

## Categories in Classic Physique

There will be **one open class** in the UKBFF events with the IFBB height/weight categories in **SENIOR MEN'S CLASSIC PHYSIQUE**, currently as follows:

- 1. Up to & incl. 168 cm Max Weight [kg] = (Height [cm] – 100) plus FOUR (4) Kgs
- 2. Over 168cm Up to & incl. 171 cm Max Weight [kg] = (Height [cm] – 100) plus SIX (6) Kgs
- 3. Over 171cm Up to & incl. 175 cm Max Weight [kg] = (Height [cm] -100) plus EIGHT (8) Kgs
- 4. Over 175cm Up to & incl. 180 cm Max Weight [kg] = (Height [cm] -100) plus ELEVEN (11) Kgs
- 5. Over 180 cm:
  - a) over 180 cm up to & incl. 188 cm: Max Weight [kg] = (Height [cm] -100) plus THIRTEEN (13) Kgs
  - b) over 188 cm up to & incl. 198 cm: Max Weight [kg] = (Height [cm] – 100) plus FIFTEEN (15) kgs
  - c) over 196 cm: Max Weight [kg] = (Height [cm] – 100) plus SEVENTEEN (17) kgs

There is **one open category** in **JUNIOR MEN'S CLASSIC BODYBUILDING** (age 16-23 years old).

**Bodyweight limitations which will be half of the Senior classes:**

- Up to & incl. 168 cm Max Weight [kg] = (Height [cm] – 100) plus TWO (2) Kgs
- Up to & incl. 171 cm Max Weight [kg] = (Height [cm] – 100) plus THREE (3) kilos
- Up to & incl. 175 cm Max Weight [kg] = (Height [cm] -100) plus FOUR (4) kilos
- Up to & incl. 180 cm Max Weight [kg] = (Height [cm] -100) plus SIX (6) kilos
- Over 180 cm:
  - a) over 180 cm up to & incl. 188 cm: Max Weight [kg] = (Height [cm] -100) plus SEVEN (7) kgs
  - b) over 188 cm up to & incl. 196 cm: Max Weight [kg] = (Height [cm] – 100) plus EIGHT (8) kgs
  - c) over 196 cm: Max Weight [kg] = (Height [cm] – 100) plus NINE (9) Kgs

There are two categories in the **IFBB MASTER MEN'S CLASSIC PHYSIQUE** competition, currently as follows:

- 40 to 49 years of age inclusive: One open category
- 50 years and over: One open category

**Bodyweight limits for master men's classic bodybuilding competitors are the same as for senior classic bodybuilders**

### Posing Attire for All Rounds

The posing attire must meet the following guidelines:

Competitors will wear **BLACK** colour, opaque posing pants which cover 100% glutes muscles but without covering the legs.

The front area must be covered and the side of the trunks should be 15/20 cm in width at a minimum.

The use of padding anywhere in the trunks is prohibited.

### The Mandatory Poses:

- a) Vacuum pose with hands behind the head
- b) Front double biceps
- c) Side chest
- d) Back double biceps
- e) Side triceps
- f) Abdominals and thighs
- g) Classic pose: athlete's own choice

