

MEN'S CLASSIC BODYBUILDING

Mandatory Poses For Comparisons:

- Quarter Turn Right
- Quarter Turn Back
- Quarter Turn Right
- Quarter Turn Front
- Front double biceps
- Side chest
- Back double biceps
- Abdominals and thighs
- Favourite pose (most muscular is excluded)

Class Divisions

What does the height and weight divisions mean: *You MUST fit both criteria's. For example if you are 5'9" and weight 207 pounds you must lose weight to compete in the Classic Physique Category*

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Division A

Up to and Including 5'4"	Up to and Including 155 pounds
Over 5'4" Up to and Including 5'5"	Up to and Including 160 pounds
Over 5'5" Up to and Including 5'6"	Up to and Including 165 pounds
Over 5'5" Up to and Including 5'7"	Up to and Including 170 pounds

Division B

Over 5'7" Up to and Including 5'8"	Up to and Including 177 pounds
Over 5'8" Up to and Including 5'9"	Up to and Including 185 pounds
Over 5'9' Up to and Including 5'10"	Up to and Including 192 pounds

Division C

Over 5'10" Up to and Including 5'11"	Up to and Including 200 pounds
Over 5'11" Up to and Including 6'0"	Up to and Including 207 pounds
Over 6'0" Up to and Including 6'1"	Up to and Including 215 pounds
Over 6'1" Up to and Including 6'2"	Up to and Including 225 pounds
Over 6'2" Up to and Including 6'3"	Up to and Including 232 pounds
Over 6'3" Up to and Including 6'4"	Up to and Including 240 pounds
Over 6'4" Up to and Including 6'5"	Up to and Including 247 pounds
Over 6'5" Up to and Including 6'6"	Up to and Including 255 pound
Over 6'6" Up to and Including 6'7"	Up to and Including 262 pounds
Over 6'7"	Up to and Including 270 pounds

e. Front double biceps

Standing face front to the judges, with one leg 40-50 cm forward and to the side, the competitor will raise both arms to shoulder level and bend them at the elbows. The hands should be clenched and turned down so as to cause a contraction of the biceps and forearm muscles, which are the main muscle groups that are to be assessed in this pose. In addition, the competitor should attempt to contract as many other muscles as possible as the judges will be surveying the whole physique, from head to toe.

The judge will first survey the biceps muscles looking for a full, peaked development of the muscle, noting whether or not there is a defined split between the anterior and posterior sections of the biceps, and will continue the head-to-toe survey by observing the development of the forearms, deltoids, pectorals, pec-delt tie-ins, abdominals, thighs, and calves. The judge will also look for muscle density, definition, and overall balance.

f. Side chest

The competitor may choose either side for this pose, in order to display the "better" arm. He will stand with his left or right side towards the judges and will bend the arm nearest the judges to a

right-angle position, with the fist clenched and, with the other hand, will grasp the wrist. The leg nearest the judges will be bent at the knee and will rest on the toes. The competitor will then expand the chest and by upward pressure of the front bent arm and

contract the biceps as much as possible. He will also contract the thigh muscles, in particular, the biceps femoris group, and by downward pressure on his toes, will display the contracted calf muscles.

The judge will pay particular attention to the pectoral muscles and the arch of the rib cage, the biceps, the leg biceps and the calves, and will conclude with the head-to foot examination. In this pose the judge will be able to survey the thigh and calf muscles in profile, which will help in grading their comparative development more accurately.

g. Back double biceps

Standing with his back to the judges, the competitor will bend the arms and wrists as in the Front Double Biceps pose, and will place one foot back, resting on the toes. He will then contract the arm muscles as well as the muscles of the shoulders, upper and lower back, thigh and calf muscles.

The judge will first survey the arm muscles and then do the head-to-foot survey, during which there are, more muscle groups to look at than in all of the other poses. This includes the neck, deltoids, biceps, triceps, forearm, trapezius, teres, infraspinatus, erector spinae, external obliques, latissimus dorsi, gluteus, thigh biceps, and calves. This pose, probably more than the others, will help the judge to determine the quality of the competitor's muscle density, definition, and overall balance.

h. Abdominals and thighs

Standing face front to the judges, the competitor will place both arms behind the head and will place one leg forward or will keep the legs and feet in-line and up to 15 cm apart (optionally). He will then

contract the abdominal muscles by “crunching” the trunk slightly forward. At the same time, he will contract the thigh muscles of the leg(s).

The judge will survey the abdominal and thigh muscles, and then conclude with the head- to-foot examination.

FAQ For Classic Bodybuilding:

Can men’s Classic Bodybuilding trunks be shiny, sparkly, iridescent, any color of choice? **The CBBF has not imposed any restriction**

Can men’s bodybuilding trunks have a booty scrunch / rouching? **No they cannot**

What poses do we do for the night show? **At the judges 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 ban.**



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