

# IFBB Classic Physique

There are five categories in **senior** Men's Classic Physique, currently as follows:

- 1. Up to & incl. 168 cm Max Weight [kg] = (Height [cm] – 100) FOUR - 4 Kgs
- 2. Up to & incl. 171 cm Max Weight [kg] = (Height [cm] – 100) SIX - 6 Kgs
- 3. Up to & incl. 175 cm Max Weight [kg] = (Height [cm] -100) EIGHT - 8 Kgs
- 4. Up to & incl. 180 cm Max Weight [kg] = (Height [cm] -100) ELEVEN - 11 Kgs
- 5. Over 180 cm:
  - a) over 180 cm up to & incl. 190 cm: Max Weight [kg] = (Height [cm] -100) THIRTEEN - 13 Kgs
  - b) over 190 cm up to & incl. 198 cm: Max Weight [kg] = (Height [cm] – 100) FIFTEEN - 15 kgs
  - c) over 198 cm: Max Weight [kg] = (Height [cm] – 100) SEVENTEEN - 17 kgs

There is one open category in **junior** Men's Classic Physique (age 16-23 years old), with the following bodyweight limitations:

- Up to & incl. 168 cm Max Weight [kg] = (Height [cm] – 100) ZERO - 0 Kgs
- Up to & incl. 171 cm Max Weight [kg] = (Height [cm] – 100) TWO - 2 kilos
- Up to & incl. 175 cm Max Weight [kg] = (Height [cm] -100) FOUR - 4 kilos
- Up to & incl. 180 cm Max Weight [kg] = (Height [cm] -100) SIX - 6 kilos
- Over 180 cm:
  - a) over 180 cm up to & incl. 190 cm: Max Weight [kg] = (Height [cm] -100) EIGHT - 8 kgs
  - b) over 190 cm up to & incl. 198 cm: Max Weight [kg] = (Height [cm] – 100) NINE - 9 kgs
  - c) over 198 cm: Max Weight [kg] = (Height [cm] – 100) THIRTEEN - 13 kgs TEN - 10 Kgs

There are three categories in **master** Men's World-level Classic Physique competition, currently as follows:

- 40 to 44 years of age inclusive: One open category
- 45 to 49 years of age inclusive: One open category
- 50 years and over: One open category

Bodyweight limits for master Men's Classic Physique competitors are the same like for senior classic bodybuilders.

## Rounds

Men's Classic Physique consists of the following four rounds:

1. Prejudging: Elimination Round (Four Mandatory Poses)
2. Prejudging: Round 1 (Four Mandatory Poses, comparisons of Quarter Turns and Seven Mandatory Poses)
3. Finals: Round 2 (Quarter Turns, Seven Mandatory)
4. Finals: Round 3 (Free Posing Routine – 60 sec.)

## Posing Attire for All Rounds

The posing attire must meet the following guidelines:

Competitors will wear a single colour, any colour, opaque posing pants, covering 100% glutes muscles but allowing the legs to show.

The front area must be covered and the side of the trunks should be 15 cm in width at a minimum.

The use of padding anywhere in the trunks is prohibited.

1. Except for a wedding ring, competitors will not wear footwear, glasses, watches, pendants, earrings, wigs, distracting ornamentation or artificial aids to the figure. Implants or fluid injections causing the change of the natural shape of any other parts or muscles of the body are strictly prohibited and may result in disqualification of the competitor.
2. The use of props during the Prejudging or Finals presentation is strictly prohibited.

### Presentation of Round 1 (Comparisons of Quarter Turns and Mandatory Poses)

Round 1 may not be held if there are 6 or less competitors in a category. Decision will be made by the Chief Judge and will be announced after the Official Athlete Registration.

Round 1 will proceed as follows:

1. All 15 semifinalists will be called onstage as a group in a single line and in numerical order. If time permits, each semifinalist will be introduced by number, name, and country. Decision will be made by the Chief Judge, who will inform the Master of Ceremony or the Announcer.
2. The line-up will be divided into two equal-size groups and will be positioned onstage so that one group is to the left of the stage; the other group is to the right of the stage. The center portion of the stage will be left open for comparison purposes.
3. In numerical order, and in groups of no more than eight competitors at a time, each group will be directed to center-stage area to perform the following initial four Mandatory Poses: a. Front double biceps b. Side chest c. Back double biceps d. Abdominals and thighs
4. This initial grouping of competitors, and performance of the four Mandatory Poses, is intended to assist the judges in determining which competitors take part in the comparisons of the Quarter Turns and seven Mandatory Poses. Detailed description of the Men's Classic Bodybuilding and Games Classic Bodybuilding Mandatory Poses is provided in Appendix 1 to this Section. Description of Quarter Turns – in Appendix 2.
5. All judges submit their individual propositions for the first comparison of the top five athletes to the IFBB Chief Judge. Based on them, the Chief Judge will form the first comparison. The number of athletes to be compared will be determined by the Chief Judge but no less than three and no more than eight competitors will be compared at any one time. Then the judges may be asked to submit individual propositions for the second comparison of the next five athletes, included competitors placing in the middle of the group. The IFBB Chief Judge will form the second and the next comparisons till all competitors will be compared at least once. The total number of comparisons will be decided by the IFBB Chief Judge.
6. All individual comparisons are to be carried out center-stage.
7. In Round 1 individual comparisons, formulated by the IFBB Chief Judge, competitors are directed to perform the following four Quarter Turns and seven Mandatory Poses:
  - a) Quarter Turn Right
  - b) Quarter Turn Back
  - c) Quarter Turn Right

- d) Quarter Turn Front
- e) Front double biceps
- f) Side chest
- g) Back double biceps
- h) Side triceps
- i) Vacuum pose and Abdominals and thighs in two times at the same mandatory pose
- j) Classic pose: athlete's own choice

## **APPENDIX 1:**

### **DETAILED DESCRIPTION OF THE SIX MANDATORY POSES 1.**

#### **1 MEN'S MANDATORY POSES:**

1. Front Double Biceps: Standing face front to the judges, with one leg slightly moved 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.

2. 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. 4. Back Double Biceps (see Figure

3. 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.

4. Side Triceps: The competitor may choose either side for this pose so as to show the "better" arm. He will stand with his left or right side towards the judges and will place both arms behind his back, either linking his fingers or grasping the front arm by the wrist with his rear hand. The leg nearest the judges will be bent at the knee and the foot will rest flat on the floor. The leg farthest the judges moved back and the foot resting on the toes. The competitor will exert pressure against his front arm, thereby causing the triceps muscle to contract. He will also raise the chest and contract the abdominal muscles as well as the thigh and calf muscles. The judge will first survey the triceps muscles, and 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.

5. Vacuum Pose Abdominals and Thighs: This is a mandatory pose in two times. Standing face front to the judges, the competitor will place both arms behind the head and will place the feet together. Then he will pose at the first voice ("Front position, Vacuum Pose") this way: in the abdominal area the athlete must do the vacuum pose at the same time flexing the transverse inner muscle, flexing legs, torso and arms also. Then for the second voice ("Abdominal and Thighs"); He will then contract the abdominal muscles by "crunching" the trunk slightly forward and showing a leg 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.

6. Classic pose at athlete choice.