



NPC

MEN'S CLASSIC PHYSIQUE

DIVISION RULES

1. CLASSES

Contests with 2 classes:

Class A up to and including 5' 9" (175,3 cm)

Class B over 5' 9" (175,3 cm)

Weight must be as indicated below

Contests with 3 classes:

Class A up to and including 5' 7" (170,2 cm)

Class B over 5' 7" (170,2 cm) up to and including 5' 10" (177,8 cm)

Class C over 5' 10" (177,8 cm)

Weight must be as indicated below

Contests with 4 classes:

Class A up to and including 5' 7" (170,2 cm)

Class B over 5' 7" (170,2 cm) up to and including 5' 10" (177,8 cm)

Class C over 5' 10" (177,8 cm) up to and including 6' 0" (182,9 cm)

Class D over 6' 0" (182,9 cm)

Weight must be as indicated below

WEIGHT

up to and including 5' 4" (163 cm)	up to and including 167 lbs (75,7 kg)
over 5' 4", up to and including 5' 5" (165,1 cm)	up to and including 172 lbs (78 kg)
over 5' 5", up to and including 5' 6" (167,6 cm)	up to and including 177 lbs (80,3 kg)
over 5' 6", up to and including 5' 7" (170,2 cm)	up to and including 182 lbs (82,6 kg)
over 5' 7", up to and including 5' 8" (172,7 cm)	up to and including 187 lbs (84,8 kg)
over 5' 8", up to and including 5' 9" (175,3 cm)	up to and including 194 lbs (88 kg)
over 5' 9", up to and including 5' 10" (177,8 cm)	up to and including 202 lbs (91,6 kg)

over 5' 10", up to and including 5' 11" (180,3 cm)	up to and including 209 lbs (94,8 kg)
over 5' 11", up to and including 6' 0" (182,9 cm)	up to and including 217 lbs (98,4 kg)
over 6' 0", up to and including 6' 1" (185,4 cm)	up to and including 224 lbs (101,6 kg)
over 6' 1", up to and including 6' 2" (188 cm)	up to and including 232 lbs (105,2 kg)
over 6' 2", up to and including 6' 3" (190,5 cm)	up to and including 239 lbs (108,4 kg)
over 6' 3", up to and including 6' 4" (193 cm)	up to and including 246 lbs (111,6 kg)
over 6' 4", up to and including 6' 5" (195,6 cm)	up to and including 253 lbs (114,8 kg)
over 6' 5", up to and including 6' 6" (198,1 cm)	up to and including 260 lbs (117,9 kg)
over 6' 6", up to and including 6' 7" (200,7 cm)	up to and including 267 lbs (121,1 kg)
over 6' 7" (200,7 cm)	up to and including 274 lbs (124,3 kg)

2. ATTIRE

Competitors are required to wear posing shorts (see image below). Board shorts or bodybuilding posing trunks are prohibited. Competitors are required to wear the same type of cut and all shorts that are worn in competition **must be black**.

3. MUSIC

1. Posing Music will be used for the final.
2. Posing music must be uploaded to MUSCLEWARE when registering or be included on a USB stick by the Registration (Check-In).
3. Posing music must be the only music on the USB stick.
4. Posing music must not contain vulgar lyrics. Competitors using music containing vulgar lyrics will be disqualified.

4. ONSTAGE

1. During the Judging, competitors shall not wear jewelry except for a wedding band.
2. Prescription eyewear (except sunglasses) is permitted.
3. The following is prohibited while onstage:
 - a. Props
 - b. Chewing gum
 - c. "Moon Pose" (any competitor performing this pose will be disqualified)
 - d. Lying on the stage
 - e. Bumping and shoving (the first and second person involved will be disqualified)
4. Competitor numbers must be worn on the left side of the posing suit during the Judging and Finals.

5. FORMAT

Judging

Presentation

1. Each competitor proceeds to center-stage individually in numerical order and automatically performs the mandatory poses. No signal from the Head Judge is required.
2. Each competitor has a maximum of 60 seconds to perform the poses. A warning will be given when 10 seconds remain.
3. Competitors are not required to use the full 60 seconds.
4. The mandatory poses are:
 - a. Front Double Biceps
 - b. Side Chest
 - c. Back Double Biceps
 - d. Abdominals and Thighs (and Vacuum if you want)
 - e. Favorite Classic Pose

Mandatory Poses (a-c)



Mandatory Poses (d-e)



Quarter Turns



Comparisons

1. The Head Judge will call the competitors, in small groups and in numerical order, to center stage to perform the quarter turns and mandatory poses.
2. In the call-outs, the Head Judge will direct specific competitors to perform the quarter turns and mandatory poses. Judges will have the opportunity to compare competitors against each other.

* Judges will score competitors according to the “total package”, which is a balance of size, symmetry and muscularity.

Finals

Posing-Routine

1. Competitors are called onstage individually in numerical order to perform a posing routine to music of the competitor’s choice.
2. The length of the posing routine is a maximum of 60 seconds.
3. Depending on the number of competitors, the promoter and Head Judge may decide that only the top finalists shall perform their posing routine.

Confirmation

Competitors are called onstage and, under the direction of the Head Judge, are compared in groups while performing the mandatory poses.

The judging panel, at its sole discretion, reserves the right to re-judge using a Confirmation round.

Posedown (overall title only)

The class winners take part in a 60-second posedown in which free posing is allowed.

6. SCORING

1. The Judging is scored 100%. The posing routine is therefore not included in the score.
2. Ties are broken using the Relative Placement method.