IFBB Pro Show 2022 - INDIA

Pro Competition Rules for MENS CLASSIC PHYSIQUE CATEGORY

Judging

1. The entire lineup is called onstage in numerical order and forms in equal numbers along diagonal lines at each side of the stage. The center stage area is left clear.

2. The head judge then directs groups of competitors in numerical order through the quarter turns and mandatory poses. The size of the groups is at the discretion of the head judge.

3. Each competitor is then called back onstage individually in numerical order and has up to a maximum of 60 seconds to perform the following 6 mandatory poses in the order shown:

- front double biceps
- side chest
- back double biceps
- side triceps
- abdominals and thighs
- favorite classic pose (no most muscular)

4. The entire lineup is then called back onstage in numerical order and forms in equal numbers along diagonal lines at each side of the stage. The center stage area is left clear for the callouts. The head judge then directs selected competitors through the callouts, where the selected competitors are compared against each other in the quarter turns and mandatory poses. The number and placement of competitors in the callouts is at the discretion of the head judge.

Finals (Confirmation Round)

1. Each competitor is called onstage individually in numerical order and has up to a maximum of 2 minutes to perform a posing routine to music of the competitor's choice.

2. The entire lineup is then called onstage in numerical order and forms in equal numbers along diagonal lines at each side of the stage. The center stage area is left clear for the callouts.

3. The head judge directs selected competitors through the callouts, where the selected competitors are compared against each other in the quarter turns and mandatory poses. The number and placement of competitors in the callouts is at the discretion of the head judge.

4. The competitors then perform a 60-second posedown to music of the promoter's choice.

Other Competition Rules

1. For all rounds, competitors must wear trunks that are clean and decent and that meet the following specifications:

- **Style**: Plain, opaque (no briefs or underwear)
- **Color**: Solid black
- **Fabric**: Spandex (no shiny, rubberized, velvet, metallic or lamé material)
- **Texture**: Matt

- **Length**: see December 19, 2018 notice below
- **Front**: One solid piece of material across the front of the trunks with no patch or section of different material in the middle
- **Padding**: No padding anywhere in the trunks
- **Advertising**: No advertising or endorsements except that small manufacturer logos such as Nike, Under Armour, etc are permitted

2. The competitor's number must be securely attached to the left side of the trunks at all times.

3. During the Judging, competitors cannot wear footwear, watches, bangles, pendants, chains, bracelets (wrist or ankle), ornamentation or artificial aids to the physique.

4. The use of vulgar, profane and/or offensive language in the posing music is prohibited.

5. The excessive application of oils, moisturizers, skin creams, tanning creams and like products is prohibited and may be used only in moderation. The application of tanning products must produce a natural tone so as to give the appearance of a natural tan. Products that produce an unnaturally colored tone, with an orange, yellow, red, green or gold hue, are prohibited. Bronzing agents that produce a metallic look are also prohibited.

MENS CLASSIC PHYSIQUE - PRO SHOW	
HEIGHT	**WEIGHT**
Up to and including 5' 4" (163 cm)	Up to and including 170 lbs (77 kg)
Over 5' 4", up to and including 5' 5" (165 cm)	Up to and including 175 lbs (79 kg)
Over 5' 5", up to and including 5' 6" (168 cm)	Up to and including 180 lbs (82 kg)

Over 5' 6", up to and including 5' 7" (170 cm)	Up to and including 185 lbs (84 kg)
Over 5' 7", up to and including 5' 8" (173 cm)	Up to and including 192 lbs (87 kg)
Over 5' 8", up to and including 5' 9" (175 cm)	Up to and including 200 lbs (91 kg)
Over 5' 9", up to and including 5' 10" (178 cm)	Up to and including 207 lbs (94 kg)
Over 5' 10", up to and including 5" 11" (180 cm)	Up to and including 215 lbs (98 kg)
Over 5' 11", up to and including 6' 0" (183 cm)	Up to and including 222 lbs (101 kg)
Over 6' 0", up to and including 6' 1" (185 cm)	Up to and including 230 lbs (104 kg)
Over 6' 1", up to and including 6' 2" (188 cm)	Up to and including 240 lbs (109 kg)
Over 6' 2", up to and including 6' 3" (191 cm)	Up to and including 247 lbs (112 kg)
Over 6' 3", up to and including 6' 4" (193 cm)	Up to and including 255 lbs (116 kg)
Over 6' 4", up to and including 6' 5" (196 cm)	Up to and including 262 lbs (119 kg)

Over 6' 5", up to and including 6' 6" (198 cm)	Up to and including 270 lbs (122 kg)
Over 6' 6", up to and including 6' 7" (201 cm)	Up to and including 277 lbs (126 kg)
Over 6' 7" (201 cm)	Up to and including 285 lbs (129 kg)
These classes are judged as one open class.	

Pittsburgh, PA December 19, 2018

Since the inception of the Men's Classic Physique division two years ago, the standard to wear was the Black Classic Physique Shorts. Over time we've heard you, the competitors, with suggestions and have previously followed through by both adding another height division from three to four and increasing the allowable weights for your height in both the NPC and IFBB Professional League.

Probably the suggestion we've heard the most though is competitors wanting to compete in more traditional posing trunks that don't cover the top of the thighs and hamstrings. Well you wanted "Classic" and now you are going to get "Classic"!

Starting January 1, 2019, **ALL** Men's Classic Physique competitors, both IFBB Pro and NPC, will be competing in Classic Physique Posing Trunks!

Competitors are required to wear the same type of cut and all Classic Physique Posing Trunks that are worn in competition **must be black and no less than 4-1/2 Inches on the sides/hips**. See the photo examples.

You can purchase your Classic Physique Posing Trunks now at www.npcwear.com.

For Enquiries – Contact +91 9930999085

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