

## **Classic Physique**

**Attire-** A longer brief than modern men's bikini cut plain, opaque solid color fabric can be spandex. No advertising or endorsements except small manufacturer logos such as Nike, Under Armour, etc. standard bodybuilding posing suits can also be used.

### **Judging Criteria-**

Judges will be looking for the ideal classic aesthetic appearance distinguished by a smaller waist yet still displaying muscular size, balance and symmetry with focus on definition and condition. Body condition and total package should represent a pleasing physique.

Classic physique is more aesthetic looking. Not as hard as open bodybuilding. Smaller waist emphasis on symmetry. Defined physique with minimum vascularity and striations. In this class balance is more important than freaky muscle

### **Judging**

**1. Body shape:** This is how the muscle groups are shaped. Judges will look for rounded muscle groups that are pleasing to the eye. The condition of the skin and the skin tone and the athlete's ability to present herself with confidence, poise and grace.

**2. Symmetry:** This is the balance of how all the muscle groups fit together. Judges will look for harmony and proportion of the physique. The body structure should have an equal ratio of torso to leg length, shoulders to hips etc. Harmony and proportion also include upper body to lower body development should be in parity and fit together. Symmetry will be judged similar as that to a bodybuilding competition with the idea in mind that the judge will be looking for a Muscular Physique. The physique should be assessed as to its level of overall muscle tone, achieved through athletic endeavors.

**3. Muscle Tone:** The muscle groups should have a round and firm appearance with absence of body fat. Judges will look for a pleasing level of muscularity. Judges will also look for the even balance of muscle tone throughout the entire body.

**4. Stage presence:** Appearance, Charisma, Professionalism.

### **Prejudging (Symmetry & Mandatory Poses)**

**Round One Symmetry-** Competitors will enter the stage and report to the front line of the stage in order of their assigned contestant numbers. All competitors will face the front towards the judges in a relaxed but tensed pose. The judges will then conduct quarter turn group comparisons in the first round of prejudging.

#### **Description of quarter turns:**

##### **SYMMETRY ROUND:**

**Front:** Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30 degree angle, knees together and unbent, stomach in, chest out, shoulders back, both arms hanging relaxed and at the side along the center-line of the body, elbows slightly bent, tips of the fingers resting lightly near the hips.

**First Quarter Turn-Side Pose:** Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30 degree angle, knees together and unbent, stomach in, chest out, shoulders back right arm hanging relaxed and slightly back from the center-line of the body with a slight bend at the elbow, left arm hanging relaxed and slightly front of the center-line of the body with a slight bend at the elbow. The positioning of the arms will cause the upper body to twist slightly toward the judges shoulder lowered and the left shoulder raised

**Second Quarter Turn-Rear Pose:** Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30 degree angle, knees together and unbent, stomach in, chest out, shoulders back, both arms hanging relaxed and at the side along the center-line of the body, elbows slightly bent, tips of the fingers resting lightly near the hips.

**Third Quarter Turn-Side Pose:** Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30 degree angle, knees together and unbent, stomach in, chest out, shoulders back right arm hanging relaxed and slightly back from the center-

line of the body with a slight bend at the elbow, left arm hanging relaxed and slightly front of the center-line of the body with a slight bend at the elbow. The positioning of the arms will cause the upper body to twist slightly toward the judges shoulder lowered and the left shoulder raised

**Last Quarter Turn- Front:** Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30 degree angle, knees together and unbent, stomach in, chest out, shoulders back, both arms hanging relaxed and at the side along the center-line of the body, elbows slightly bent, tips of the fingers resting lightly near the hips.

## **Round Two – Mandatory Poses**

### ***Front Double Biceps***

Contestant should face judges. A variation of closed fist or open hand is permitted. Legs are allowed to be off centered from each other.

### ***Side Chest Pose***

Contestant will turn to the side and choose their favorite side pose with face turned toward judges. Contestant should stand on foot farthest from the stage with front leg bent to show the calf and leg biceps. The front arm should be bent at approximately 90-degrees with the rear hand gripping at the wrist or fists touching. The chest should be lifted and the abdominals pulled in tightly.

### ***Rear Double Biceps***

Contestant should face the rear. This pose is exactly as the frontal version except that the contestant must bring the leg of choice toward the judges and "spike" the foot to show calf and leg biceps development. Contestants should not lean excessively toward the rear of the stage, nor lean backwards too far toward the judges.

### ***Overhead Abdominal Pose***

The contestant must stand facing the judges with one leg extended slightly forward, and with hands clasped behind the neck. The abdominals must be fully flexed, with air expelled, with the legs and chest also tight.

### ***Optional Poses***

Favorite Classic Pose

**Finals-** Finals will consist of the Individual Presentation set to the individual competitor's music of choice (no profanity allowed). The routine will range from 60 to 90 seconds. Please que your music on a USB Flash Drive with no other files on it according to the name of the song/artist and if you want your music to start playing before you get to the stage or once you are on the stage.