



BBSA/IFBB **BSA** **CRITERIA**

MEN'S CLASSIC **BODYBUILDING** **2019**





MEN'S CLASSIC BODYBUILDING

This discipline recognized by the IFBB to be included into the Senior Men World Championship Internationally. Classic Bodybuilding responds to the increasing worldwide demand for men who prefer, unlike today's current bodybuilders, to develop a less muscular, yet athletic and aesthetically pleasing physique.

The athlete should present himself in a healthy, fit, athletic looking muscular physique, in an attractively presented total package. The following will also be taken into consideration:

- Overall muscle tone achieved through athletic endeavours.
- Overall male athletic appearance of the physique.
- The presentation of a balanced, symmetrically developed physique.
- Muscle shape, density and definition while still bearing in mind overall balanced development.
- Tightness and tone of the skin – the skin should be smooth and healthy in appearance.
- A clean-cut pleasing to the eye look.

In Junior Men's Classic Bodybuilding the following categories are available on World-level competition:

- 16 to 19 years of age inclusive (optionally): One open category
- 20 to 21 years of age inclusive (optionally): One open category
- 22 to 23 years of age inclusive (optionally): One open category
- Or one group 16 to 23 years of age inclusive: One open category

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

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 4 \text{ [kg]}$$

Up to & incl. 198 cm:

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 4.5 \text{ [kg]}$$

Over 198 cm:

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 5 \text{ [kg]}$$

In Senior Men's Classic Bodybuilding, the following categories are available on World-level competitions:

a. Class A: Up to & incl. 168 cm:

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 0 \text{ [kg]}$$

b. Class B: Up to & incl. 171 cm:

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 2 \text{ [kg]}$$

c. Class C: Up to & incl. 175 cm:

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 4 \text{ [kg]}$$

d. Class D: Up to & incl. 180 cm:

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 7 \text{ [kg]}$$

e. Class E: Over 180 cm:

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 9 \text{ [kg]}$$

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:

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 11 \text{ [kg]}$$

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





$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 13 \text{ [kg]}$$

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

** NOTE that if a competitor does not meet the height/weight requirement of any of these categories, he is disqualified.

International:

There are three categories in MASTER MEN’S world-level CLASSIC BODYBUILDING competitions, currently as follows:

- 40 to 44 years of age inclusive: One open category.
- 45 to 49 years of age inclusive: One open category.
- 50 years of age and over: One open category

Note 1: Bodyweight limitations for all master men’s classic bodybuilding competitors are the same like for men classic bodybuilding competitors

International:

There are two categories in MEN’S WORLD-level games classic bodybuilding competitions, currently as follows:

- a. Class A: Up to & incl. 175 cm
- b. Class B: Over 175 cm

With the following bodyweight limitations:

Up to & incl. 162 cm

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) - 2 \text{ [kg]}$$

Up to & incl. 165 cm

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) - 1 \text{ [kg]}$$

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. 188 cm

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

Up to & incl. 196 cm

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

Over 196 cm:

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

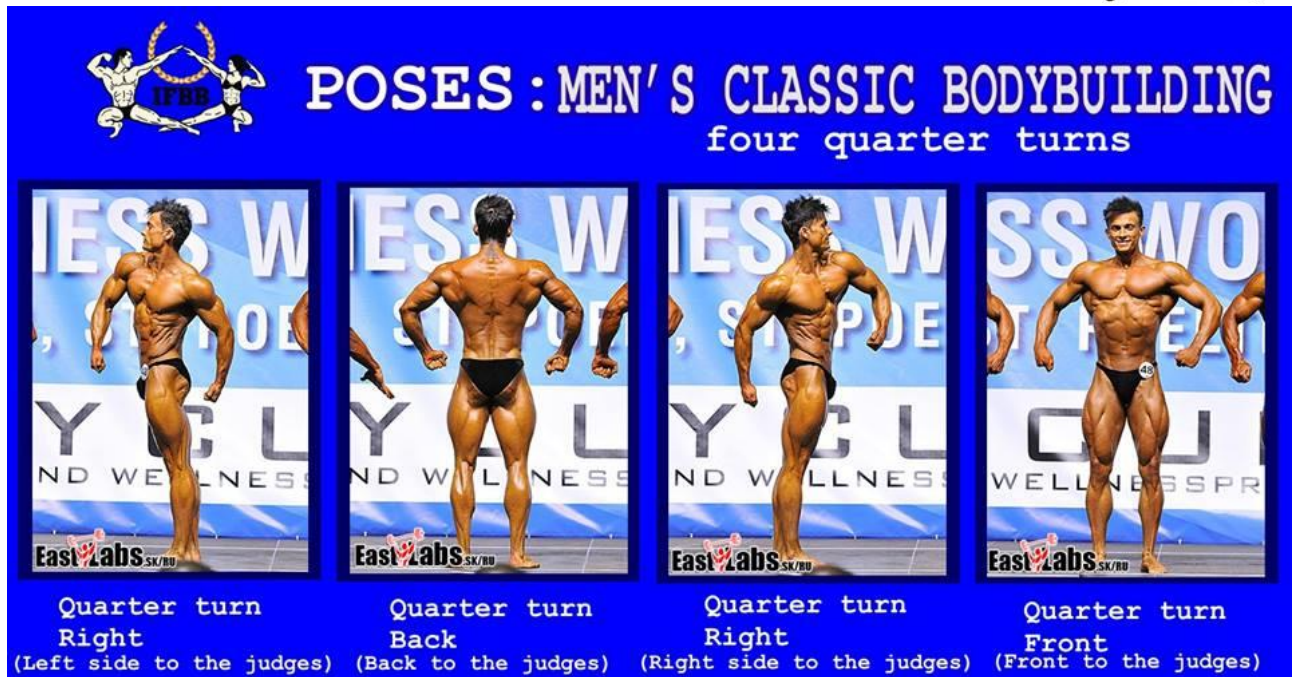
There are two rounds in this division:

Round One

Quarter turns and mandatory compulsory poses. Both will be done in the same manner as all bodybuilding divisions.

PLEASE NOTE: QUARTER TURNS FOR MEN'S BODYBUILDING AND MEN'S CLASSIC BODYBUILDING ARE THE SAME





QUARTER TURN INSTRUCTION

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 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. Flexing of the muscles is prohibited. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

Quarter Turn Back:

Relaxed erect stance, head and eyes facing the same direction of 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 bent, thumbs and fingers together, palms facing the body, hands slightly cupped, tips of the fingers resting lightly on the hips. This position is a relaxed stance. Flexing of the muscles is prohibited. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

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 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. This 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. Flexing of the muscles is prohibited. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

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 bent, thumbs and fingers together, palms facing the body, hands slightly cupped, tips of the fingers resting lightly on the hips. This position is a relaxed stance. Flexing of the muscles is prohibited. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

Posing Attire for all Rounds:

Competitors will wear one-coloured, opaque posing trunks which are clean and decent. The colour, fabric, texture and style of the trunks will be left to the competitor's discretion. The trunks will cover a minimum of $\frac{3}{4}$ of the gluteus maximus. The front area must be covered, and the side of the trunks should be 1cm in width at a minimum. The use of padding anywhere in the trunks is prohibited. Except for a wedding ring, competitors will not wear footwear, glasses, watches, necklaces, earrings, wigs, distracting ornamentation or artificial aids to the figure.

Round one – judges' assessment

The line-up of athletes will be brought onto the stage in numerical order and in a single line. Athletes will stand facing the judges. If there are more than six athletes, the line-up will then be divided into two groups. One line up will move to the back row and the front row will begin with the quarter turns. Each turn is held for 30seconds. The front row then moves to the back and the back row moves forward – they present their quarter turns.

Once the quarter turns are complete, the rows swop around again and the front row will then perform the mandatory poses as follows:

- Front double bicep
- Front *lat* spread
- Side chest
- Back double bicep



- Back *lat* spread
- Side triceps
- Abdominal and thigh



APPENDIX 1:

DETAILED DESCRIPTION OF THE SIZ MANDATORY POSES 1

MEN'S MANDATORY POSES:

1. **Front Double Biceps:** Standing face front to the judges, with one leg slightly moved forward and to the side, the competitor will raise both arms to shoulder level and bend them at the elbows. The hands should be clenched and turned down so as to cause a contraction of the biceps and forearm muscles, which are the main muscle groups that are to be assessed in this pose. In addition, the competitor should attempt to contract as many other muscles as possible as the judges will be surveying the whole physique, from head to toe. The judge will first survey the bicep muscles looking a full, peaked development of the muscle, noting whether or not there is a defined split between the anterior and posterior sections of the biceps, and will continue the head-to-toe survey by observing the development of the forearms, deltoids, petorals, pec-delt tie-ins, abdominals, thighs, and calves. The judge will also look for muscle density, definition, and overall balance.



2. Front Lat Spread (see Figure 2) Standing face front to the judges with the legs and feet in-line and up to 15cm apart, the competitor will place the open hands, or clenched fists, against, or gripping, the lower waist or obliques and will expand the latissimus muscles. At the same time the, competitor should attempt to contract as many other frontal muscles as possible. It shall be strictly forbidden for the competitor to pull on the posing trunks so as to show the top inside of the quadriceps. The judges should first see whether the competitor can show a good spread of then latissimus muscles, thereby creating a V- shaped torso. Then the judge should continue with the head-to-foot survey, noting first the general aspects of the physique and then concentrating on more detailed aspects of the various muscle groups.
3. Side Chest: The competitor may choose either side for this pose, in order to display the “better” arm. He will stand with his left or right side towards the judges and will bend the arm nearest the judges to a right-angle position, with the fist clenched and, with the other hand, will grasp the wrist. The leg nearest the judges will be bent at the knee and will rest on the toes. The competitor will then expand the chest and by upward pressure of the front bent arm and contract the biceps as much as possible. He will also contract the thigh muscles, in particular, the biceps femoris group, and by downward pressure on his toes, will display the contracted calf muscles. The judge will pay particular attention to the pectoral muscles and the arch of the rib cage, the biceps, the leg biceps and the calves, and will conclude with the head-to-foot examination. In this pose the judge ill be able to survey the thigh and calf muscles in profile, with will help in grading their comparative development more accurately.
4. Back Double Biceps: Sanding with his back to the judges, the competitor will bend the arms and wrists as in the Front Double Biceps pose, and will place one foot back, resting on the toes. He will then contract the arm muscles as well as the muscles of the shoulders, upper and lower back, thigh and calf muscles. The judge will first survey the arm muscles and then do a head-to-foot survey, during which there are more muscle groups to look at than in all of the other pose. This includes the neck, deltoids, biceps, triceps, forearm, trapezius, teres, infraspinatus, erector spinae, external obliques, latissimus dorsi, gluteus, thigh biceps, and calves. This pose, probably more than the others, will help the judge to determine the quality of the competitor’s muscle density, definition, and overall balance.
5. Back Lat Spread - Standing with his back to the judges, the competitor will place his hands on his waist with his elbows kept wide, with the legs and feet in-line and up to 15cm apart. He will then contract the latissimus dorsi as wide as possible. The competitor should flex both calves while in the rear position. It is strictly forbidden for the competitor to pull up the posing trunks so as to show the gluteus maximus muscles. The judges will look for a good spread of the latissimus dorsi, but also for good muscle density and will conclude with the head-to-foot survey.
6. Side Triceps: The competitor may choose either side for this pose so as to show the “better” arm. He will stand with his left or right side towards the judges and will place both arms behind his back, either linking his fingers or grasping the front arm by the wrist with his rear hand. The leg nearest the judges will be bent at the knee and the foot will rest flat on the floor. The leg farthest the judges moved back and the foot resting on the toes. The competitor will exert pressure against his front arm, thereby causing the triceps muscle to contract. He will also raise the chest and contract the abdominal muscles as well as the thigh and calf muscles. The judge will first survey the triceps muscles, and conclude with the head-to-foot examination. In this pose, the judge will be able to survey the thigh and calf muscles in profile, which will help in grading their comparative development more accurately.





7. **Abdominals and Thigh:** The athlete will contract the abdominal muscles by “crunching” the trunk slightly forward and showing a leg forward. At the same time, he will contract the thigh muscles of the leg(s). The judge will survey the abdominal and thigh muscles, and then conclude with the head-to-foot examination.

Once both rows have presented the compulsory poses, all athletes will be brought back together in one single line. The Chief Judge will then divide the athletes into two equal sides – where one group will stand over to the left and the other group over to the right. Athletes will stand in a v-form on stage, leaving the centre back clear and comparison will take place in the centre of the stage. Athletes who are being compared will not stand in front of the other athletes in the back.

All judges must give in at least one comparison call for two or three athletes at a time. All competitors must get at least one call out.

The judge will then assess this round as follow

- First assess the overall male athletic appearance and physique.
- Begin with the head and move down to the feet - take into consideration the hair, face, features and skin etc.
- Presentation of balance and a symmetrically developed physique.
- The athlete’s ability to present himself with confidence.
- Judges should look at the primary muscle groups being displayed.
- Look at the muscle shape, density and definition whilst keeping in mind the importance of an athletic balanced development. The muscle groups should have a round and firm appearance with a small amount of body fat.

Once comparisons have been made the athletes are put back into a single line and asked to leave the stage.

Round Two

This is a posing routine round. The maximum length is 60 seconds. The presentation of the routine should be with a view towards the display of muscularity, definition, style, personality, athletic co-ordination and overall performance. Judges will look for a smooth, artistic and well-choreographed routine.

The competitor must intermittently include all seven mandatory compulsory poses, to display the muscular development of his physique – this must be included into his routine. Therefore, athletes will perform their posing round during pre-judging as the routine round will be judged. Judges will only complete their judging scores after the completion of round two.

Lying flat on the posing platform, “moon” poses and pulling the attire to display the top inside of the quadriceps or the gluteus max if prohibited.



Round two – judges' assessment

Each judge assesses the posing routine with a view towards the display of muscularity, definition, style, personality, athletic co-ordination and overall performance. Judges look for a smooth, artistic and well-choreographed routine which may include their own style – however, the mandatory poses must be included.





Bodybuilding VS Classic Bodybuilding

