

CLASSES & RULES

BODYBUILDING:

- True Novice (First-Timer's)
- Junior (18 to 23 yrs)
- Grandmasters (age 50 and over)
- Masters (age 40 and over)
- Lightweight (up to & incl 165 ¼ lbs)
- Middleweight (over 165 ¼ lbs up to & incl 187 ¼ lbs)
- Heavyweight (over 187 ¼ lbs)

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)

MEN'S PHYSIQUE:

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

WOMEN'S PHYSIQUE

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

FIGURE:

- True Novice (First-Timer's)
- 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)
- Masters (age 35 and over)
- Class A (up to & incl. 5'2")
- Class B (over 5'2" up to & incl. 5'4")
- Class C (over 5'4" up to & incl. 5'6")
- Class D (over 5'6")

***RULES CAN BE FOUND AT:**

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