

## 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. 154 ¼ lbs)
- Lightweight (over 154 ¼ lbs up to & incl. 176 ¼ lbs)
- Light Heavyweight (over 176 ¼ lbs up to & incl. 198 ¼ lbs)
- Heavyweight (over 198 ¼ 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 (up to and including 5'7")
  - Class A (up to & incl 5'4" up to & incl 160 lbs)
  - Class A (over 5'4", up to & incl 5'5" up to & incl 165 lbs)
  - Class A (over 5'5", up to & incl 5'6" up to & incl 170 lbs)
  - Class A (over 5'6", up to & incl 5'7" up to & incl 175 lbs)
- Class B (over 5'7" up to & including 5'10")
  - Class B (over 5'7", up to & incl 5'8" up to & incl 182 lbs)
  - Class B (over 5'8", up to & incl 5'9" up to & incl 190 lbs)
  - Class B (over 5'9", up to & incl 5'10" up to & incl 197 lbs)
- Class C (over 5'10")
  - Class C (over 5'10", up to & incl 5'11" up to & incl 205 lbs)
  - Class C (over 5'11", up to & incl 6'0" up to & incl 212 lbs)
  - Class C (over 6'0", up to & incl 6'1" up to & incl 220 lbs)
  - Class C (over 6'1", up to & incl 6'2" up to & incl 230 lbs)
  - Class C (over 6'2", up to & incl 6'3" up to & incl 237 lbs)
  - Class C (over 6'3", up to & incl 6'4" up to & incl 245 lbs)
  - Class C (over 6'4" up to & incl 6'5" up to & incl 252 lbs)
  - Class C (over 6'5" up to & incl 6'6" up to & incl 260 lbs)
  - Class C (over 6'6" up to & incl 6'7" up to & incl 267 lbs)
  - Class C (over 6'7" up to & incl 275 lbs)

### 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")
- Class B (over 5'4")

WELLNESS:

- True Novice (First-Time Competitors)
- Masters (35 years of age and older)
- Class A (up to & incl. 5'4")
- Class B (over 5'4")

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>**