

CLASSIC MEN'S PHYSIQUE RULES

NBPFA PROVINCIALS & SJ FALL CLASSIC

JUDGING CRITERIA / RULES / ATTIRE

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. Please note that classes are restricted by a weight / height ratio. Judges will be looking for competitors with Muscularity and Body Condition 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. Atlantics contests do not permit Classic Men's Physique competitors to cross over into Bodybuilding or Men's Physique.

WEIGHT/HEIGHT RATIO (*Please note that classes and divisions are subject to change depending on show size)

Division "A" (up to and including 5'10")

- 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
- 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 "B" (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

1. Trunks/Shorts 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, lacework edges and/or borders.
- (f) The trunks must be at least 15cm (6") high on the sides.

2. Except for wedding rings, competitors are not permitted to wear footwear, sunglasses, watches, bangles, pendants, earrings, wigs or artificial aids to the figure.

3. The use of padding anywhere in the trunks/shorts 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.

4. Athletes are expected to have a natural and healthy looking tan. Staining, removable bronzers are strictly prohibited.

PREJUDGING PROCEDURE

1. All competitors will enter the stage from **UPSTAGE RIGHT**. Competitors will walk straight ahead and stop **UPSTAGE CENTER** and turn right walking towards the **DOWNSTAGE CENTER** direction.
2. Competitors will be lined up depending on the number of competitors on stage. There will be two (2) slanted lines clearly marked and located **CENTER STAGE LEFT** and **CENTER STAGE RIGHT**. You will be directed by the stage marshall to line up on one of those slanted lines (to the left or right) or line up directly at the front of the stage for 8 competitors or less.
3. The Chief Judge will call out **Mandatory Poses /Comparisons**. **Mandatory Poses** will be performed and will include the following poses:
 - Front Double Biceps
 - Side Chest
 - Back Double Biceps
 - Front Ab/ Thigh
 - Favorite Classic Pose (**NO** most muscular)

SCORING & STAGE EXIT

At the completion of the quarter turns, the entire category will be reformed into a single line, in numerical order, before exiting the stage. The Stage Marshall will direct the entire class to leave the stage towards the **UPSTAGE RIGHT** exit.

EVENING FINALS (No scoring during evening finals)*

1. The MC will introduce each competitor individually to do their 60 second posing routine. Each competitor will enter the stage from **UPSTAGE RIGHT**. Competitors will walk straight ahead and stop **UPSTAGE CENTER** and turn right walking towards the **DOWNSTAGE CENTER** direction. When you reach the square where an X is clearly marked, get in position for your individual posing routine.

Posing Routines

Your own choice of music (profanity, racial / sexual slurs and inappropriate verbiage is **NOT** allowed. If we find that your music contains any of these things, your music will be stopped and you may be disqualified from the competition).

- a) Your routine should include the following:
 - b) Poses and movements that highlight your best features
 - c) Smooth transitions between movements
 - d) Good musicality
 - e) Additional physical prowess that you have: flexibility, dance, gymnastics...
2. There is no scoring of posing routines at the evening finals.
 3. Once the individual routine is completed, competitors will exit the stage towards **UPSTAGE RIGHT**. All competitors will line up backstage as a group. The entire class will re-enter the **UPSTAGE RIGHT** and walk straight ahead and stop **UPSTAGE CENTER** and turn right walking towards the **DOWNSTAGE CENTER** direction and line up center stage.
 4. The Chief Judge will call out (2) mandatory poses for the audience.

5. The top 3 finalists will be announced and will remain on stage. The MC will announce that the rest of the competitors to leave the stage directed by the stage marshall towards the UPSTAGE RIGHT exit.
6. The Chief Judge will call for a 15-20 second pose down.
7. The MC will then announce the placings beginning with 3rd, 2nd, & 1st place awards. They will remain on stage for trophy presentation and pose for photos.

OVERALL *If more than one class

1. Each class winner will be called on stage in numerical order for the 5 mandatory poses. This will be scored and judged.
2. The overall winner will be announced and photos of only the winner will be taken.

MANDATORY POSES *PHOTOS SUPPLIED BY WAYNE FORREST



FRONT DOUBLE BICEPS
POSE



SIDE CHEST POSE



BACK DOUBLE
BICEPS POSE



LEFT:
ABDOMINAL/THIGH
POSE



RIGHT: FAVORITE
CLASSIC POSE