

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

