



IFBB Physique America

Men's Classic Physique Bodybuilding

I. Categories

- a. Class A: Up to and including 5'6"
- b. Class B: Up to and including 5'8"
- c. Class C: Up to and including 5'10"
- d. Class D: Up to and including 6'
- e. Class E: Over 6'

II. Rounds

The judging will consist of the following four rounds

- a. Elimination round (five mandatory poses)
- b. Round 1. (Eight mandatory poses)
- c. Finals (Free posing - 60 seconds)
- d. Round 3. (Eight mandatory poses and Posedown)

Note: Elimination rounds will only be applied on national and professional shows.

III. Attire

Competitors will wear one colored trunk which are clean and decent. The color and fabric texture will be left to the competitors discretion. The trunks will cover 3/4 of the gluteus maximus and the side of the trunks shall be a minimum of 1 and 1/2' but not more than 2'.

No jewelry or body ornaments except for a wedding ring may be worn during the competition.



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The use of props during any phase of the competition is not allowed.

The use of tans or bronzers that can be wiped off is not allowed. Artificial body coloring and self-tanning products may be used provided they are applied 24 hours before the judging.

Professional tanning methods may be used if applied by professional and qualified personnel.

No Sparkles, glitter, shiny metallic or gold coloring is allowed.

The excessive application of oils strictly prohibited; however, body oils and moisturizers maybe used in moderation

The Head Judge will have the right to determine if a competitor's attire meets the rules and acceptable standards of aesthetics. The athlete may be disqualified if the attire doesn't meet them.

IV. Judging Criteria

As in all categories when assessing a competitor's physique, a judge should follow the comprehensive evaluation of the physique as a whole.

Included in assessing the overall physique the following should be included: Muscular development, proportion, symmetry, density, separation, definition and skin tone.

JUDGING ROUNDS



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Scoring of the Elimination Round

V. Round 1

When there are more than 15 competitors in a category, five mandatory poses will be used to narrow the number to 15.

Note: Elimination rounds will only be applied on national and professional shows

- a. FRONT DOUBLE BICEPS
- b. SIDE CHEST
- c. REAR DOUBLE BICEPS
- d. ABDOMINAL AND THIGHS
- e. ABDOMINAL VACUUM HANDS BEHIND HEAD

Athletes will be compared in groups of four or five until the field is narrowed to 15.

Round 1. Quarter turns and Mandatory poses

Athletes will first be compared in quarter turns in a semi relaxed manner. The judges may ask for comparisons between athletes during these quarter turns.

If a group is small the Head Judge may bring the entire group forward to execute the quarter turns and mandatory poses.



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The Mandatory poses are:

- a. FRONT DOUBLE BICEPS
- b. FRONT LAT SPREAD
- c. SIDE CHEST
- d. REAR DOUBLE BICEPS
- e. REAR LAT SPREAD
- f. SIDE TRICEPS
- g. ABDOMINALS AND THIGHS
- h. HANDS BEHIND HEAD ABDOMINAL VACUUM.

Comparisons will be made and places in the lineup may be switched to allow a fair comparison of all athletes. The judges will then submit their scores for tabulation.

VI. Round 2. Posing

The top six in each category will perform their 60 second posing routine choreographed to the music of their choice.

Upon completion of the routines, judges will place them 1 to 6 basing the score on the physique the athlete presents and the entertainment quality. These scores are added to round one.

VII. Finals, Round 3. Posedown

The finalists return to the stage, and under the direction of the Head judge perform the eight mandatory poses. The Head Judge can move the athletes' position for better assessment.



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The Head judge will then call for music and the athletes free pose for 60 seconds.

At the conclusion of the Posedown, the judges place the athletes in order and all scores are added to the previous rounds to determine placings

APPENDIX 1: PICTURES OF ALL QUARTER TURNS AND MANDATORY POSES





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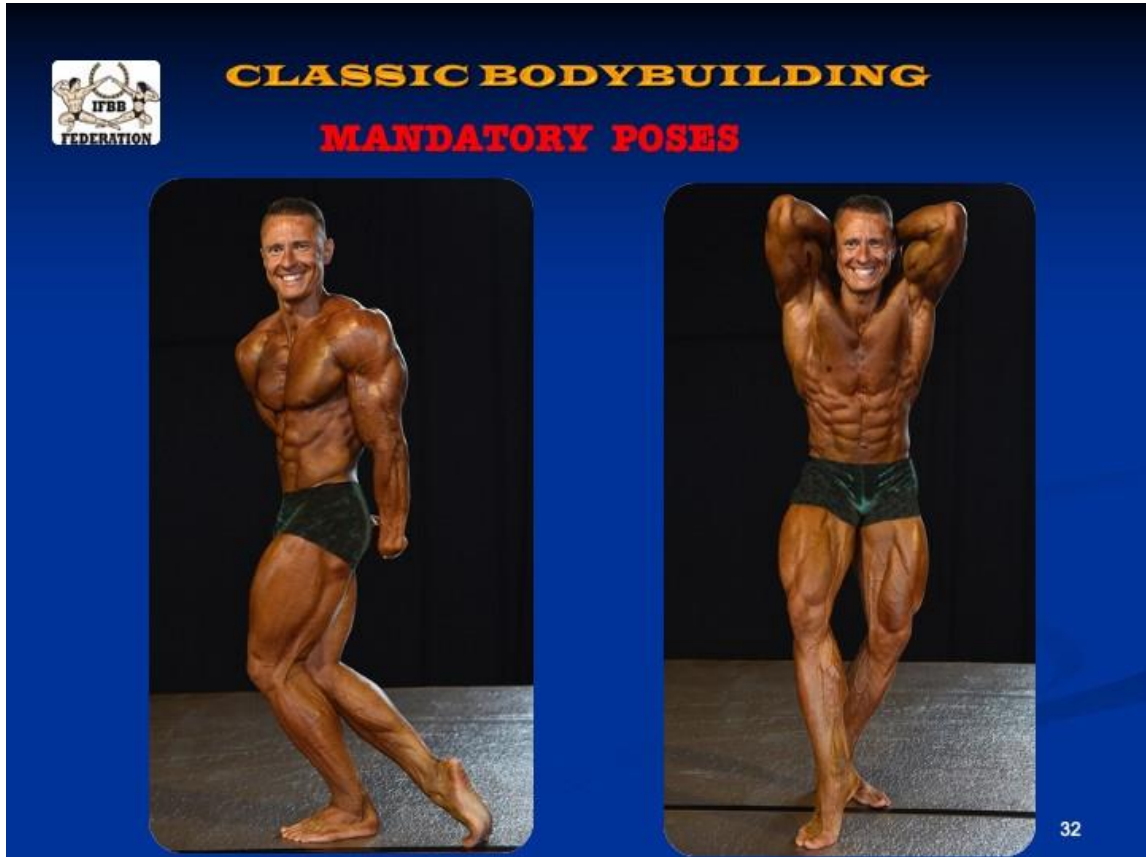
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