masters Division:** Winners of the Masters Wellness Division in a NPAA sanctioned event. **As of January 2025**, to maintain NPAA Elite-Pro Masters status, **athletes must compete in the Elite-Pro Masters Division at least once every two calendar years**. This includes both newly awarded Elite-Pros Masters and existing Elite-Pro Masters. Failure to do so will result in the forfeiture of Elite-Pro Masters status unless a special exemption application is submitted and approved by NPAA at [info@npaa.ca](mailto:info@npaa.ca)

**This ensures the pathway to PNBA Elite-Pro status remains competitive and credible, maintaining the highest standards for athletes representing Canada on the world stage at events like the PNBA Natural Olympia**

**PNBA Pro Division:** See “PNBA Pro Qualifiers” section

**Note: NPAA reserves the right to cancel divisions that have only one entry. Competitors have the option of participating in another class, or being refunded, whenever a division is cancelled. Any professional photography/photographer (other than the Official NPAA Photographer) is strictly prohibited at NPAA events without the written consent from the President(s) of Natural Physique & Athletics Association.**

## **CLASSES**

Formation of classes within divisions at a show is at the NPAA's discretion. Height or weight ranges may be used; classes may be formed by splitting divisions into equal portions by height or weight based on total number of entries in a division.

## **CROSSOVERS**

A "crossover" is entering more than one division. For example, someone may enter the Masters Division, if eligible, and also elect to crossover into the Open division and compete in it as well.

## **PNBA PRO QUALIFIERS**

Select events are designated as PNBA (Professional Natural Bodybuilding Association – <https://naturalbodybuilding.com>) Pro qualifiers. The overall winners in the NPAA Elite-Pro Division at these events become eligible for PNBA Pro competitions and the overall winners for NPAA Elite-Pro Men's (40+) classes and Women's (35+) classes become eligible for PNBA Masters Pro competitions.

Athletes who hold a Pro card with other natural federations (e.g. OCB, NANBF, WNBF) are permitted to compete at a Canadian PNBA Pro Qualifier in the category they hold their pro status. The athlete must complete the following:

1. Purchase their PNBA Membership from <https://naturalbodybuilding.com/product/pnba-membership/>
2. Email proof of their purchased membership to [info@npaa.ca](mailto:info@npaa.ca)
3. Include in the email proof of the contest they received achieved there pro status along with the confirmed urine test results.

Please Note: The Canadian Association Of Police Polygraphists confirmed that **shortened polygraphs are not valid in Canada. Thus, they are not valid with NPAA/PNBA and will not be accepted as your only proof of natural status.**

Please Note: If the date of the Canadian PNBA Pro Qualifier is **less than 30 days** after the athlete achieved their pro status with another natural federation, that athlete will compete in the NPAA Elite-Pro division of the same category.

Should a competitor who has previously won a Pro qualifier win his/her class at an PNBA Pro qualifier, the second place finisher in the respective class will have the choice to advance to the Elite-Pro division overall judging. Should the competitor who previously won a PNBA Pro qualifier win the overall, the Pro card being offered at the PNBA qualifier can be offered to the competitor who placed 2<sup>nd</sup> in the overalls.

If urine test results reveal positive results for an overall winner at a Pro qualifier, the competitor who was ranked 2<sup>nd</sup> in the overalls will be recognized as the overall champion and become eligible for PNBA competition.

Select events may be designated as PNBA Double or Super Pro qualifiers. The top two overall finishers in the Elite-Pro Division become eligible to compete as PNBA Pros for Double Pro qualifiers. The Elite-Pro Division's class winners become eligible to compete as PNBA pros for Super Pro qualifiers.

*\*Given minimum event requirements are met. Minimum requirements are that the Elite-Pro Division must have at least 5 competitors. If turnout is less than the minimums, winners may or may not be offered pro cards. The PNBA makes the decision on whether or not winners can become eligible, based on quality of the winners' physiques and their presentation at the competition.*

## **SCORING AND TIE-BREAKERS**

Each competitor is ranked by the judges. Ranking is accomplished by comparing the physiques of each competitor of each class and ranking them from highest to lowest. The best competitor should be assigned a rank of 1, the next highest competitor should get a rank of 2, and so on.

The highest and lowest rank for each competitor is discarded as a safeguard against favouritism and to protect against human error. The remaining scores are added, and the lowest total receives first place in the class. Second lowest total receives 2nd place, and so on. In the event of a one point differential between 2nd and 3rd place at Pro Qualifier competitions, evaluation of scoring will take place during results management to determine if an additional pro-card for 3rd place is warranted.

Should a tie occur, the competitor ranked higher by the majority of judges is to be awarded the higher placement.

Should a three-way tie occur, the competitor with the highest placements from the judges will receive the higher placement, and the two remaining competitors' placements will be determined in the same manner described for 2-way tie-breakers (the competitor who was ranked higher by the majority of all judges on the panel is placed higher).

In the event a 3-way tie cannot be broken in the above manner, the head judge will determine placements.

## **DRUG TESTING**

Drug testing may include in and/or out of contest season urinalysis or other means of detection.

Competitors are ultimately responsible for substances they take. If urine test results reveal a positive result for any banned substance, competitors are disqualified regardless of what may have been responsible for the positive result and are banned from competing in the NPAA/INBA/PNBA for the disallowed duration for detected substances.

Please refer to PNBA banned substances list and drug testing guidelines.

Testing is also based on the [World Anti-Doping Code Prohibited List](#).

**Please note that it is the athletes' sole responsibility to refer to the above lists regarding current supplements he/she may be taking. NPAA will not check the list on behalf of the athlete.**

**Please note that 20 - 30 min polygraph examinations are NOT included in our doping control protocols as they are not valid in Canada. Please refer to the letter from the Canadian Association Of Police Polygraphs below:**



Canadian Association of Police Polygraphists

October 3, 2023

Natural Physique & Athletics Association  
#260,607 - 8th Avenue SW  
Calgary, Alberta  
T2P 0A7

**RE: Polygraph Testing - Validity of a 30 minute polygraph test**

A polygraph test administered by a certified polygraph examiner should have three different phases:

- ☐ **PRE-TEST INTERVIEW:** During the pre-test interview, the polygraph examiner will explain legal rights and the voluntary nature of the examination to the subject. Also discussed is the subject's medical, physical, and psychological background to ensure that he/she is suitable for a polygraph examination. The polygraph examiner will also give out explanations on how the instrument works. To be effective, a polygraph examination must be based on issue clarity and issue intensity (or jeopardy). These two facets are addressed in the pre-test, and take some time to develop.
- ☐ **IN-TEST PHASE:** at this point the polygraph examiner will review all the pertinent test questions with the subject and then conduct a "Demonstration Test" to help him/her adjust the instrument to the subject's body. Several tests (at least three series) will then be conducted which will include the reviewed questions. The polygraph examiner will then analyze the results of each test to arrive at an opinion.

- ☐ **POST-TEST INTERVIEW:** During the post-test interview, the polygraph examiner will discuss the results of the "In-Test" and provide the subject with his or her opinion.

It is the Canadian Association of Police Polygraphists (CAPP) opinion that a valid test should last between 2 to 3 hours, perhaps even longer in certain cases, depending on the issue. We doubt that a 30 minute (overall) test would sufficiently develop issue clarity and issue intensity, therefore we feel that such a test cannot be recognized as valid per our criterias.

We sincerely hope that these explanations answer your questions. Please do not hesitate to reach out to us should you have any further questions or concerns.

Best regards,



Marc-Antoine Boileau  
Secretary,  
Canadian Association of Police Polygraphists

## PRO-CARD STATUS

Natural Physique & Athletics Association (NPAA) is a proud amateur affiliate of The Professional Natural Bodybuilding Association (PNBA). PNBA is a professional level natural federation that awards cash prizes at all events. Competitors must meet PNBA eligibility requirements in order to participate in PNBA events. Those requirements include being free of all banned substance use for at least the stated durations in the [PNBA Drug Testing Guidelines](#) and having qualified to compete as a Pro in one of the ways listed in the PNBA General Guidelines. Competitors who do meet eligibility requirements must also have current PNBA Membership for any date of PNBA Pro show participation (the term "Pro Card" used frequently refers to PNBA Membership cards).

In simple terms, one can qualify for PNBA competition by winning competitions that are designated as being PNBA qualifiers. Competitors who win NPAA Elite-Pro division overall titles at PNBA Pro qualifiers, and whose urine tests are negative, become eligible for PNBA competition. If those competitors' ages fall into Pro Masters ranges (age 40 and over for men, age 35 and over for women), they may also participate in PNBA Masters events.

Competitors who win Masters division overall titles (with 5+ competitors), and whose urine tests are negative, become eligible to compete in PNBA Masters competition only (not PNBA Open competition).

For complete PNBA guidelines, please visit <https://naturalbodybuilding.com/>