

MEN CLASSIC BODYBUILDING

(updated July 2011)

Article 42 - General

42.1 Men's Classic Bodybuilding was officially recognized as a new sport discipline by the IFBB Executive Council and IFBB Congress on November 27, 2005 (Shanghai, China). Classic Bodybuilding responds to the increasing worldwide demand for competitions for men who prefer, unlike today's current bodybuilders, to develop a less muscular, yet athletic and aesthetically pleasing physique.

Article 43 - Categories

43.1 There are five categories in senior men's classic bodybuilding, currently as follows:

1. Up to & incl. 168 cm

Max Weight [kg] = (Height [cm] - 100) + 0 [kg]

2. Up to & incl. 171 cm

Max Weight [kg] = (Height [cm] - 100) + 2 [kg]

3. Up to & incl. 175 cm

Max Weight [kg] = (Height [cm] - 100) + 4 [kg]

4. Up to & incl. 180 cm

Max Weight [kg] = (Height [cm] - 100) + 6 [kg]

5. Over 180 cm

Max Weight [kg] = (Height [cm] - 100) + 8 [kg]

Note 1: For competitors with a body height of over 190 cm up and up to and including 198 cm, the following formula will be used:

Max Weight [kg] = (Height [cm] - 100) + 9 [kg]

Note 2: For competitors with a body height of over 198 cm, the following formula will be used:

Max Weight [kg] = (Height [cm] - 100) + 10 [kg]

Note 3: All of the above mentioned competitors will participate in the "Over 180 cm" category.

43.2 There is one open category in junior men's classic bodybuilding, with the following bodyweight limitations:

Up to & incl. 168 cm

Max Weight [kg] = (Height [cm] - 100) + 0 [kg]

Up to & incl. 171 cm

Max Weight [kg] = (Height [cm] - 100) + 1 [kg]

Up to & incl. 175 cm

Max Weight [kg] = (Height [cm] - 100) + 2 [kg]

Up to & incl. 180 cm

Max Weight [kg] = (Height [cm] -100) + 3 [kg]

Up to& incl. 190 cm

Max Weight [kg] = (Height [cm] -100) + 4 [kg]

Up to& incl. 198 cm:

Max Weight [kg] = (Height [cm] – 100) + 4.5 [kg]

Over 198 cm:

Max Weight [kg] = (Height [cm] – 100) + 5 [kg]

Article 44 - Rounds

44.1 Excluding the Elimination Round, Men's Classic Bodybuilding consists of the following three rounds:

1. Prejudging: Round 1 - Quarter Turns and Compulsory Poses.
2. Finals: Round 2 - Compulsory Poses and Posedown
3. Finals: Round 3 - Posing Routine

Article 45 - Prejudging: Elimination Round

45.1 An Elimination Round is held when there are more than 15 competitors in a category and is carried out as follows, under the direction of the IFBB Chief Judge or Stage Director:

1. The entire line-up is brought onstage, in numerical order and in a single line.
2. The line-up is divided into two equal-size groups and is 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 is left open for comparison purposes.
3. In numerical order, and in groups of not more than five competitors at a time, each group is directed to the center-stage area to perform the following four Compulsory Poses:
 - a. Front Double Biceps
 - b. Side Chest
 - c. Back Double Biceps
 - d. Abdominals and Thighs
4. On completion of the Compulsory Poses, the entire line-up is reformed into a single line, in numerical order, before exiting the stage.

Article 46 - Prejudging: Scoring of the Elimination Round

46.1 The scoring for the Elimination Round is carried out as follows:

1. If there are more than 21 competitors, the judges shall select the top 15 competitors by placing an "X" beside their numbers.
2. If there are 16 to 21 competitors, the judges shall eliminate 1 to 6 competitors by placing an "X" beside their numbers.

3. Only the top 15 competitors advance to Round 1.
4. The judges use Form #1; the statisticians use Form #2.

Article 47 - Prejudging: Attire for Round 1 (Quarter Turns and Mandatory Poses)

47.1 The attire for Round 1 is posing trunks, which must conform to the following criteria:

1. Plain opaque in style.
2. Solid black in colour.
3. Cloth fabric in material (no plastic, rubberized, or similar material).
4. Matt in texture (no shiny material).
5. No ornamentation, frills, lacework edges and/or borders.
6. At least 1 cm high on the sides and covering a minimum of one-half of the gluteus maximus and all of the frontal area.
7. No footwear.
8. No jewellery or other accessories, except for a wedding ring.

Article 48 - Prejudging: Presentation of Round 1 (Quarter Turns and Mandatory Poses)

48.1 Round 1 is held when there are more than 6 competitors in a category and is carried out as follows, under the direction of the IFBB Chief Judge or Stage Director:

1. The entire line-up is called onstage, in a single line and in numerical order.
2. The line-up is divided into two equal-size groups and is 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 is left open for comparison purposes.
3. In numerical order, and in groups of no more than six competitors at a time, each group is directed to the center-stage area to perform the following four Quarter Turns and four 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. Abdominals & Thighs
4. This initial grouping of competitors, and performance of the four Quarter Turns and four Mandatory Poses, is intended to assist the judges in determining which competitors take part in the comparisons of the Mandatory Poses.
5. Judges may now submit individual requests for comparisons of the Mandatory

Poses to the IFBB Chief Judge or Stage Director. No less than three are to be compared at any one time. The IFBB Chief Judge or Stage Director has the discretion to discard or amend a judge's individual request for comparisons if warranted.

6. All individual comparisons are to be carried out center-stage and in the order, from left to right, as requested by the judge.

7. The total number of comparisons will be as decided by the IFBB Chief Judge or Stage Director.

8. All competitors undergo at least one comparison.

9. On completion of the last comparison, the entire line-up is reformed into a single line, in numerical order, before exiting the stage.

10. The seven Mandatory Poses are as follows:

- a. Front Double Biceps
- b. Front Lat Spread
- c. Side Chest
- d. Back Double Biceps
- e. Back Lat Spread
- f. Side Triceps
- g. Abdominals and Thighs

Article 49 - Prejudging: Scoring of Round 1 (Quarter Turns and Mandatory Poses)

49.1 The scoring of Round 1 is carried out as follows:

1. Each judge awards 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 are discarded. The remaining scores are summed to produce a "Round 1 Subscore" and a "Round 1 Placing".

3. Ties in the "Round 1 Subscore" are broken using the Relative Placement method.

4. The judges use Form #3; the statisticians use Form #5.

5. The top six competitors advance to the Finals (Round 2 and Round 3).

Article 50 – Prejudging: Assessing Round 1 (Quarter Turns and Mandatory Poses)

50.1 Round 1 is 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 take into consideration the hair and facial features; 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 onstage with confidence.

2. During the comparisons of the Mandatory 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 cannot 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 competitor must be viewed with the emphasis on a "healthy, fit, athletic-looking muscular physique, in an attractively presented total package".

Article 51 - Finals: Attire for the Round 2 (Compulsory Poses and Posedown)

51.1 The attire for Round 2 is the same as in Round 1.

Article 52 - Finals: Presentation of Round 2 (Compulsory Poses and Posedown)

52.1 Presentation of Round 2:

The procedures for Round 2 will be as follows:

1. Only the top six competitors from Round 1 advance to Round 2.
2. The top 6 finalists are brought onstage, in a single line and in numerical order. Each competitor is introduced by number, name and country.
3. The top 6 finalists will perform the 7 compulsory poses, as a group and at the same time, in the middle of the stage. After the 7th pose, the chief judge will reverse the order of the competitors and will repeat the seven compulsory poses once again. This round will be scored.
4. As soon as the compulsory poses are completed, the IFBB Chief Judge will call for a 60-second posedown to music of the Organizer's choice. This part of Round 2 will not be scored.
5. After the Posedown, the top 6 finalists are reformed into a single line, in numerical order, before exiting the stage.

Article 53 - Finals: Scoring of Round 2

53.1 The scores for Round 1 are used only to place the competitors from 1st to 15th and to determine the top 6 finalists who then advance to Round 2 and Round 3. The top 6 finalists start the finals with zero points.

The scoring of Round 2 is carried out as follows:

2. Only the Compulsory Poses are scored; the Posedown is not scored.
3. Each judge awards each competitor an individual placing, ensuring that no two or more competitors receive the same placing.
4. With nine judges, two high and two low scores are discarded. The remaining five scores are summed and then multiplied by 2 to produce a "Round 2 Subscore".
5. The judges use Form #6; the Statisticians use Form #5.

Article 54 - Finals: Assessment of Round 2

54.1 Assessment of Round 2:

The same criteria used in judging Round 1 will be used in this round. However, the judges must be mindful of the fact that a competitor may present a different condition in the finals compared to the Prejudging. Therefore, judges must ensure that this round is judged from a "fresh" perspective, ensuring that all competitors receive fair assessment based upon their presentation in this round.

Article 55 - Finals: Presentation of Round 3 (Posing Routines)

Round Three will immediately follow the Round Two (Compulsory Poses).

55.1 Round 3 is carried out as follows, under the direction of the IFBB Chief Judge or Stage Director: each competitor is called onstage, individually and in numerical order, to perform a posing routine to music of his own choice. The maximum length of the routine is 60 seconds.

Article 56 - Finals: Attire for Round 3 (Posing Routines)

56.1 The attire for Round 3 is posing trunks, which must conform to the following criteria:

1. Colour, material, texture at the discretion of the competitor.
2. No ornamentation, frills, lacework edges and/or borders.
3. At least 1 cm high on the sides and covering a minimum of one-half of the gluteus maximus and all of the frontal area.
4. No footwear.
5. No jewellery or other accessories, except for a wedding ring.
6. No props.

Article 57 - Finals: Scoring of Round 3 (Posing Routines)

57.1 The scoring of Round 3 is carried out as follows:

1. Each judge awards each competitor an individual placing, ensuring that no two or more competitors receive the same placing.
2. The judges may use Form #4, entitled "Judge's Personal Notes", to write notes about the athletes.

3. With nine judges, two high and two low scores are discarded. The remaining scores are summed and then to produce the "Round 3 Subscore".
4. The judges use Form #6; the statisticians use Form #5.
5. Ties in the "Round 3 Subscore" need not be immediately broken, as the "Round 3 Subscore" will be added to the "Round 2 Subscore" to produce a "Final Score". Points from the Prejudging (Round 1) are not taken into consideration for the finalists. They begin the finals with "zero point" status.
6. Should a tie occur in the "Final Score", the tie will be broken using the Round 2 subscores first. If a tie still exists, the "Relative Placement" method will be used for the athlete's Round 2 Subscores.

Article 58 - Finals: Assessing Round 3 (Posing Routines)

58. 1 Round 3 is assessed using the following criteria:

1. Each judge assesses the posing routine with a view towards the display of muscularity, definition, style, personality, athletic coordination and overall performance. Judges 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 physique. 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 is prohibited.
2. The judges are reminded that, during this round, they are judging 50% physique and 50% routine.

Article 59 - Finals: The Award Ceremony

59.1 The Award Ceremony

The procedures for the Award Ceremony will be as follows:

1. The top 6 finalists will be called onstage to take part in the award ceremony.
2. The Master of Ceremonies, using Form #7, entitled "Top 6 Finalists (for MC)", will announce the number, name and country of the competitor in 6th place and that competitor will stand to the right side (when viewed from the front) of the victory pedestal and shall receive his award. The Master of Ceremonies will then announce the number, name and country of the competitor in 5th place and that competitor will stand to the right side of the victory pedestal and shall receive his award. The Master of Ceremonies will then announce the number, name and country of the competitor in 4th place and that competitor will stand to the left side of the victory pedestal and will receive his award. The Master of Ceremonies will continue to announce the results from 3rd, 2nd and finally, the winner.
3. The President of the IFBB, or the top IFBB official at the contests, accompanied by the other officials invited by him to take part in this Ceremony, will present the IFBB Medals and/or trophies to the winners.
4. The national anthem of the country of the 1st-place winner will be played

immediately following his or her receipt of the 1st-place award(s).

5. After the national anthem and flag-raising ceremony is complete, the finalists may be asked to remain onstage for a brief period of time for photographic purposes.

- More detailed description of the Award Ceremony is available in **Article 36**.

Article 60 – Overall Category and Award

60.1 Overall Category and Award:

At the Men's World Classic Bodybuilding Championships, the Overall Category will proceed as follows:

1. Immediately following the Award Ceremony for the last body height category, the five category winners will be brought onstage in numerical order and in a single line.

2. The IFBB Chief Judge will direct the competitors through the 7 compulsory poses in numerical order, and then in the opposite order. Then, the IFBB Chief Judge will call for a 60-second posedown.

3. The judges will use Form #6, entitled "Judge's Individual Placings (Finals)", to place athletes from 1st to 5th.

4. The statisticians, using Form #5, entitled "Score Sheet (Statisticians)", will tally the scores and determine the final places of the competitors.

5. The "Overall Champion" will be announced and the IFBB competitor's overall Gold Medal and trophy will be presented to him by the IFBB President or top IFBB official at the contest. The medal and trophy will be supplied by the organizing National Federation.

- Teams Classification Results and Award – according to **Article 38**.

- Publication of Results – according to **Article 39**.

Detailed Description of the Compulsory Poses - Appendix 5

Pictures of all Compulsory Poses: men, women and mixed pairs - Appendix 6