

# **ONTARIO PHYSIQUE ASSOCIATION MEN'S BODYBUILDING DIVISION RULES**

## **OPA MEMBERSHIP**

- Each competitor must be a member of the Ontario Physique Association with a valid Provincial membership number. Memberships are valid from Jan 1st – Dec 31st of each calendar year and must be renewed yearly. For Regional & Provincial contests memberships can be purchased online or at registration. For National and International events, membership must be purchased prior to the event.

## **COMPETITOR RULES**

- Competitors will wear posing trunks of a solid, non-distracting colour which are clean and decent. Metallic materials, such as gold or silver lamé, may not be worn. The use of padding anywhere in the trunks is prohibited. The front area must be covered and the side of the trunks should be 1 cm width at a minimum.
- Except for a wedding ring, competitors will not wear footwear, watches, necklaces, earrings, wigs or distracting ornamentation.
- Competitors will not chew gum or candy while onstage.
- The use of props during the Prejudging or Finals presentation is strictly prohibited.
- Artificial body colouring may be used provided that it is applied evenly over the entire body and in such a manner so as not to cause streaking. Sparkles, glitter, shiny metallic pearls or gold coloring are prohibited whether applied as part of a tanning lotion and/or cream or applied separately.
- The excessive application of oil on the body is strictly prohibited; however, body oils, skin creams or moisturizers may be used in moderation.
- During the Prejudging, the hair will be worn off the shoulders so as not to hide the musculature of the shoulders and upper back. The hair may be styled for the finals.
- The OPA head judge, or a designated representative, will have the right to determine if a competitor's attire meets an acceptable standard of taste and decency.
- Competitor numbers must be attached to the left side of the posing trunks and must be worn throughout the Prejudging and Finals.
- Bodybuilders will only perform mandatory poses for prejudging and will come back for the evening competition to perform mandatory poses then the top 5 in each class will

perform routines.

**\*\* Please note:** “Moon” poses, lying flat on the floor and pulling the posing attire so as to display the top inside of the quadriceps or the gluteus maximus shall be strictly forbidden.

## **WEIGHT/AGE CLASSES**

• There are eight weight categories in open men’s OPA provincial bodybuilding competitions however; the number and selection of classes will be predetermined between the OPA and its promoters prior to each regional event.

### **Open Men**

- a. Bantamweight: under 143 lbs
- b. Lightweight: over 143 to 154 lbs
- c. Welterweight: over 154 to 165 lbs
- d. Light-Middleweight: over 165 to 176 lbs
- e. Middleweight :over 176 to 187 lbs
- f. Light-Heavyweight: over 187 to 198 lbs
- g. Heavyweight: over 198 to 220 lbs
- h. Super-Heavyweight: over 220 lbs

### **Classic Bodybuilding**

Criteria: Max weight (in KG) =height (in cm)-100 (max plus kg allowance)

- a. up to and including 170cm + 2kg
- b. up to and including 175cm + 4kg
- c. up to and including 180cm + 6kg
- d. over 180kg
  - (1) up to and including 190cm + 8kg
  - (2) up to and including 198cm + 9kg
  - (3) over 198cm + 10kg

\* ALL COMPETITORS OVER 180CM. i.e. d (1-3) SHALL COMPETE IN THE OVER 180CM CATEGORY.

### **Jr. & Masters Men**

#### **• Junior bodybuilding**

Maximum age for juniors is UNDER 21 (Must be under 21 as of the day of the show)  
Competitors may enter an open and or classic class in addition to one junior class.

#### **• Master men**

- a. 40 to 49 years of age inclusive: One class or lightweight (up to 165 Lbs) & heavyweight (over 165 lbs)
- b. 50 to 59 years of age inclusive: One open category
- c. 60 years of age and older: One open category

\* **Please note:** Only one masters class can be entered during a competition. Competitors may enter an open and or classic class in addition to one masters class.

### **OFFICIAL ATHLETE REGISTRATION/WEIGH-INS**

- OPA registrations take place the day prior to the contest at a location provided by the contest promoter. The promoter will publish the Official Athlete Registration start time. All competitors, regardless of category, must be present for the Official Athlete Registration at the published start time(s).

- During the Official Athlete registration, the OPA head judge, executive or appointed designate determines the order in which the competitors are called up for official weigh in's. After being officially weighed in, the competitor will proceed to the official OPA designate for issuance of a competitor number and verification of information prior to data entry,

- The OPA head judge, and his or her assistant(s), will control the weighing machine and measuring device and will verify the bodyweight and/or height of each competitor, beginning with the lowest bodyweight /height category and proceeding to the highest.

- All competitors will present themselves in the same posing attire that they will be wearing throughout the Prejudging and Finals so that the head judge may ascertain that the competitors posing attire meets the accepted standards of the OPA.

**\*\* Please note:** Any competitor who does not make weight will be given a maximum of thirty minutes in which to do so. If, for whatever reason, the competitor does not return within thirty minutes, he or she will be eliminated from the competition. The onus is on the competitor to return within the deadline; the OPA is under no obligation to issue time warnings or to track down the competitor.

### **Junior and Masters competitors**

- At the time of the Official Athlete Registration, a junior or master competitor must produce documentary evidence of his date of birth (i.e. passport, birth certificate, etc.).

### **Music**

- All competitors will be required to hand in their music CDs, properly cued at the start of the music, at Official Athlete Registration, the CD, which must be housed within a protective plastic case with the competitor's name affixed upon the case and the CD. The OPA official, or an assistant, will affix, on the music CD, a number corresponding to the same number that the competitor was given to attach to his or her posing attire

- All competitors are allowed 60 sec for their routine

• **Please note:** The use of profane, vulgar or offensive language in posing music is prohibited. If a competitor uses such language in his or her posing music, the head Judge will order the music to be immediately stopped and will direct the competitor to leave the stage. The competitor will not be given another opportunity to perform his or her posing routine.

## **COMPETITION JUDGING**

### **PREJUDGING**

#### **One round - Scored Comparison Round:**

• In Round 1, the judges will compare the competitors while they are directed to perform the following seven compulsory poses. Descriptions and photo's can be found at the bottom of this form:

- a. Front double biceps
- b. Front lat spread
- c. Side chest
- d. Back double biceps
- e. Back lat spread
- f. Side triceps
- g. Abdominals and thighs

• All individual comparisons will be carried out center-stage and in the order, from left to right, as requested by the head judge.

• The total number of comparisons will be as decided by the head Judge. All judges will be given the opportunity to submit at least one request for comparisons. Whether or not that comparison is used is at the discretion of the head judge.

• Each judge is expected to watch all of the comparisons and not just those that a specific judge has requested. All competitors will undergo at least one comparison. Upon completion of the last comparison, all competitors will return to a single line-up, in numerical order, before exiting the stage.

### **Scoring**

Judges will be scoring competitors using the following criteria:

#### **Prejudging: Assessment of Round 1**

##### **General**

• When assessing a competitor's physique, a judge should follow a routine procedure which will allow a comprehensive assessment of the physique as a whole. During the comparisons of the compulsory poses, the judge should first look at the primary muscle group being displayed. The judge should then survey the whole physique, starting from the head, and looking at every part of the physique in a downward

sequence, beginning with general impressions, and looking for muscular bulk, balanced development, muscular density and definition.

The downward survey should take in the head, neck, shoulders, chest, all of the arm muscles, front of the trunk for pectorals, pec-delt tie-in, abdominals, waist, thighs, legs and calves and feet. The same procedure for back poses will also take in the upper and lower trapezius, teres and infraspinatus, erector spinae, the gluteus group, the leg biceps group at the back of the thighs and calves and feet.

A detailed assessment of the various muscle groups should be made during the comparisons, at which time it helps the judge to compare muscle shape, density, and definition while still bearing in mind the competitor's overall balanced development. The comparisons of the compulsory poses cannot be overemphasized as these comparisons will help the judge to decide which competitor has the superior physique from the standpoint of muscular bulk, balanced development, muscular density and definition.

### **Assessing the Male Physique**

In assessing prejudging, overall shape and that of the various muscle groups is important. The judge should favour competitors with a harmonious, classical physique. The judge should look for good posture and athletic bearing, correct anatomical structure (including body framework, broad shoulders, high chest, correct spinal curves, limbs and trunk in good proportion, straight legs, not bandy or knock-kneed). The judge should also look for good skin tone with an absence of surgical or other scars, spots, acne or tattoos, which the IFBB considers as a skin blemish, tidily dressed hair, well-shaped feet, and toes. When having difficulty in placing two or more competitors who seem to be on the same level, the judge should look for faults in those aspects listed above which will help to differentiate among the competitors.

- Judging concluded during prejudging.
- No elimination, all athletes scored to 15th place, score 16th for all others.

### **FINALS**

- The entire class will be brought onstage in numerical order and in a single line. The head Judge will direct the competitors through the compulsory poses in groups at his or her discretion. Upon completion of the last pose, all competitors will return to a single line-up, in numerical order, before exiting the stage.

The top 5 competitors will then be announced backstage and those 5 will perform their routines (routines are performed only once regardless if the competitor enters multiple categories) After the routines are finished the top 5 are brought back on stage in numerical order for a 60 second pose down. The top 5 will then stand in a pre determined spot on stage and brought up one at a time for trophy presentation.

## **Overall Category**

- Immediately following the Award Ceremony for the last weight category, all of the category winners will be brought onstage in numerical order and in a single line. The head Judge will direct the competitors through the compulsory poses (7 for men, 5 for women) and comparisons, if necessary. Then will call for a 60-second pose down. The judges will judge this class and submit their choice for the overall winner.

## **DETAILED DESCRIPTION OF THE COMPULSORY POSES**

### **MEN'S COMPULSORY POSES**

#### **1. Front Double Biceps**

Standing face front to the judges, with the legs and feet in-line and a short distance apart, feet must be flat on the floor, the competitor will raise both arms to shoulder level and bend them at the elbows. The hands should be clenched and turned down so as to cause a contraction of the biceps and forearm muscles, which are the main muscle groups that are to be assessed in this pose. In addition, the competitor should attempt to contract as many other muscles as possible as the judges will be surveying the whole physique, from head to toe.

The judge will first survey the biceps muscles looking for a full, peaked development of the muscle, noting whether or not there is a defined split between the anterior and posterior sections of the biceps, and will continue the head-to-toe survey by observing the development of the forearms, deltoids, pectorals, pec-delt tie-ins, abdominals, thighs, and calves. The judge will also look for muscle density, definition, and overall balance.

#### **2. Front Lat Spread**

Standing face front to the judges, with the legs and feet a short distance apart, feet must be flat on the floor, the competitor will place the open hands, or clenched fists, against, or gripping, the lower waist or oblique's and will expand the latissimus muscles. At the same time, the competitor should attempt to contract as many other frontal muscles as possible. It shall be strictly forbidden for the competitor to pull up on the posing trunks so as to show the top inside of the quadriceps.

The judge should first see whether the competitor can show a good spread of the latissimus muscles, thereby creating a V-shaped torso. Then the judge should continue with the head-to-foot survey, noting first the general aspects of the physique then concentrating on the more detailed aspects of the various muscle groups.

#### **3. Side Chest**

The competitor may choose either side for this pose, in order to display the "better" arm. He will stand with his left or right side towards the judges and will bend the arm nearest the judges to a right-angle position, with the fist clenched and, with the other

hand, will grasp the wrist. The leg nearest the judges will be bent at the knee and will rest on the toes. The competitor will then expand the chest and by upward pressure of the front bent arm and contract the biceps as much as possible. He will also contract the thigh muscles, in particular, the biceps femoris group, and by downward pressure on his toes, will display the contracted calf muscles.

The judge will pay particular attention to the pectoral muscles and the arch of the rib cage, the biceps, the leg biceps and the calves, and will conclude with the head-to-foot examination. In this pose the judge will be able to survey the thigh and calf muscles in profile, which will help in grading their comparative development more accurately.

#### **4. Back Double Biceps**

Standing with his back to the judges, the competitor will bend the arms and wrists as in the Front Double Biceps pose, and will place one foot back, resting on the toes. He will then contract the arm muscles as well as the muscles of the shoulders, upper and lower back, thigh and calf muscles.

The judge will first survey the arm muscles and then do the head-to-foot survey, during which there are more muscle groups to look at than in all of the other poses. This includes the neck, deltoids, biceps, triceps, forearm, trapezius, teres, infraspinatus, erector spinae, external oblique, latissimus dorsi, gluteus, thigh biceps, and calves. This pose, probably more than the others, will help the judge to determine the quality of the competitor's muscle density, definition, and overall balance.

#### **5. Back Lat Spread**

Standing with his back to the judges, the competitor will place his hands on his waist with his elbows kept wide, one foot back and resting on the toes. He will then contract the latissimus dorsi as wide as possible and display a calf contraction by pressing downward on the rear toes. The competitor should make an effort to display the opposite calf to that which was displayed during the back double biceps pose so the judge may assess both calf muscles equally. It shall be strictly forbidden for the competitor to pull up on the posing trunks so as to show the gluteus maximus muscles.

The judge will look for a good spread of the latissimus dorsi, but also for good muscle density and will again conclude with the head-to-foot survey.

#### **6. Side Triceps**

The competitor may choose either side for this pose so as to show the "better" arm. He will stand with his left or right side towards the judges and will place both arms behind his back, either linking his fingers or grasping the front arm by the wrist with his rear hand. The leg nearest the judges will be bent at the knee and the foot will rest flat on the floor. The competitor will exert pressure against his front arm, thereby causing the triceps muscle to contract. He will also raise the chest and contract the

abdominal muscles as well as the thigh and calf muscles.

The judge will first survey the triceps muscles, and conclude with the head-to-foot examination. In this pose, the judge will be able to survey the thigh and calf muscles in profile, which will help in grading their comparative development more accurately.

### **7. Abdominals and Thighs**

Standing face front to the judges, the competitor will place both arms behind the head and will place one leg forward. He will then contract the abdominal muscles by “crunching” the trunk slightly forward. At the same time, he will contract the thigh muscles of the forward leg.

The judge will survey the abdominal and thigh muscles, and then conclude with the head-to-foot examination.