

MEN CATEGORIES

BODYBUILDING

- *SYMMETRY ... overall physical balance from top to bottom
- *MUSCULARITY ... muscular density or thickness, fullness of muscle bellies
- *CONDITIONING ... strong muscular separation and hardness
- *Cross-Over allowed only from Classic Physique Category
- *Teenage Division allows no older than 19-years of age by the date of the show
- *Masters Division allows multiple Cross-Over opportunities between age specific and Open Classes ... please contact for more information or clarification
- *NO STAGE PROPS

CLASSIC PHYSIQUE

- *SYMMETRY ... overall physical balance from top to bottom
- *MUSCULARITY ... muscular density or thickness, fullness of muscle bellies
- *CONDITIONING ... strong muscular separation and hardness
- *Differs from Bodybuilding in tighter waist,
- *Cross-Over allowed only from Bodybuilding Category
- *NO STAGE PROPS

MENS PHYSIQUE

Symmetry (Overall Balance)

Muscularity (Fullness, Density)

Conditioning (Separation, Vascularity, Ability to Hold Pose)

*Judge Muscularity and Conditioning and Co-Requisites

*Scoring is evaluated based on ability to open back, flex muscles, and hold poses

*Best Overall Package Wins

*Teenage Division allows no older than 19-years of age by the date of the show

*Masters Division allows multiple Cross-Over opportunities between age specific and Open Classes ... please contact for more information or clarification

*NO STAGE PROPS ALLOWED