



# **BBSA/IFBB**

## **BSA**

# **MEN'S CLASSIC**

## **BODYBUILDING**

### **2018**





## 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, there are the following categories 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

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]

In Senior Men's Classic Bodybuilding, there are five categories on World-level competition:

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

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

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

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

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

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

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

Max Weight [kg] = (Height [cm] - 100) + 7 [kg]

5. Class E: Over 180 cm:

Max Weight [kg] = (Height [cm] - 100) + 9 [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) + 11 [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) + 13 [kg]

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

### **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

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

Up to & incl. 165 cm

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





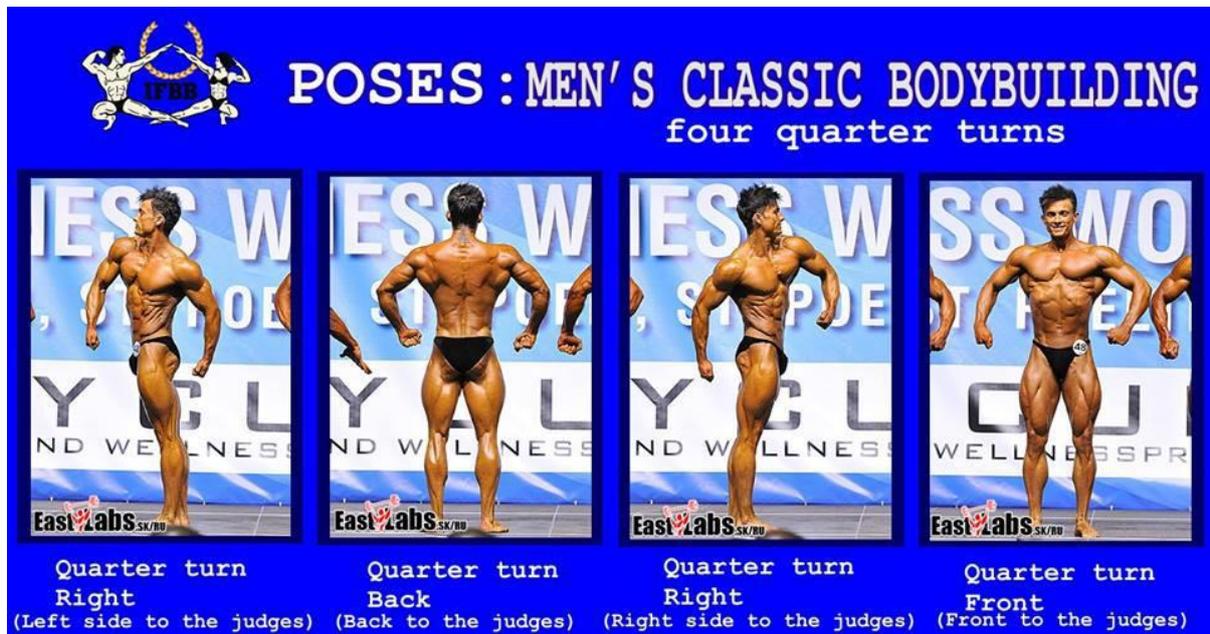
\*\* NOTE that if a competitor does not meet the height/weight requirement of any of these categories, he is disqualified.

There are two rounds for Classic Bodybuilding:

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 - judge's assessment

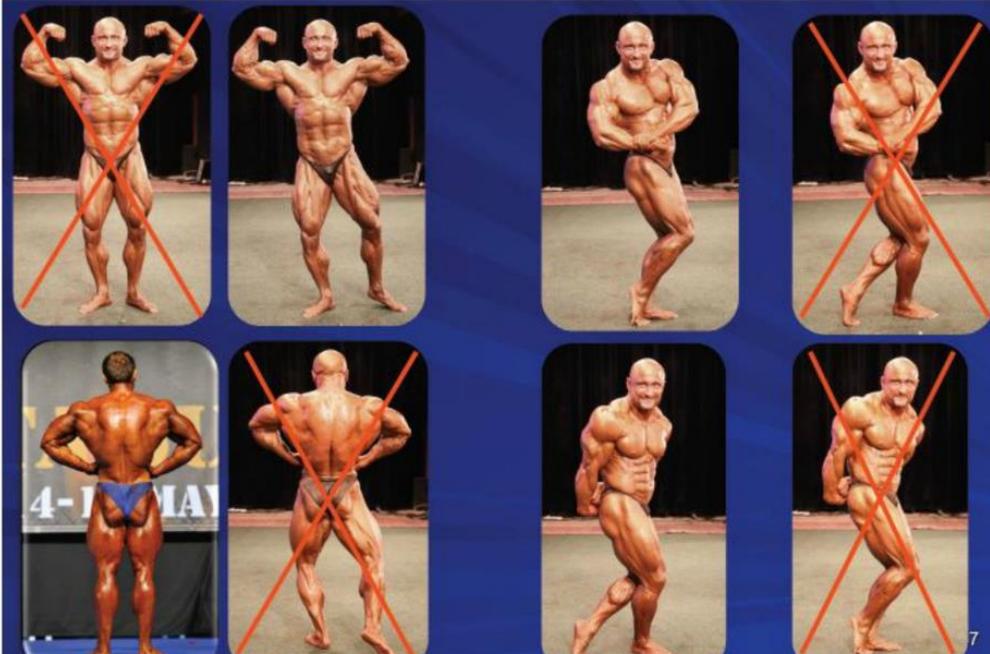
The line-up of athletes will be brought onto the stage in numerical order and in a single line. Athletes will stand facing the judges. If there are more than six athletes, the line-up will then be divided into two groups. One line up will move to the back row and the front row will begin with the quarter 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

Once the first row has completed this, the back row is brought forward and performs the same.







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 so as to display the top inside of the quadriceps or the gluteus max if prohibited.

### Round two – judge’s 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

Bodybuilding Classic Bodybuilding

