

NPC MEN'S CLASSIC PHYSIQUE – COMPETITOR BREAKDOWN FOR THREE CLASSES

DIVISION "A" (UPTO AND INCLUDING 5' 7")

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| • Upto and including 5' 4" | Up to and including 160lbs. |
| • Over 5' 4", upto and including 5' 5" | Up to and including 165lbs. |
| • Over 5' 5", upto and including 5' 6" | Up to and including 170lbs. |
| • Over 5' 6", upto and including 5' 7" | Up to and including 175lbs. |

DIVISION "B" (OVER 5' 7" UPTO AND INCLUDING 5' 10")

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| • Over 5' 7", up to and including 5' 8" | Up to and including 182lbs. |
| • Over 5' 8", up to and including 5' 9" | Up to and including 190lbs. |
| • Over 5' 9", up to and including 5' 10" | Up to and including 197lbs. |

DIVISION "C" (OVER 5' 10")

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| • Over 5' 10", up to and including 5' 11" | Up to and including 205lbs. |
| • Over 5' 11", up to and including 6' 0" | Up to and including 212lbs. |
| • Over 6' 0", Up to and Including 6' 1" | Up to and Including 220 lbs. |
| • Over 6' 1", Up to and Including 6' 2" | Up to and Including 230 lbs. |
| • Over 6' 2", Up to and Including 6' 3" | Up to and Including 237 lbs. |
| • Over 6' 3", Up to and Including 6' 4" | Up to and Including 245 lbs. |
| • Over 6' 4", Up to and Including 6' 5" | Up to and Including 252 lbs. |
| • Over 6' 5", Up to and Including 6' 6" | Up to and Including 260 lbs. |
| • Over 6' 6", Up to and Including 6' 7" | Up to and Including 267 lbs. |
| • Over 6' 7" | Up to and Including 275 lbs. |

CROSSOVERS: NPC Classic Physique Athletes will be allowed to crossover and compete in additional divisions. This way you can choose where you fit best. Crossovers to bodybuilding will do routine in both divisions.

- The Judging is scored 100% and will consist of comparisons of the quarter turns and the following four mandatory poses:
- Front Double Biceps
- Side Chest
- Back Double Biceps
- Abdominals and Thighs
- Favorite Classic Pose (No Most Muscular)

- The Finals will consist of:
- Posing routine (up to a maximum of 45 seconds)
- Confirmation round (if necessary)
- Pose down (overall title only)