

WIN YOU IN!

WORDS
THERESA IVANCIK

IFBB WOMEN'S
BODYBUILDER PRO
THERESA IVANCIK

PHOTOS
GLEN YOUNG

The National Physique Committee (NPC) is for amateur athletes all around the world. There are numerous NPC shows run each year within every state providing amateur level, national qualifiers, and pro qualifying shows, which we'll dive into in a bit.

The International Federation of Body Building (IFBB) is for professional status athletes who earned their pro card at a pro qualifying show. These IFBB Pro shows are also run throughout the year in many different locations but not as many as the amateur shows.

Competing at this level earns you a spot at the prestigious Olympia (aka our Super Bowl) where only the best of the best competes. Are you thinking of entering a competition, deciding to compete, or are you already an active NPC or IFBB competitor? Congratulations on taking the first steps of becoming the best version of yourself and inspiring millions around the world. The next question is what is really required to make it to the top to compete with the best of the best!

There are a lot of differences between the NPC and the IFBB - one being the new point system! Let me walk you through the process of how and when you'll begin working with the new point system. When starting your first NPC competition, you will work your way through different levels of shows to obtain your pro card. You'll start

with local smaller shows, which you can find by searching for your regional promoter in your area.

All the shows will be listed in order as they are scheduled for the season. When you compete in your first show, we call that "getting your feet wet," which is getting a feel for the stage, the division you're competing in, and how the shows are run. The goal at any show you compete in is to always bring your absolute best to see how you place.



Remember: The prestigious Olympia takes a lot of work and preparation. There's a lot of hungry people competing for the same spot!



Once you earn your spot at a national show, you may need to take time off to improve since you have to requalify yearly.

This will help you decide if you're ready to move up or compete in a similar show to place higher. I do suggest winning a local small show before diving into another level, as the competition only gets more challenging.

The next step is to compete at a national qualifier show, in order to do this, you must place top two in an "open" class division. Once you earn your spot at a national show, take time off if needed to improve.

Keep in mind your qualification will expire in one year, meaning you will have to requalify the following year if you do not compete. Once you have checked all those boxes, it's time to compete at a national level show.

When you're competing at a national level show, this puts you in line for your pro

qualification to become an IFBB PRO.

At most of these shows, to earn your pro card, you need to win the open division of your class (this may be different from show to show). Please be sure to check the qualification rules of each show before entering, because not all national/pro qualifying shows offer IFBB PRO cards for each division.

Once you earn your pro card it's a huge welcome to the IFBB Pro League!! Time to take it to the next level! This requires a lot more work because now you're working towards the prestigious Olympia, and there are a lot of hungry athletes competing for the same spot you are! As some of you know, things have changed for the 2023 season.

First?

Win a local small show as the competition only gets more challenging.





**IFBB WOMEN'S
BODYBUILDER PRO
THERESA IVANCIK**

The new rule is you must win a pro show to qualify for the Olympia, and the point system is no longer in effect. In previous years, after winning a pro show, you received an automatic invite to compete at the Olympia. The top five competitors at each Olympia qualifying show earn points.

The athlete with the highest standing points at the end of the season can compete at the Olympia, even though they never won a Pro show. Now with the new rules in effect you must win a pro show to compete at the Olympia as no more points will be awarded.

Either you win, or you do not qualify. Keep in mind the Olympia is the Super Bowl of bodybuilding, and only the best has the

honor to stand on that stage. With the influx of Olympia qualifying shows in 2022, along with allowing athletes to earn points and qualify, the 2022 Olympia had reached record breaking participation.

I feel by keeping top quality athletes and lowering the number of qualifying athletes, will create a much smoother and more intense show for everyone. This was the right thing to do from a business standpoint. Although as an athlete this may end up being rather difficult to achieve and fulfill a dream of ever stepping onto the Olympia stage.

Normally, the top five athletes at the Olympia will get an automatic invite to return the following year, but this changed

a few years ago. The rule is still in effect, BUT only for the Men's Bodybuilding division.

Once again, it adds another huge challenge to the qualifications. All other divisions in Olympia placing 4th and 5th out of the top five, along with anyone scoring lower, will need to requalify for the following year. If you're a Pro athlete and have never competed at the Olympia, you may find this dream even harder to pursue.

You will now have to beat out the 4th and 5th place winner from the current Olympia and anyone else that qualified the prior year.

Keep in mind that most athletes that qualify for the Olympia do this by winning a pro show, and many have consistently won in the past.

Seeing these odds could deter an athlete from competing, due to the challenges that lie ahead. Another concern is the fact that a pro athlete is also allowed to compete in as many pro shows they choose each year, even if they already won and earned a spot in the Olympia.

As of now, there are pro athletes out there that have won three to four pro shows in the past and took a qualification away from another athlete. Some may do it for the prize money, as this sport is expensive, or they may do it to keep the competition down for Olympia.

Do you think this is fair, considering all the new rules and regulations within the industry? Should there be a restriction that if you already won a pro show and qualified for the Olympia, you can't compete again until Olympia? Should we allow the bump system, so that the next in line would receive the qualification. Should we?



About the author:

I am a professional female bodybuilder with the IFBB Pro league, fitness model, and entrepreneur. I am part owner of Harlan's Elite Fitness and Harlan's Elite Customs. I am also a certified personal trainer of Harlan's Personal Training as well as an online coach.

2022 Ms. Olympia; 7th in the world, IFBB Indy Pro (1st), Olympia Qualified and July Cover of Amazons Fitness Magazine. 2021 Women of Excellence Award. 2020 IFBB Rising Phoenix World Championships (7th) Best Poser Award.
www.theresaivancik.com