

2023 GBO COMPETITOR GUIDELINES

MEN AND WOMEN CLASSIC BODYBUILDING

I. GENERAL

- a. Men – Open, Novice, and Masters classes
- b. Women – Open and Masters classes only
- c. Competitors' numbers are to be visible at all times and worn on left side.

II. COMPETITION ATTIRE

- a. MEN: European trunks, black, for morning prejudging. For evening, you have your choice for color. (example: Arnold style trunks)
- b. WOMEN: Two-piece bodybuilding suit, plain in color for prejudging. Bottoms must be "v" shaped and cover at least 25% of gluteus. For finals, suits may include a printed design or added sparkle such as rhinestones, sequins, etc.
- c. All suits will be checked at the check-in by an official.
- d. JEWELRY: Jewelry is allowed during both the prejudging and night shows. It must be worn in good taste and should not interfere with the presentation of the competitor's physique.

III. HEIGHT / WEIGHT RATIO CLASSES

Men Open / Novice	up to 5' 5" / up to 150 lbs	5' 5.25" up to 5'6" / up to 160 lbs
	5' 6.25" up to 5' 7" / up to 174 lbs	5' 7.25" up to 5'9" / up to 190 lbs
	5' 9.25" up to 6' / up to 216 lbs	> over 6' / up to 248 lbs
Men Masters	35- 39 / 40 – 45 / 46 – 50 / 51- 60 / 61 – 65 / 66 – 70 / 70+	
Women Open (only)	under 5' 4" / up to 145 lbs	over 5'4" up to 5'6" / up to 155 lbs
	over 5' 6" to 5'9" / up to 165 lbs maximum	over 5'9 ¼" /up to 175lbs maximum
Women Masters	35- 39 / 40 – 45 / 46 – 50 / 51- 60 / 61 – 65 / 66 – 70 / 70+	

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
- Women: favorite classic pose
- Men: 3 classic poses of your choice
 - Arnold Twisting Back Bicep Pose
 - Sergio Olivia Victory Pose
 - Steve Reeves Archer Pose
 - Arnold Kneeling Twist Bicep

- Larry Scott Side Double Bicep
- Vacuum Pose
- Frank Zane ½ Victory Pose
- Frank Zane Tricep Quad Pose
- Robinson Lat Bicep Pose
- Sandow Universe Pose

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.

IV. 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 and mandatory poses.

- 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, including at least three (3) of the classic poses listed above. Athletes will be judged on their proportional ratio balance for the mandatory height versus weight classes and will include muscularity, conditioning, symmetry, and an overall appearance of a structured body. For women, judges will also look for poise as well as shape.
- 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.