



## MEN'S CLASSIC PHYSIQUE

Until numbers increase we will limit the number of classes

### **Division A – up to and including 5'7"**

- Up to and including 5'4" Up to and including 155 lbs.
- Over 5'4", up to and including 5'5" Up to and including 160 lbs.
- Over 5'5", up to and including 5'6" Up to and including 165 lbs.
- Over 5'6", up to and including 5'7" Up to and including 170 lbs.

### **Division B – over 5'7", up to and including 5'10"**

- Over 5'7", up to and including 5'8" Up to and including 177 lbs.
- Over 5'8", up to and including 5'9" Up to and including 185 lbs.
- Over 5'9", up to and including 5'10" Up to and including 192 lbs.

### **Division C – over 5'10"**

- Over 5'10", up to and including 5'11" Up to and including 200 lbs.
- Over 5'11", up to and including 6'0" Up to and including 207 lbs.
- Over 6'0", up to and including 6'1" Up to and including 215 lbs.
- Over 6'1", up to and including 6'2" Up to and including 225 lbs.
- Over 6'2", up to and including 6'3" Up to and including 232 lbs.
- Over 6'3" Up to and including 240 lbs.

**NOTE: If an athlete is over the max weight for his height class - Then they have 2 options, they can compete in bodybuilding or mens physique - however they will need appropriate posing trunks.**

The **Judging** will consist of comparisons on quarter turns and the following five mandatory poses:

- Front Double Biceps
- Side Chest
- Back Double Biceps
- Abdominals and highs



- Favorite Classic Pose ( No Most Muscular)

The **Finals** will consist of:

- Posing routine (up to a maximum of 60 seconds)
- Confirmation round (if necessary)
- Pose down (overall title only)

**PLEASE NOTE YOU ARE REQUIRED TO SHOW UP AT THE NIGHT-SHOW FINALS OR YOU WILL RECEIVE A 1 YEAR SUSPENSION DUE TO POOR SPORTSMANSHIP**

### Judging Criteria

- Muscularity and Body Condition – Judges will be looking for competitors who display muscular size, symmetry, balance and proportion, with an emphasis on definition and condition. The ideal physique will display an aesthetic appearance highlighted by a small waist.

Classic Physique will be for competitors who want to present more muscular size than is currently acceptable for Men's Physique, but not as extreme as the current standards for Bodybuilding.

The rules and guidelines for Classic Physique are below

Trunks must meet the following criteria:

- (a) Plain opaque in style.
- (b) Solid black in colour.
- (c) Cloth fabric in material (no plastic, rubberized, or similar material).
- (d) Matt in texture (no shiny material).
- (e) No ornamentation, frills, large logos except the BCABBA Logo, lacework edges and/or borders.
- (f) The trunks must be at least 15cm (6") high on the sides.

Except for a wedding ring, competitors will not wear footwear, glasses, watches, bangles, pendants, earrings, wigs or artificial aids to the figure.



The use of padding anywhere in the trunks is prohibited. Implants or fluid injections to change the natural shape of any part or muscle of the body are strictly prohibited and may result in disqualification of the competitor.

Competitors will not chew gum or candy while on stage.

### **FAQ Classic Bodybuilding:**

Can men's Classic Bodybuilding trunks be shiny, sparkly, iridescent, any colour of choice? **Trunks must be plain opaque, black in colour, cloth fabric, no plastic, rubberized, or similar material. no shiny material, no frills, must be at least 6" high on the sides**

Can men's bodybuilding trunks have a booty scrunch / crunching? **No they cannot**

What poses do we do for the night show? **At the judge's discretion.**

Do we do our routines in the morning show? **No**

Can we use props and / or costumes for our routines? **No**

How long are routines? **(60) sixty seconds**

Does the timing of our routines begin when the music starts or when we hit our first pose? **The timing begins when the music starts to play.**

Can there be cursing in our song choice? **No. If it occurs, the athlete will be disqualified and could face a 2-year suspension.**

Are there any poses not permitted in our routines? **Absolutely no rear bending over, nothing sexual in nature, no gang hand signals, no revealing poses.**

Does everyone do their routine at night or only the top five? **Only the top five will do their routines at the night show**