

## **MEN'S CLASSIC BODYBUILDING** **RULES & REGULATIONS**

**PLEASE NOTE THAT THESE RULES HAVE BEEN EXTRACTED FROM THE I.F.B.B. RULES AND HAVE BEEN ADJUSTED FOR THE USE AT U.K.B.F.F. QUALIFYING CHAMPIONSHIPS AND THE U.K. CHAMPIONSHIPS FINALS.**

### **Article 1 – General:**

Men's Classic-Bodybuilding is considered as a new discipline in response to the increasing demand for competitions for men who prefer, unlike bodybuilders, to develop a less muscular, yet athletic and aesthetically pleasing physique. In Men's Classic-Bodybuilding, the emphasis is placed on a muscular athletic-looking physique, assessed by comparisons of four quarter turns, 6 compulsory poses -designed for physiques with less muscular body-mass compared to bodybuilders- and athletic ability, assessed during a bodybuilder like routine.

### **Article 2 – Categories:**

In Men's Classic-Bodybuilding, at the current time, there are the following 4 (four) categories, subject to the following criteria:

- **UP TO AND INCLUDING 170 CM CATEGORY:**  
maximum body weight = body height [cm] minus 100 + 2 kg  
(Example: A competitor, who is 172 cm tall, may weigh a maximum of 74 kg)
- **UP TO AND INCLUDING 175 CM CATEGORY:**  
maximum body weight = body height [cm] minus 100 + 4 kg  
(Example: A competitor, who is 178 cm tall, may weigh not more than 82 kg)
- **UP TO AND INCLUDING 180 CM CATEGORY**  
maximum body weight = body height [cm] minus 100 + 6 kg  
(Example: A competitor, who is 180 cm tall, may weigh not more than 86 kg)
- **OVER 180 CM CATEGORY (this category has 3 sub height/weight)**  
  
180 – 190 cm = body height [cm] minus 100 + 8 kg  
(i.e. height 189 cm      max. weight 89 + 8 = 97 kg)  
  
190 – 198 cm = minus 100 + 9 kg  
(i.e. height 197 cm      max. weight 97 + 9 = 106 kg)  
  
Over 198 cm = minus 100 + 10 kg  
(i.e. height 204 cm      max. weight 104 + 10 = 114 kg)

### **Article 3 – Rounds:**

Men's Classic-Bodybuilding shall consist of the following three rounds:

Round 1: Quarter Turns and comparisons in the six Compulsory Poses;

Round 2: Sixty-second Posing Routine

Round 3: Compulsory Poses and the Posedown

### **Article 4 – Preliminary Assessment:**

A Preliminary Assessment shall be held when there are more than 15 competitors and shall be carried out under the following conditions:

1. The attire for the Preliminary Assessment round shall be posing attire as outlined in Article 12 – posing attire and stage presentation of the IFBB Rules Bodybuilding. The competitors shall wear posing trunks of a solid, non-distracting colour, which are clean and decent. Metallic materials such as gold or silver lamé, may not be used. The use of padding anywhere in the trunks shall be prohibited.
2. The entire line-up shall be brought onstage, in numerical order and in a single line.

3. The line-up shall be divided into two equal-size groups and shall 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 centre portion of the stage shall be left open for comparison purposes.
4. In numerical order, and in groups of not more than five competitors at a time, each group shall be directed to the centre-stage area to perform the following compulsory poses: front double biceps, front lat spread, back double biceps, abdominals and thighs.
5. Upon completion of the five compulsory poses, the entire line-up shall be reformed into a single line, in numerical order, before exiting the stage.

#### **Article 5 – Scoring the Preliminary Assessment:**

The scoring for the Preliminary Assessment shall be carried out as follows:

1. If there are more than 15 competitors, the judges shall select the top 15 by placing an “X” beside their numbers.
2. Only the top 15 competitors shall advance to Round 1 (Quarter Turns and Compulsory Poses).
3. The judges shall use Form #1 and Form #4; the Statisticians shall use Form #2.

#### **Article 6 – Attire for Classic Bodybuilding**

The attire (posing trunks) shall conform to the following criteria:

1. Plain opaque in style.
2. One single colour.
3. Cloth fabric in material (no plastic, rubberized, or similar material).
4. Matt in texture (no shiny material).
5. Ornamentation, frills, lacework edges and/or borders shall be prohibited.
6. The posing trunks must be at least 2 cm high on the sides and must cover a minimum of one-half of the gluteus maximus and all of the frontal area.
7. Footwear shall not be worn.
8. Except for a wedding ring, jewellery and other accessories may not be worn.

#### **7 – Presentation of Round 1 (Quarter Turns and Compulsory Poses):**

The procedures for conducting Round 1 (Quarter Turns and Compulsory Poses) shall be as follows:

1. The entire line-up shall be called onstage, in a single line and in numerical order.
2. The line-up shall be divided into two equal-size groups and shall 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 shall be left open for comparison purposes.
3. In numerical order, and in groups of no more than five competitors at a time, each group shall be directed to the center-stage area to perform the following four quarter turns:

- a. Quarter Turn Right
- b. Quarter Turn Back
- c. Quarter Turn Right
- d. Quarter Turn Front

4. This initial grouping of competitors, and performance of the four quarter turns, is intended to assist the judges in determining which competitors shall take part in the comparisons that follow.
5. Judges may now submit individual requests for comparisons in the Compulsory Poses to the Chief Judge or Onstage Expediter. No less than three and no more than five competitors shall be compared at any one time. The Chief Judge or Onstage Expediter shall have the discretion to discard or amend a judge’s individual request for comparisons if warranted. The compulsory poses are:

- a. front double biceps
- b. front lat spread
- c. side chest
- d. back double biceps
- e. back lat spread
- f. abdominals and thighs

6. All individual comparisons shall be carried out centre-stage and in the order, from left to right, as requested by the judge.
7. All judges shall be given the opportunity to submit at least one request for comparisons. Any additional requests shall be at the discretion of the Chief Judge or Onstage Expediter.
8. All competitors shall undergo at least one comparison.
9. Upon completion of the last comparison, all competitors shall return to a single line-up, in numerical order, before exiting the stage.

#### **8 – Scoring Round 1 (Quarter Turns and Compulsory Poses):**

The scoring for Round 1 (Quarter Turns and Compulsory Poses) shall be carried out as follows:

1. Each judge shall award each competitor an individual placing, ensuring that no two or more competitors receive the same placing.
2. With nine judges, two high and two low scores shall be discarded. With 5 or 7 judges, one high and one low score shall be discarded. The remaining scores shall be summed to produce a “Round 1 Subscore” and a “Round 1 Placing”.
3. Ties in the “Round 1 Subscore” do not have to be broken until they have been added to “Round 2” Subscores.

#### **9 – Assessing Round 1 (Quarter Turns and Compulsory Poses):**

Round 1 (Quarter Turns and Compulsory Poses) shall be assessed using the following criteria:

1. The judge should first assess the overall male athletic appearance of the physique. This assessment should begin at the head and extend downwards, taking the whole physique into account. The assessment, beginning with the general impression of the physique, should not take into consideration the hair and facial handsomeness; the overall athletic development of the musculature; the presentation of a balanced, symmetrically developed physique; the condition of the skin and the skin tone; and the athlete’s ability to present him with confidence.
2. During the comparisons of the compulsory poses, the judge should first look at the primary muscle group being displayed. The judge should then survey the whole physique, starting from the head, and looking at every part of the physique in a downward sequence, beginning with general impressions, and looking for muscular bulk, balanced development, muscular density and definition. The downward survey should take in the head, neck, shoulders, chest, all of the arm muscles, front of the trunk for pectorals, pec-delt tie-in, abdominals, waist, thighs, legs, calves and feet. The same procedure for back poses will also take in the upper and lower trapezius, teres and infraspinatus, erector spinae, the gluteus group, the leg biceps group at the back of the thighs, calves, and feet. A detailed assessment of the various muscle groups should be made during the comparisons, at which time the judge has to compare muscle shape, density, and definition while still bearing in mind the competitor’s overall balanced development. The comparisons of the compulsory poses can not be over-emphasized as these comparisons will help the judge to decide, which competitor has the superior physique from the standpoint of athletic balanced development, muscular density and definition.
3. The physique should be assessed as to the level of overall muscle tone, achieved through athletic endeavours.  
The muscle groups should have a round and firm appearance with a small amount of body fat.
4. The assessment should also take into consideration the tightness and tone of the skin. The skin tone should be smooth and healthy in appearance.
5. The judge’s assessment of the athlete’s physique should include the athlete’s entire presentation, from the moment he walks onstage until the moment he walks offstage. At all times the male classic bodybuilder competitor must be viewed with the emphasis on a “healthy, fit, athletic-looking muscular physique, in an attractively presented total package”.

#### **10 – Presentation of Round 2 (Routine):**

After the completion of Round 1 the competitors shall proceed to Round 2 (Routine). Procedures for conducting Round 2 (Routine) shall be as follows:

1. Each competitor shall be called onstage in numerical order to perform a routine to his own choice of music; the length of which shall be up to a maximum of 60 seconds.

2. Before entering the stage to perform his routine each competitor should be introduced by number, name and country

**11 – Assessing Round 2 (Routine):**

Round 2 (Routine) shall be assessed using the following criteria:

1. Each judge shall assess the routine with a view towards display of muscularity, definition, style, personality, athletic coordination and overall performance. Judges shall look for a smooth, artistic, and well-choreographed Routine which may include any number of poses, however, the Compulsory Poses must be included. The competitor must also include intermittent poses so as to display the muscular development of his physic. Lying flat on the posing platform, “moon” – poses, and pulling the posing attire so as to display the top inside of the quadriceps or the gluteus maximus shall be strictly forbidden.

2. The use of props is prohibited. The judges are reminded that, during this round, they are judging the routine and the physique.

**12 – Scoring Round 2 (Routine):**

The scoring of Round 2 (Routine) shall be carried out as follows:

Each judge shall award each competitor an individual placing, ensuring that no two or more competitors receive the same placing.

With nine judges, two high and two low scores shall be discarded. With 5 or 7 judges, one high and one low score shall be discarded. The remaining scores shall be summed to produce a “Round 2 Subscore”.

The “Round 2 Subscore” shall be added to the “Round 1 Subscore” to produce a “Semi Final Score” and “Semi Final Placing”.

Ties in the “Semi Final Score” shall be broken using the competitors “Round 1 Subscore”. If tie still exist it will be broken using the Relative Placement Method.

The judges shall use Form #3B and Form #4; the Statisticians shall use Form #5.

**13 – Attire for the Round 2:**

The attire for Round 2 shall be the same as for round 1.

**14 – Round 3 - Compulsory Poses and Pose down:**

The five finalists shall be called on stage in numerical order for compulsory poses and the pose down. The procedures shall be as follows:

1. The five finalists shall be called on stage in numerical order and in a single line.
2. The chief judge will guide the competitors through the six compulsory poses
3. After the announcement of the chief judge the finalists will perform a 60 seconds Posedown.
4. Upon completion of the Posedown the competitors shall exit the stage.

**15 – Scoring Round 3 (Compulsory Poses and Pose down):**

1. Each judge shall award each competitor an individual placing, ensuring that no two or more competitors receive the same placing.

2. With nine judges, two high and two low scores shall be discarded. With 5 or 7 judges, one high and one low score shall be discarded. The remaining scores shall be summed to produce the “Round 3 Subscore”.

The “Round 3 Subscore” shall be added to the “Semi Final Subscore” to produce a “Final Score” and “Final Placing”.

Ties in the “Final Score” shall be broken using the competitors “Round 3 Subscore”. If tie still exist it will be broken using the Relative Placement method.

The judges shall use Form #3B and Form #4; the Statisticians shall use Form #5.

**16 – Attire for the Round 3:**

The attire for Round 3 shall be the same as for round 1.

## **DESCRIPTION OF QUARTER TURNS**

### **1. Quarter Turn Right:**

Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, left arm hanging relaxed and slightly back from the centre-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, right arm hanging relaxed and slightly in front of the centre-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the left, with the left shoulder lowered and the right shoulder raised. This is normal and must not be exaggerated. This position is a relaxed stance. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

### **2. Quarter Turn Back:**

Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms hanging relaxed and at the side along the centre-line of the body, elbows slightly bend, thumbs and fingers together, palms facing the body, hands slightly cupped, tips of the fingers resting slightly on the hips. This position is a relaxed stance. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

### **3. Quarter Turn Right:**

Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, right arm hanging relaxed and slightly back from the centre-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, left arm hanging relaxed and slightly in front of the centre-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the right, with the right shoulder lowered and the left shoulder raised. This is normal and must not be exaggerated. This position is a relaxed stance. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

### **4. Quarter Turn Front:**

Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms hanging relaxed and at the side along the centre-line of the body, elbows slightly bend, thumbs and fingers together, palms facing the body, hands slightly cupped, tips of the fingers resting slightly on the hips. This position is a relaxed stance. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.