

2025 GBO COMPETITOR GUIDELINES

MEN STANDARD BODYBUILDING

I. GENERAL

- a. A competitor can do both Open and Novice
- b. NOVICE: an athlete that has never entered a Global Bodybuilding Organization sanctioned event. Once a competitor wins his/her novice class, they are not allowed to enter another novice class. If a competitor does not win, they may choose to compete again in a novice class. If a competitor is caught entering a novice class after winning, they will be disqualified. Pro cards are not awarded in the novice classes.
- c. Competitors' numbers should be visible at all times and worn on left side.

II. COMPETITION ATTIRE

- a. MEN: Bodybuilding posing suit, plain in color, standard "v" shape covering at least 2/3 of the gluteus area.
- b. All suits must be worn to check-in.

III. WEIGHT CLASSES

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|---------------|------------------------------|-----------------------------------|
| Open | Bantamweight (<150) | Lightweight (150.25 to 165) |
| | Middleweight (165.25 to 180) | Light Heavyweight (180.25 to 199) |
| | Heavyweight (199.25 to 224) | Super Heavyweight (>224.25) |
| Novice | Lightweight (<165) | Middleweight (165.25 – 184) |
| | Heavyweight (>184.25) | |

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|---------------------------|---|
| <u>AGE GROUPS:</u> | Masters 35 - 39 / 40 - 44 / 45 - 49 / 50 - 54 / 55 - 59 / 60- 64 / 65 - 69 / 70+ |
| | Teen 16 - 19 |

IV. MANDATORY POSES

- Front Lat Spread
- Front Double Bicep
- Side Chest, either side
- Rear Lat Spread
- Rear Double Bicep
- Side Tricep, either side
- Abdominal and Thigh
- Most Muscular (men)

NOTE: Remember when doing side chest and side tricep poses to be sure judges can see the pose.

NOTE: Moon pose is prohibited at any GBO sanction event.

V. JUDGING

Competitors will be judged on posing as well as physical appearance during both the individual and comparison rounds. Both rounds will consist of quarter turns (symmetry) and mandatory poses (muscularity).

- a. **INDIVIDUAL ROUND:** During prejudging, each competitor will be called out to center stage where they will stand feet flat, heels touching, arms to their side, and head facing front. The head judge will ask the competitor to perform quarter turns first. The quarter turns consist of facing front, quarter turn facing right, quarter turn facing backstage, and quarter facing left. The head judge will ask the competitor to complete a series of mandatory poses. Athletes will be judged on muscularity, conditioning and symmetry, a display of overall shape and muscle balance, vascularity, separation, and striation. All poses must be performed properly and in a timely manner to avoid penalties.
- b. **COMPARISON ROUND:** Once all competitors have completed their individual rounds, the head judge will call random competitor numbers to line up center stage where quarter turn and mandatory posing comparisons will be performed. Global Bodybuilding Organization does not use first call outs, second call outs, etc. Finally, the head judge will call all competitors to return to center stage in numerical order for a last look to ensure proper judging and placement.
- c. **EVENING PRESENTATION:** Competitors will be called to center stage one by one to strike a pose and proceed to stage right/left to line up. The expediter will direct each competitor where to stand until all competitors have been presented. All competitors will then leave the stage. All competitors in a class will perform a 60-second (novice) or a 90-second (open) routine to their chosen music. Posing music must be on a flash drive or CD and must be the only music there. Some shows may have the competitors send the music directly to the DJ via email. House music is available if needed. Posing music may not contain any vulgar, racial, or sexual lyrics. For crossovers, only one routine will be performed. Props are allowed for evening routines with prior approval of officials (head judge or state director) at the check-in meeting. Each competitor is responsible for picking up his / her music after the night show. Overall "Pose Down" music will be provided by promoter and follow same rules for racial, vulgar, or sexual connotations.