



PLEASE READ INFORMATION CAREFULLY

DATES:

Muscle Beach Int'l Classic
Monday May 27, 2024

Mr. & Ms. Muscle Beach
Tuesday July 4, 2024

Muscle Beach Championship
Monday September 2, 2024

Registration: 7:00 am – 9:30 am
Pre-judging: 10 am, Finals - 1 pm

**ATHLETE
BRIEFING:**

Athlete Briefings will begin at 9:30 am.

LOCATION:

Muscle Beach Venice “The Weight Pen”
1800 Oceanfront Walk, Venice, California, 90291

CAMERAS

1. No professional photography, video or special projects are allowed

VIDEO

2. No soliciting of photo or video services is allowed on the premises

3. No photos will be allowed to be taken in “The Pit” area
4. Exceptions to the above can only be waived by Joe Wheatley Productions

ELIGIBILITY:

1. This competition is open to **ALL AMATEUR ATHLETES**.
2. Novice divisions are open to all athletes who **HAVE NOT** Won Overall Novice or Overall Open at Muscle Beach
3. Men’s Masters - Men who have reached 40 (Masters), 50 (Grand), 60 (Ultra) or 70 (Ultra Grand) years of age by the date of the show.
4. Women’s Masters - Women who have reached 35 (Masters) by the date of the show.
5. Masters Figure Women - Women who have reached 35 or 45 years by the date of the show.
6. Master’s Bikini – Women who have reached 35 or 40 years of age by the date of the show.
7. Master’s Men’s Physique – Men who have reached 35 or 45 years of age by the date of the show.
8. Teenage Men - must not have reached their 20th Birthday by the date of the show.
(Masters and Teens must show proof of age e.g. drivers license/birth certificate.)
9. All Figure Competitors must be over the age of 18 years on the day of the contest.

Note: Each contestant may enter more than one division.

CROSSOVERS ALLOWED BETWEEN MEN'S BODYBUILDING AND CLASSIC PHYSIQUE.
Athletes may change divisions at check-in but changes must be made before pre-judging starts.

WEIGHT CLASSES:

Wellness:

Up to 5'4"

Over 5'4"

Mens Novice:

Lt. Wt. 143 - 154 Mid.

Wt. 155 - 178 Lt.

Hvy. Wt. 179 - 198

Heavy Wt. Over 198

Mens Open:

Lt. Wt 143 - 154

Mid. Wt 155 - 178 Lt.

Hvy. Wt 179 - 198

Heavy Wt. 199 - 225

Super Heavy Over 225

Men's Masters: (One Class Each)

Over 40 - Masters

Over 50 - Grand

Over 60 - Ultra

Over 70 - Ultra Grand

Teens: Open

Men's Physique:

Up to 5' 7" - Short

Over 5' 7" – 5' 10" - Medium

Over 5' 10" – 6' - Tall

Over 6' – Ultra Tall

Teens – one class

Master's Over 35

Master's Over 45

Classic Physique

Up to 5'9" – up to 175lbs

Over 5'9 ¼" – up to 210 lbs

Couples: One Class - NOTE: The couples posing routine should place emphasis on synchronized bodybuilding (no lifts allowed).

Masters Figure

Over 35 – One class

Over 45 – One class

Womens Open Figure

Up to 5'4 - Short

Over 5'4 - 5'6 Medium

Over 5'6 – Tall

Bikini

Master's Over 35

Master's Over 40

Up to 5'4" - Short

Over 5'4" to 5'6" - Medium

Over 5'6" - Tall

Vintage Swimsuit

One piece only

Up to 5'6"

Over 5'6"

Angel Bikini

Short – Up to 5'6"

Tall – Over 5' 6"

Wellness

Short – Up to 5'6"

Tall – Over 5' 6"

AWARDS:

Awards will be provided to the 1st, thru 5th place winners in each weigh/height group – Open, Novice and Masters. Overall trophies will be awarded to Men's Bodybuilding Novice, Men's Bodybuilding Open, Figure Open, Bikini, Men & Women's Physique, Men's Classic Physique.

MUSIC:

CD only will be accepted. Each CD must contain only one song (mixing music is allowed) and must bear the contestant's name. Each contestant is responsible for picking up his/her music at the end of the show. Joe Wheatley Productions will not accept liability for music left behind.

POSING LIMIT:

The posing routine shall be no longer than 60 seconds at the Finals show.

POSING SUITS:

Posing trunks can be solid color or multi-colored.

Figure contestants must wear a two piece suit, sequins are allowed. Bikini contestants must wear competition suits.
NO THONG SUITS PERMITTED.

RULES:

Amateur rules prevail - Final Decisions made by event promoter.