



BBSA/IFBBSA

CRITERIA

MEN'S CLASSIC

PHYSIQUE

2024



MEN'S CLASSIC PHYSIQUE

This discipline recognized by the IFBB to be included into the Senior Men World Championship Internationally. Classic Physique 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 difference between Classic Bodybuilding and Classic Physique is the amount of weight you can carry for your length. With the bodybuilding division there is no weight to height limit.

Crossovers: Men's Classic Physique competitors may also participate in **Games Classic Physique** and **Classic Bodybuilding and Bodybuilding** at the same contest if they meet specific requirements and bodyweight / body height limits obligatory in each of those divisions. With the Cross Overs these will not happen at Novice or intermediate shows. They will happen at Provincial shows, Promotor shows, Private shows, National Shows and International shows.

IMPORTANT NOTICE: When an athlete does not adhere to the Head Judges reprimand to correct their wrongs based on the IFBB rules, he/she will receive a yellow card warning. If the athlete still does not adhere to the Head Judges reprimand to correct their wrongs based on the IFBB rules after receiving the yellow card warning, a red card will be issued by the Head Judge, which will result in the athlete losing a placing.

The following will 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.
- **NO RUB OFF TAN ALLOWED**

There are five categories in Senior Men's Classic Physique, currently as follows:

1. Up to & incl. 168 cm Max Weight [kg] = (Height [cm] - 100) + 4[kg]
2. Up to & incl. 171 cm Max Weight [kg] = (Height [cm] - 100) + 6 [kg]
3. Up to & incl. 175 cm Max Weight [kg] = (Height [cm] - 100) + 8 [kg]
4. Up to & incl. 180 cm Max Weight [kg] = (Height [cm] - 100) + 11 [kg]
5. Over 180 cm:

a) over 180cm up to & Incl. 188cm: Max Weight [kg] = (Height [cm] - 100) + 13 [kg]

This complete document remains the property and copyright of the BBSA/IFBB SOUTH AFRICA. Any portion of this document used elsewhere without permission may lead to legal action.



b) over 188cm up to & Incl. 196cm: Max Weight [kg] = (Height [cm] - 100) + 15 [kg]

a) over 196cm: Max Weight [kg] = (Height [cm] - 100) + 17 [kg]

There are the following categories in Junior Men's Classic Physique World level competition, currently as follows:

- 16 -20 years of age inclusive: One open category
- 21 – 23 years of age inclusive: One open category
- Up to & incl. 168 cm Max Weight [kg] = (Height [cm] - 100) + 2[kg]
- Up to & incl. 171 cm Max Weight [kg] = (Height [cm] - 100) + 3 [kg]
- Up to & incl. 175 cm Max Weight [kg] = (Height [cm] - 100) + 4 [kg]
- Up to & incl. 180 cm Max Weight [kg] = (Height [cm] - 100) + 6 [kg]
- Up to & incl. 188 cm Max Weight [kg] = (Height [cm] - 100) + 7[kg]
- Up to & incl. 196 cm Max Weight [kg] = (Height [cm] - 100) + 8 [kg]
- Over 196 cm Max Weight [kg] = (Height [cm] - 100) + 9 [kg]

There are three categories in masters Men's Classic Physique competition, 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 and over: One open category

Bodyweight limits for Master Men's Classic Physique competitors are the same as for Senior Men's Classic Physique.

Attire

Competitors will wear a one-colour, any colour, opaque gymnastic shorts, with at least **15 cm** high sides, covering the whole gluteus maximus and all of the frontal area but allowing to display the upper legs. No ornaments in the attire will be permitted. The use of padding anywhere in the trunks is prohibited. The colour, fabric, texture and style of the trunks will be left to the competitor's discretion. The trunks will cover the whole of the gluteus maximus. The whole of the front area must be covered. These posing trunks will be worn for both rounds. Except for a wedding ring, competitors will not wear footwear, glasses, watches, necklaces, earrings, wigs, distracting ornamentation or artificial aids to the figure.

Rounds

Men's Classic Physique consists of the following four rounds:

- Round 1: Four Mandatory Poses, comparisons of Quarter Turns and seven mandatory poses

This complete document remains the property and copyright of the BBSA/IFBB SOUTH AFRICA. Any portion of this document used elsewhere without permission may lead to legal action.



- Round 2 (Free Posing Routine – 60 seconds) **VERY IMPORTANT: THE ATHLETE'S FEET MUST REMAIN ON THE FLOOR AT ALL TIMES DURING THE ROUTINE. ONE FOOT IS ALLOWED TO BE LIFTED BUT NOT BOTH AS IN A HANDSTAND OR SUMMERSAULT AS THIS WILL RESULT IN IMMEDIATE DISQUALIFICATION!**

Round 1 will proceed as follows:

1. All 15 semi-finalists will be called onstage as a group in a single line and in numerical order. If time permits, each semi-finalist will be introduced by number, name and country.
Decision will be made by the Chief Judge, who will inform the Master of Ceremony or the Announcer.
2. The line-up will be divided into two equal-size groups and will 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 will be left open for comparison purposes.
3. In numerical order, and in groups of no more than eight competitors at a time, each group will be directed to centre-stage area to perform the following initial four Mandatory Poses: a. Front double biceps b. Side chest c. Back double biceps d. Abdominals and thighs
4. All individual comparisons are to be carried out centre-stage.
5. In Round 1 individual comparisons, formulated by the IFBB Head Judge, competitors are directed to perform the following four Quarter Turns and seven Mandatory Poses:
 - a) Quarter Turn Right
 - b) Quarter Turn Back
 - c) Quarter Turn Right
 - d) Quarter Turn Front
 - 1) Vacuum pose
 - 2) Front double biceps
 - 3) Side chest
 - 4) Back double biceps
 - 5) Side triceps
 - 6) Abdominals and thighs
 - 7) Classic pose facing the judges: athlete's own choice (**in a standing front position but not Most Muscular**)

Judges assessment

- 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.

This complete document remains the property and copyright of the BBSA/IFBB SOUTH AFRICA. Any portion of this document used elsewhere without permission may lead to legal action.

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.



PLEASE NOTE: QUARTER TURNS FOR MEN'S BODYBUILDING, MEN'S CLASSIC PHYSIQUE AND MEN'S CLASSIC BODYBUILDING ARE THE SAME AS PER BELOW:

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.

This complete document remains the property and copyright of the BBSA/IFBB SOUTH AFRICA. Any portion of this document used elsewhere without permission may lead to legal action.

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.





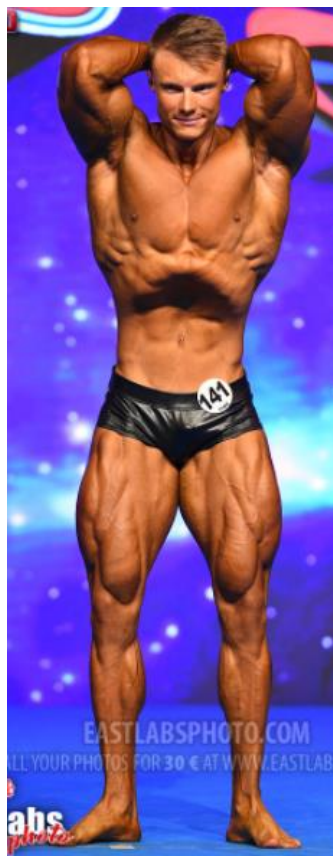
DETAILED DESCRIPTION OF THE MANDATORY POSES

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 for 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, pectorals, pec-delt tie-ins, abdominals, thighs, and calves. The judge will also look for muscle density, definition, and overall balance.
2. **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 will be able to survey the thigh and calf muscles in profile, which will help in grading their comparative development more accurately.
4. **Back Double Biceps (see Figure)**
3. **Back Double Biceps:** Standing 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 poses. 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.



4. **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.
5. **Vacuum Pose Abdominals and Thighs:** This is a mandatory pose in two times. Standing face front to the judges, the competitor will place both arms behind the head and will place the feet together. Then he will pose at the first voice (“Front position, Vacuum Pose”) this way: In the abdominal area the athlete must do the vacuum pose at the same time flexing the transverse inner muscles, flexing legs, torso and arms also.
6. **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.
7. **Classic pose of athlete choice.**



Bodybuilding VS Classic Bodybuilding



Classic Physique

