



SPORT REGULATIONS

MEN CLASSIC PHYSIQUE DIVISION



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1) LIST OF CATEGORIES

In the current year, only 1 (open) category is available for this division. All athletes of this division are competing in the same category.



2) JUDGING CRITERIA

The Classic Physique category is a throwback to the 'Golden Era' of Bodybuilding. It represents the epitome of health and fitness in the art form. The Classic Physique is a picture of flawless symmetry, perfectly sculptured muscle groups that fight each other for dominance, creating a balanced and complete physique.

Classic Physique has broad shoulders accompanied by a small waist, round balanced quads. The physical differences between Classic Physique and Bodybuilding are minimal, the presentation creates the difference in judging.

Apart from the distinguishing physical features, a Classic Physique competitor is a master poser. Classic posing requires confidence, grace, and balance. Each pose is deliberate in highlighting the strengths of a physique. Transitions are smooth and theatrical in executions but not exaggerated or arrogant.

Symmetry = posing > conditioning > muscularity (Symmetry is most favourably judged, together with the Classic presentation, followed by conditioning and lastly the athlete's muscle mass.)



Classic Physique should have a polished overall look and effortless posing. This includes the stand, posing, transitions, self-confidence and overall presentation.

3) OUTFIT & PRESENTATION

REGISTRATION / WEIGH-IN

Athletes have to present themselves on the day of the competition at the administration office at the aforementioned times. An athlete must be able to officially disclose their identity (identity card, driving licence or passport). Open payments or invoices have to be paid before the disclosed time. Athletes who fail to do this, will be disqualified unless there is a valid reason for their failure. The decision to allow the athlete is only decided by the official members of the administration.

Athletes receive 2 number badges with an identical number. The badges are always visible on stage and are attached to the competition suit on the left hand side on the front AND the back. Athletes who go on stage without their number badge, are unable to be judged and will be disqualified.

Athletes will be weighed according to their registered categories. If they do not meet an appropriate weight, the athlete can retry the weigh-in to try and meet the target weight before the weigh-in period ends (this is mentioned beforehand).

The athlete can ask for feedback if his posing outfit is according to the regulations, after this point in the competition the athlete is responsible to be compliant with his posing outfit.



When competing in a weight category, an athlete is always measured in underwear without shoes.

OUTFIT

- Athletes wear Classic Posing Trunks:
 - Black colour. Normal fabric or 'wetlook'
 - Shiny glitter effect is not allowed
 - Side width of the trunks is between 6-15cm
- Jewelry and piercings are allowed but without excess.
- Athlete number must always be visible at the left side of the waist and on the back.

N.B After inspection of the posing attire at the registration, any objection will automatically result in disqualification of the athlete if no remediation is possible before the start of the contest (first category of the day).



Regulatory posing trunks, black and side width is between 6 and 15cm.

TANNING / BRONZE

In order to give every athlete an equal chance to show off their physique on stage, we use one method exclusively to tan athletes for the competitions organised by NCOBB/ICN Belgium.

The tan is applied by means of a cream supplied at a very democratic price through our organisation. This cream can be purchased through our webshop and collected at a location and time provided with the purchase, as well as at the registration/weigh-in of each competition.

Any other method used backstage to tan will not be accepted and will result in disqualification of the athlete if no remediation is possible before the start of the contest (first category of the day). Also note that extra application oils/sprays on top of this official competition tan is not allowed!

Athletes are required to be extremely mindful of backstage hygiene and tidiness. Athletes who damage or stain the backstage area excessively, will be disqualified and in extreme cases fined by the NCOBB administration. This is decided by the official NCOBB administration.

It must be noted that this tan is oil based, making it not allowed in many other organisations, including most competitions of other ICN Worldwide countries.
Athletes must be mindful of this!



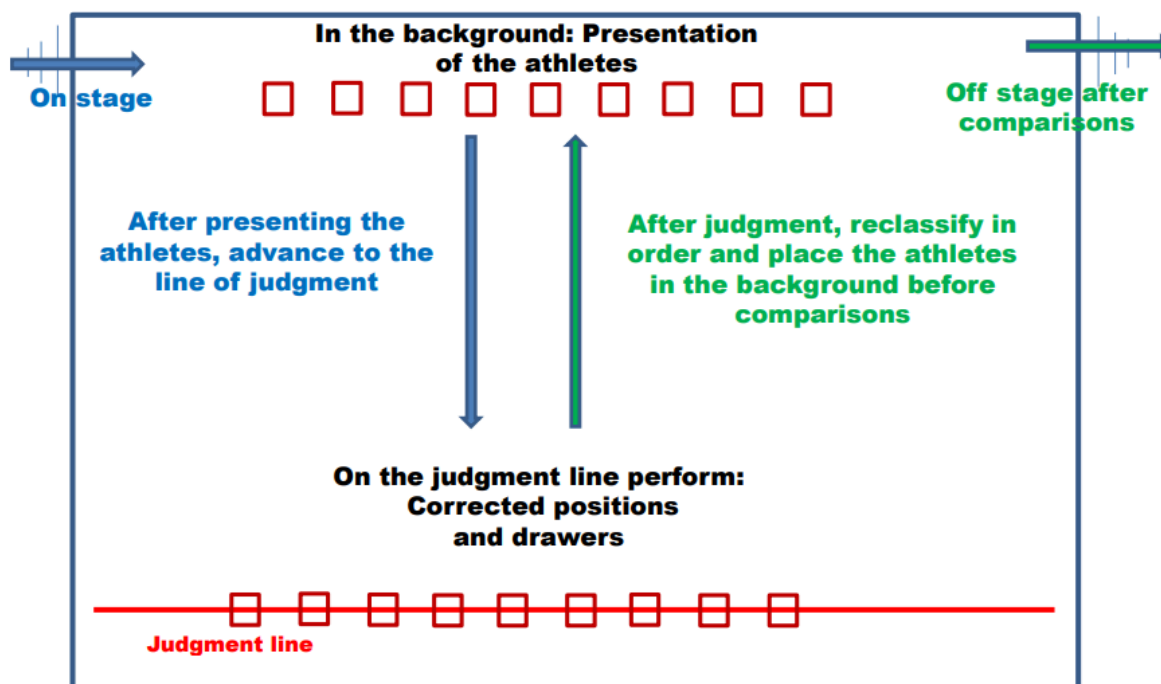
Application of the cream is easiest with a small paint roller in 1 to max. 2 layers. The face should be less dark compared to the rest of the body for best aesthetic results.

4) POSING

FIRST ROUND (SYMMETRY ROUND)

Athletes of the same category present themselves backstage in their competition outfit.

Under the direction of the stage director all the athletes of the same category come on stage. The stage director presents each athlete in ascending order of athlete number.

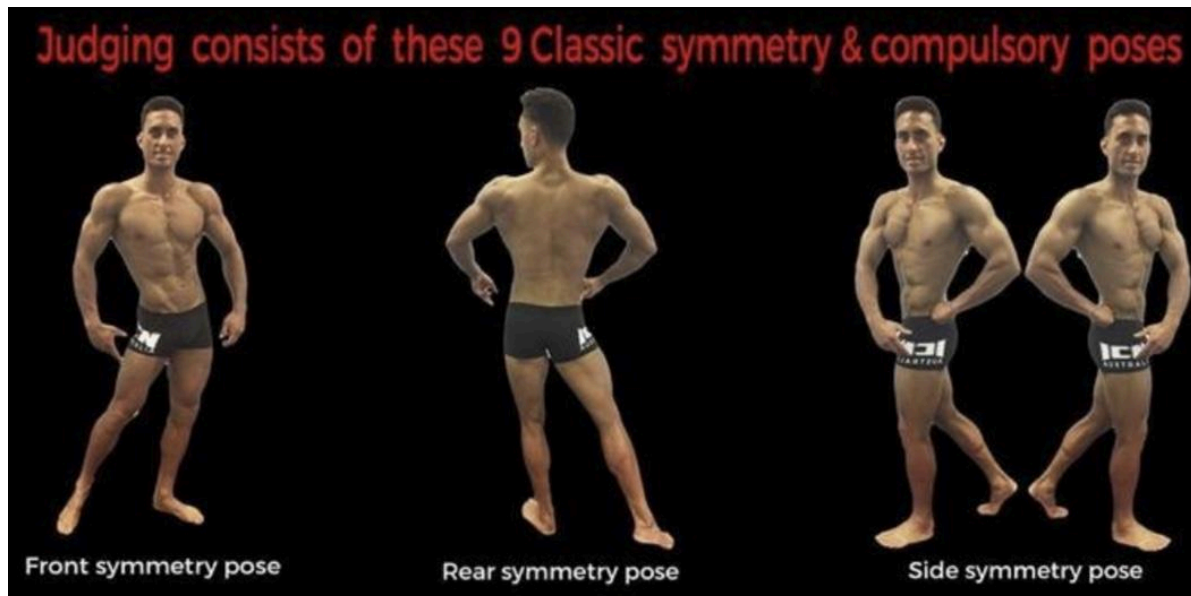


Under the orders of the stage director, after presentation at the back of the stage, and having advanced on the comparison/judgment line, the athletes perform:

A quarter turn to the right so as to appear in profile, then again a quarter turn to the right so as to stand facing the judges, then a quarter turn to the right to present their other profile, and finally the athletes finish with a last quarter turn to regain face to face position with the judges.

Depending on the number of athletes a new order of numbers can be made. All athletes perform all (or several) quarter turns again in the new order of athlete numbers. After being put back in the original order of the athlete numbers, the athletes are aligned in the background. This ends the first round.

SYMMETRY ROUND: 4 QUARTER TURN POSES.



Note that these are different from Men Bodybuilding division! Athletes will be sanctioned in points who fail to respect the specific poses of Classic Physique division.

SECOND ROUND (INDIVIDUAL POSING)

- Personal posing routine
- Duration: maximum of 90 seconds.
- Free choice of music.
- Same outfit as the other rounds.
- No accessories allowed (costumes, attributes)

International ICN contests may differ in the inclusion of an individual posing round.

Music can be sent beforehand in .mp3 format to music@ncobb.com (with name, category of athlete and when to start music (before or on podium). We advise you to send one e-mail for every category you participate in where individual music can be prepared. Athletes can choose to let their music be played before they step up on stage, or when they're standing ready on stage. This is decided in the e-mail sent beforehand.

Sending in your individual music has to be done before the official athlete registration deadline. The athlete will have to pay a late registration fee (+25EUR per category) when music is sent in after this deadline. The athlete will receive a confirmation if the individual music is valid for competition by e-mail.

- **Athletes who present no music (or not valid) will perform their second round on music selected by the DJ.**
- **Athletes who do not perform an individual posing routine will be sanctioned with points.**



THIRD ROUND (MUSCULARITY ROUND)

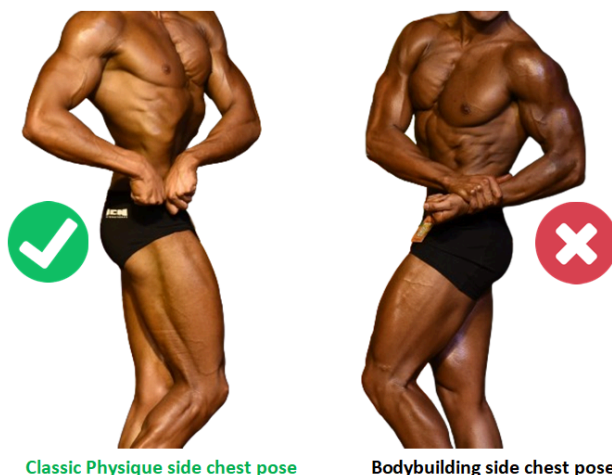
After the second round, the line up is once again formed on the backline of the stage in ascending athlete numbers. All athletes are moved to the front of the stage, the stage presenter will call for 6 mandatory poses. Front classic bicep, Side Classic Chest (preferred side), Back Classic Bicep, Side Classic Tricep (preferred side), Classic abdominals and lastly a preferred Classic pose (see below)

Note that these muscularity poses are judged to look for the specific Men Classic Physique judging criteria and should differ in presentation from Bodybuilding or Physique muscularity poses.

MUSCULARITY ROUND: 6 poses in total (In this order: Front Bicep Classic Pose, Side Chest Classic pose, Back Bicep Classic pose, Side Tricep Classic pose, Abdominals Classic pose). Variations are allowed, but no muscularity poses from bodybuilding division!



We should never see a Bodybuilding pose in Classic Physique



MUSCULARITY ROUND: Pose #6 is a variation of any classic era pose which can be a Victory Pose, Vacuum, Praying Mantis, a $\frac{3}{4}$ Double Bicep, Crouched Double Bicep(see below))



FOURTH ROUND (CALL-OUTS + POSEDOWN/FREE POSING)

At the end of the third round (muscularity round), comparisons by 3 can then be requested by the judges in order to better estimate the athletes' physique and refine the ranking. Requests for comparisons will be made by the head of the jury table. The comparisons of these 3 athletes will be with the same poses as the third round (muscularity round).

After the judges have asked for call-outs, 1 minute of free posing is offered to all athletes on stage. The posedown is competitive, but friendly in nature, overly aggressive behaviour will be sanctioned by the jury.



Posedown: 1 minute of free posing for all athletes together on stage!

5) RESULTS

The athlete will be called back on stage together with the other athletes of the category according to the time schedule of the competition for the award ceremony.

It is forbidden to leave the stage while the award ceremony is taking place without being instructed to by the administration of the NCOBB.

Objections to the outcome of the competition are not possible on the day of the competition. The athlete can make an official objection by mail to the head judge of the NCOBB (jury@ncobb.com) within 8 days after the day of the competition.

6) OVERALL WINNER

There will be no overall category in the current year (due to only 1 active category).

