

CLASSES & RULES

BODYBUILDING:

- True Novice (First-Timer's)
- Junior (23 yr & under)
- Grandmasters (age 50 and over)
- Masters (age 40 and over)
- Bantamweight (up to & incl. 143 lbs)
- Lightweight (over 143.25 lbs up to & incl. 154 lbs)
- Middleweight (over 154.25 lbs up to & incl. 176 lbs)
- Light Heavyweight (over 176.25 lbs up to & incl. 198 lbs)
- Heavyweight (over 198.25 lbs)

MEN'S PHYSIQUE:

- True Novice (First-Timer's)
- Grandmasters (age 50 and over)
- Masters (age 40 and over)
- Class A (under & incl. 5'7" – under & incl. 6'7")
- Class B (over 5'7" up to & incl. 5'10" – over 6'7" up to & incl. 7'0")
- Class C (over 5'10" – over 7'0")

MEN'S CLASSIC PHYSIQUE (must meet height/weight ratio requirements):

- True Novice (First-Timer's)
- Masters (age 40 and over)
- Class A (*see chart)
- Class B (*see chart)

CLASS "A"	HEIGHT (FT & ")	HEIGHT (INCHES)	WEIGHT
Up to & incl. 5'9"	Up to & Incl. 5'4"	Up to & Incl. 64 inches	Up to & Incl. 160 lbs
	Over 5'4" up to & Incl. 5'5"	Over 64 inches up to 65 inches	Up to & Incl. 165 lbs
	Over 5'5" up to & Incl. 5'6"	Over 65 inches up to 66 inches	Up to & Incl. 170 lbs
	Over 5'6" up to & Incl. 5'7"	Over 66 inches up to 67 inches	Up to & Incl. 175 lbs
	Over 5'7" up to & Incl. 5'8"	Over 67 inches up to 68 inches	Up to & Incl. 182 lbs
	Over 5'8" up to & Incl. 5'9"	Over 68 inches up to 69 inches	Up to & Incl. 190 lbs
CLASS "B"	HEIGHT (FT & ")	HEIGHT (INCHES)	WEIGHT
Over 5'9"	Over 5'9" up to & Incl. 5'10"	Over 69 inches up to 70 inches	Up to & Incl. 197 lbs
	Over 5'10" up to & Incl. 5'11"	Over 70 inches up to 71 inches	Up to & Incl. 205 lbs
	Over 5'11" up to & Incl. 6'0"	Over 71 inches up to 72 inches	Up to & Incl. 212 lbs
	Over 6'0" up to & Incl. 6'1"	Over 72 inches up to 73 inches	Up to & Incl. 220 lbs
	Over 6'1" up to & Incl. 6'2"	Over 73 inches up to 74 inches	Up to & Incl. 230 lbs
	Over 6'2" up to & Incl. 6'3"	Over 74 inches up to 75 inches	Up to & Incl. 237 lbs
	Over 6'3" up to & Incl. 6'4"	Over 75 inches up to 76 inches	Up to & Incl. 245 lbs
	Over 6'4" up to & Incl. 6'5"	Over 76 inches up to 77 inches	Up to & Incl. 252 lbs
	Over 6'5" up to & Incl. 6'6"	Over 77 inches up to 78 inches	Up to & Incl. 260 lbs
	Over 6'6" up to & Incl. 6'7"	Over 78 inches up to 79 inches	Up to & Incl. 267 lbs
	Over 6'7"	Over 79 inches	Up to & Incl. 275 lbs

FITNESS OPEN

WOMEN'S PHYSIQUE

- True Novice (First-Timer's)
- Open

FIGURE:

- True Novice (First-Timer's)
- Grandmasters (age 45 and over)
- Masters (age 35 and over)
- Class A (up to & incl. 5'4" – up to & incl. 64")
- Class B (over 5'4" up to & incl. 5'6" – over 64" up to & incl. 66")
- Class C (over 5'6" – over 66")

MIXED PAIRS – BIKINI & MEN'S PHYSIQUE

BIKINI:

- True Novice (First-Timer's)
- Grandmasters (age 45 and over)
- Masters (age 35 and over)
- Class A (up to & incl. 5'1" – up to & incl. 61")
- Class B (over 5'1" up to & incl. 5'2 ½" – over 61" up to & incl. 62.5")
- Class C (over 5'2 ½" up to & incl. 5'4" – over 62.5" up to & incl. 64")
- Class D (over 5'4" up to & incl. 5'5 ½" – over 64" up to & incl. 65.5")
- Class E (over 5'5 ½" up to & incl. 5'7" – over 65.5" up to & incl. 67")
- Class F (over 5'7" – over 67")

***RULES CAN BE FOUND AT:**

<http://www.canadianphysiquealliance.com/our-classes>