

## **Men's Classic Physique**

Men's Classic Physique will be for competitors who want to present more muscular size than is currently acceptable for Men's Physique, but not as extreme as the current standards for Bodybuilding.

The rules and guidelines for Men's Classic Physique are outlined below:

### **Division A – up to and including 5'7"**

- Up to and including 5'4" Up to and including 155 lbs.
- Over 5'4", up to and including 5'5" Up to and including 160 lbs.
- Over 5'5", up to and including 5'6" Up to and including 165 lbs.
- Over 5'6", up to and including 5'7" Up to and including 170 lbs.

### **Division B – over 5'7", up to and including 5'10"**

- Over 5'7", up to and including 5'8" Up to and including 177 lbs.
- Over 5'8", up to and including 5'9" Up to and including 185 lbs.
- Over 5'9", up to and including 5'10" Up to and including 192 lbs.

### **Division C – over 5'10"**

- Over 5'10", up to and including 5'11" Up to and including 200lbs.
- Over 5'11", up to and including 6'0" Up to and including 207 lbs.
- Over 6'0", up to and including 6'1" Up to and including 215 lbs.
- Over 6'1", up to and including 6'2" Up to and including 225 lbs.
- Over 6'2", up to and including 6'3" Up to and including 232 lbs.
- Over 6'3" Up to and including 240 lbs.

## **Attire**

1. Trunks must meet the following criteria:

(a) Plain opaque in style.

(b) Solid black in color.

(c) Cloth fabric in material (no plastic, rubberized, or similar material).

(d) Matt in texture (no shiny material).

(e) No ornamentation, frills, large logos except the OPA Logo, lacework edges and/or borders.

(f) The trunks must be at least 15cm (6") high on the sides.

2. Except for a wedding ring, competitors will not wear footwear, glasses, watches, bangles, pendants, earrings, wigs or artificial aids to the figure.
3. The use of padding anywhere in the trunks is prohibited. Implants or fluid injections to change the natural shape of any part or muscle of the body are strictly prohibited and may result in disqualification of the competitor.
4. Athletes are expected to have a natural and healthy looking tan. Staining, removable bronzers are strictly prohibited.

### **Judging Criteria**

Muscularity and Body Condition – Judges will be looking for competitors who display muscular size, symmetry, balance and proportion, with an emphasis on definition and condition. The ideal physique will display an aesthetic appearance highlighted by a small waist.

The Judging will consist of comparisons on quarter turns and the following five mandatory poses:

- Front Double Biceps
- Side Chest
- Back Double Biceps
- Abdominals and thighs
- Favorite Classic Pose (No Most Muscular)

### **Finals**

- Posing routine (up to a maximum of 60 seconds)
- Confirmation round (if necessary)
- Pose down (overall title only)