



## **Competition Rules – Men's Classic Physique**

### **Judging**

1. The entire lineup is called onstage in numerical order and forms in equal numbers along diagonal lines at each side of the stage. The center stage area is left clear.
2. The head judge then directs groups of competitors in numerical order through the quarter turns and mandatory poses. The size of the groups is at the discretion of the head judge.
3. Each competitor is then called back onstage individually in numerical order and has up to a maximum of 60 seconds to perform the following 5 mandatory poses in the order shown:
  1. front double biceps
  2. side chest
  3. back double biceps
  4. abdominals and thighs
  5. favorite classic pose (no most muscular)
4. The entire lineup is then called back onstage in numerical order and forms in equal numbers along diagonal lines at each side of the stage. The center stage area is left clear for the callouts. The head judge then directs selected competitors through the callouts, where the selected competitors are compared against each other in the quarter turns and mandatory poses. The number and placement of competitors in the callouts is at the discretion of the head judge.

### **Finals (Confirmation Round)**

1. Each competitor is called onstage individually in numerical order and has up to a maximum of 3 minutes to perform a posing routine to music of the competitor's choice.
2. The entire lineup is then called onstage in numerical order and forms in equal numbers along diagonal lines at each side of the stage. The center stage area is left clear for the callouts.
3. The head judge directs selected competitors through the callouts, where the selected competitors are compared against each other in the quarter turns and mandatory poses. The number and placement of competitors in the callouts is at the discretion of the head judge.
4. The competitors then perform a 60-second posedown to music of the promoter's choice.



### **Other Competition Rules**

1. For all rounds, competitors must wear trunks that are clean and decent and that meet the following specifications:  
  
Style: Plain, opaque (no briefs or underwear)  
Color: Solid black  
Fabric: Spandex (no shiny, rubberized, velvet, metallic or lamé material)  
Texture: Matt  
Length: \*see IFBB PRO Advisory Notice 072716 below  
Front: One solid piece of material across the front of the trunks with no patch or section of different material in the middle  
  
Padding: No padding anywhere in the trunks  
Advertising: No advertising or endorsements except that small manufacturer logos such as Nike, Under Armour, etc are permitted
  
2. The competitor's number must be securely attached to the left side of the trunks at all times.
  
3. During the Judging, competitors cannot wear footwear, watches, bangles, pendants, chains, bracelets (wrist or ankle), ornamentation or artificial aids to the physique.
  
4. The use of vulgar, profane and/or offensive language in the posing music is prohibited.
  
5. The excessive application of oils, moisturizers, skin creams, tanning creams and like products is prohibited and may be used only in moderation. The application of tanning products must produce a natural tone so as to give the appearance of a natural tan. Products that produce an unnaturally colored tone, with an orange, yellow, red, green or gold hue, are prohibited. Bronzing agents that produce a metallic look are also prohibited.



### Height/Weight Limits

HEIGHT	WEIGHT
Up to and including 5' 4"	Up to and including 165 lbs
Over 5' 4", up to and including 5' 5"	Up to and including 170 lbs
Over 5' 5", up to and including 5' 6"	Up to and including 175 lbs
Over 5' 6", up to and including 5' 7"	Up to and including 180 lbs
Over 5' 7", up to and including 5' 8"	Up to and including 187 lbs
Over 5' 8", up to and including 5' 9"	Up to and including 195 lbs
Over 5' 9", up to and including 5' 10"	Up to and including 202 lbs
Over 5' 10", up to and including 5' 11"	Up to and including 210 lbs
Over 5' 11", up to and including 6' 0"	Up to and including 217 lbs
Over 6' 0", up to and including 6' 1"	Up to and including 225 lbs
Over 6' 1", up to and including 6' 2"	Up to and including 235 lbs
Over 6' 2", up to and including 6' 3"	Up to and including 242 lbs
Over 6' 3", up to and including 6' 4"	Up to and including 250 lbs
Over 6' 4", up to and including 6' 5"	Up to and including 257 lbs
Over 6' 5", up to and including 6' 6"	Up to and including 265 lbs
Over 6' 6", up to and including 6' 7"	Up to and including 272 lbs
Over 6' 7"	Up to and including 280 lbs

These classes are judged as one open class.



## IFBB PRO LEAGUE ADVISORY NOTICE 072716

### MEN'S CLASSIC PHYSIQUE POSING TRUNKS

Please be advised that the posing trunks worn by competitors in the Men's Classic Physique division must be **SQUARE FULL CUT** (see sample image below).



If you have any questions regarding the Men's Classic Physique posing trunks, please contact the IFBB Professional League at [ifbbproleague@aol.com](mailto:ifbbproleague@aol.com).

For additional competition rules for Men's Classic Physique and other divisions, please visit [www.IFBBPRO.com](http://www.IFBBPRO.com).

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