

Division Rules

Attention Athletes Inquiring Critiques and Division Rules!

Competitors are required to receive their critiques at the end of the show and will NOT be able to receive them at any other time! We no longer accept e-mails, messages, or phone calls regarding critiques. If you do not stay until the end of the event, the critiques will be destroyed following the event. This is due to an overwhelming number of inquiries to the head judge weeks after the event because the athlete did not take time to speak with a judge regarding their critique. The critiques are for your benefit to help you be the best you can on the stage.

All Athletes must meet the criteria for general rules, each division rule, code of conduct, rules for teens, and prop regulations. If you are competing in a specific division understand that you must meet the criteria for that division including specific attire, jewelry etc. There will no deviations allowed for each rule as listed. We are a family friendly atmosphere and will remain as such.

See unsanctioned divisions below. The divisions marked unsanctioned will not award Professional cards. Not all promoters will offer these divisions at their contests. However, the rules and criteria for these divisions are listed. A membership card is required for these divisions.

All divisions must have a membership card to compete.

Additional Information

The Open & Master's Classes will be the ONLY classes eligible for Pro Status Winners

There will NOT be any Pro Status awarded to Mixed Pairs, Transformation, Fitness Athletic, Fitness Model or the Wings Division. These Divisions are awarded Trophies Only

For those who wish to use Props, a Prop Form must be filled out and turned into the judges at show check in on Friday night before the event

All events are Professional Qualifiers for all open overall winners and Masters 1st place winners with 3 or more in a class.

Divisional Guidelines

Competitors can enter both Novice & Open Divisions

Divisions / Classes

Note: Check each show for information on non-sanctioned divisions & classes provided. A Non-Sanctioned division does not offer pro cards and is at the discretion of the promoter. Sanctioned divisions are offered at every event.

- Men Standard Bodybuilding - Open, Novice, Masters, Teen
- Men Classic Bodybuilding - Open And Masters
- Women Classic Bodybuilding- Open and Masters only
- Figure - Open, Novice, Masters, and Teen
- Shape - Open, Novice, Masters, and Teen
- Men Beach Body - Open, Novice, Masters, and Teen
- Women Beach Body - Open, Novice, Masters, and Teen
- Mixed Pairs - Open Only (unsanctioned meaning no pro status offered)
- Transformation - (unsanctioned meaning no pro status offered)
- Wings - (unsanctioned meaning no pro status offered)
- Fitness Model - (unsanctioned meaning no pro status offered)
- Fitness Athletic- (unsanctioned meaning no pro status offered)

Master's Age Groups & Information

Note: Masters Division requires 3 or more in a Class for eligibility for Pro Status (No Exceptions). Masters does not have an overall pose down

- 35-39
- 40-44
- 45-49
- 50-54
- 55-59
- 60-64
- 65-69
- 70+