

Classic Physique BODYBUILDING

MANDATORY POSES

The Judging is scored at 100% and will consist of comparisons of the quarter turns and the following “5” mandatory poses:

- **Front Double Biceps**
- **Side Chest**
- **Back Double Biceps**
- **Abdominal and Thighs**
- **Favorite Classic Pose**

JUDGING FINALS

The Finals will consist of:

1. **Posing Routine (up to a maximum of 60 seconds to include mandatory poses) to our house music**
2. **Comparisons**
3. **Posedown (overall title only)**

Posing Suit

Standard classic physique/classic bodybuilding posing trunks are seen today in the popular bodybuilding organizations and leagues.

COMPETITION JUDGING

1. PRESENTATION

- Competitors will walk onstage alone and perform their Individual routine for 30 seconds, including the mandatory poses.

Show Your Personality!

- After completion, you will be directed to line up on the stage while the other competitors are performing.

Competition Breakdown For Two Classes:

DIVISION "A" (UP TO AND INCLUDING 5' 9")

- | | |
|--------------------------------------|-------------------------------------|
| · Up to and including 5' 4"/162.6 CM | Up to and Including 167 lbs/75.7 KG |
| · Up to and including 5' 5"/165.1 CM | Up to and Including 172 lbs/78 KG |
| · Up to and including 5' 6"/167.6 CM | Up to and Including 177 lbs/80.3 KG |
| · Up to and including 5' 7"/170.2 CM | Up to and Including 182 lbs/82.6 KG |
| · Up to and including 5' 8"/172.7 CM | Up to and Including 187 lbs/84.8 KG |
| · Up to and including 5' 9"/175.3 | Up to and Including 194 lbs/88 KG |

DIVISION “B” (OVER 5’ 9”)

- **Up to and including 5’ 10”/177.8 cm** **Up to and Including 202 lbs/91.6 kg**
- **Up to and including 5’ 11”/180.3 cm** **Up to and Including 209 lbs/94.8 kg**
- **Up to and including 6’ 0”/182.9 cm** **Up to and Including 217 lbs/98.4 kg**
- **Up to and including 6’ 1”/185.4 cm** **Up to and Including 224 lbs/101.6 kg**
- **Up to and including 6’ 2”/188 cm** **Up to and Including 232 lbs/105.2 kg**
- **Over 6’ 2”, up to and including 6’ 3”** **Up to and Including 239 lbs/108.4 kg**
- **Up to and including 6’ 4”/193 cm** **Up to and Including 246 lbs/111.6 kg**
- **Up to and including 6’ 5”/195.6 cm** **Up to and including 253 lbs/114.8 kg**
- **Up to and including 6’ 6”/198.1 cm** **Up to and including 260 lbs/117.9 kg**
- **Up to and including 6’ 7”/200.7** **Up to and including 267 lbs/121.1 kg**
- **Over 6’ 7”/200.7** **Up to and including 274 lbs/124.3 kg**