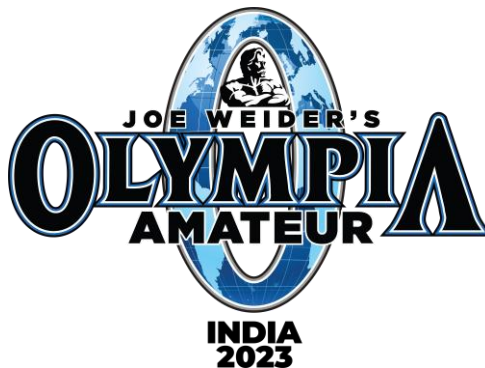


1. CLASSES

DIVISION "A" (UP TO AND INCLUDING 5' 7" [170.2 CM])			
CLASSES & HEIGHTS	CM	WEIGHT	KG
Up to and including 5' 4"	162.6	Up to and Including 167 lbs	75.7
Up to and including 5' 5"	165.1	Up to and Including 172 lbs	78
Up to and including 5' 6"	167.6	Up to and Including 177 lbs	80.3
Up to and including 5' 7"	170.2	Up to and Including 182 lbs	82.6
DIVISION "B" (UP TO AND INCLUDING 5' 10" [177.8 CM])			
Up to and including 5' 8"	172.7	Up to and Including 187 lbs	84.8
Up to and including 5' 9"	175.3	Up to and Including 194 lbs	88
Up to and including 5' 10"	177.8	Up to and Including 202 lbs	91.6
DIVISION "C" (UP TO AND INCLUDING 6' 0" [182.9 CM])			
Up to and including 5' 11"	180.3	Up to and Including 209 lbs	94.8
Up to and including 6' 0"	182.9	Up to and Including 217 lbs	98.4
DIVISION "D" (OVER 6' 0" [182.9 CM])			
Up to and including 6' 1"	185.4	Up to and Including 224 lbs	101.6
Up to and including 6' 2"	188	Up to and Including 232 lbs	105.2
Up to and including 6' 3"	190.5	Up to and Including 239 lbs	108.4
Up to and including 6' 4"	193	Up to and Including 246 lbs	111.6
Up to and including 6' 5"	195.6	Up to and Including 253 lbs	114.8
Up to and including 6' 6"	198.1	Up to and Including 260 lbs	117.9
Up to and including 6' 7"	200.7	Up to and Including 267 lbs	121.1
Over 6' 7"	200.7	Up to and Including 274 lbs	124.3



2. ATTIRE

Competitors are required to wear posing shorts (see image below). Board shorts or bodybuilding posing trunks are prohibited. Competitors are required to wear the same type of cut and all shorts that are worn in competition must be **black**

Please visit this link for more information on Classic Physique posing attire <http://www.ifbbpro.com/news/classic-physique-announcement/>.

3. MUSIC

1. Posing music must be on a CD or USB stick.
2. Posing music must be the only music on the CD or USB stick.
3. Posing music must not contain vulgar lyrics. Competitors using music containing vulgar lyrics will be disqualified.

4. ONSTAGE

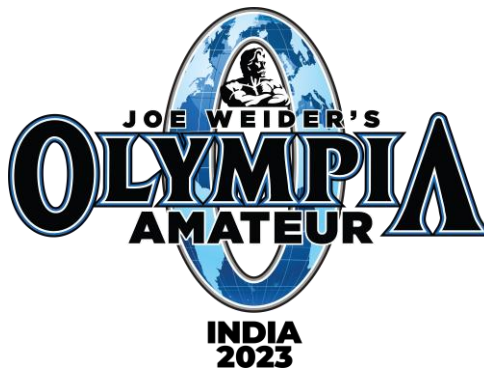
1. During the Judging, competitors shall not wear jewelry except for a wedding band.
2. Prescription eyewear (except sun glasses) is permitted.
3. The following is prohibited while onstage:
 - Props
 - Chewing gum
 - "Moon Pose" (any competitor performing this pose will be disqualified)
 - Lying on the stage.
 - Bumping and shoving (the first and second person involved will be disqualified)
4. Competitor numbers must be worn on the left side of the posing suit during the Judging and Finals.

5. FORMAT

JUDGING

Presentation

1. Each competitor proceeds to center-stage individually in numerical order and automatically performs the mandatory poses. No signal from the Head Judge is required.
2. Each competitor has a maximum of 60 seconds to perform the poses. A warning will be given when 10 seconds remain.
3. Competitors are not required to use the full 60 seconds.
4. The mandatory poses are:
 - Front Double Biceps
 - Side Chest
 - Back Double Biceps
 - Abdominals and Thighs
 - Favorite Classic Pose (no Most Muscular)
 -



COMPARISON

1. The Head Judge will call the competitors, in small groups and in numerical order, to center stage to perform the quarter turns and mandatory poses.
 2. In the call-outs, the Head Judge will direct specific competitors to perform the quarter turns and mandatory poses. Judges will have the opportunity to compare competitors against each other.
- *Judges will score competitors according to the “total package”, which is a balance of size, symmetry and muscularity.

FINALS

Routine

1. Competitors are called onstage individually in numerical order to perform a posing routine to music of the competitor’s choice.
2. The length of the posing routine is a maximum of 60 seconds.
3. Depending on the number of competitors, the promoter and Head Judge may decide that only the top finalists shall perform their posing routine.

Confirmation (if necessary*)

Competitors are called onstage and, under the direction of the Head Judge, are compared in groups while performing the mandatory poses.

*The judging panel, at its sole discretion, reserves the right to re-judge using a Confirmation round.

Posedown (overall title only)

The top finalists take part in a 60-second posedown.

6. SCORING

1. The Judging is scored 100%.
2. Ties are broken using the Relative Placement method



For Enquiries, Please contact + 91 9930 999 085 or Email - proqualifier@sheruclassic.com

****END ***

