

## CLASSES & RULES FOR 2020 – ATLANTIC CLASSIC CHAMPIONSHIPS

- **WOMEN'S FITNESS - OPEN**
  
- **GLADIATOR BODYBUILDING SHOWDOWN:**
  - Gallus Lightweight (up to & incl. 185 lbs)
  - Samnites Middleweight (over 185 lbs up to & incl. 210 lbs)
  - Thracians Heavyweight (over 210 lbs)
  
- **BODYBUILDING:**
  - True Novice (First-Time Competitors)
  - Junior (23 Years and younger)
  - Grandmasters (50 years of age and older)
  - Masters (40 years of age and older)
  - Bantamweight (up to & incl. 143 ¼ lbs)
  - Lightweight (over 143 ¼ lbs up to & incl. 154 ¼ lbs)
  - Middleweight (over 154 ¼ lbs up to & incl. 176 ¼ lbs)
  - Light Heavyweight (over 176 ¼ lbs up to & incl. 198 ¼ lbs)
  - Heavyweight (over 198 ¼ lbs)
  
- **MEN'S CLASSIC PHYSIQUE:**
  - True Novice (First-Time Competitors)
  - Masters (40 years of age and older)
  - **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-Time Competitors)
  - Grandmasters (50 years of age and older)
  - Masters (40 years of age and older)
  - A (up to & incl. 5'7" – up to & incl. 6'7")
  - B (over 5'7" up to & incl. 5'10" – over 6'7" up to & incl. 7'0")
  - C (over 5'10" – over 7'0")
  
- **WOMEN'S PHYSIQUE**
  - True Novice (First-Time Competitors)
  - Open

- **FIGURE:**
  - True Novice (First-Time Competitors)
  - Grandmasters (45 years of age and older)
  - Masters (35 years of age and older)
  - A (up to & incl. 5'4" – up to & incl. 64")
  - B (over 5'4" up to & incl. 5'6" – over 64" up to & incl. 66")
  - C (over 5'6" – over 66")
  
- **PHYSIQUE MIXED PAIRS (MEN'S PHYSIQUE & BIKINI)**
  
- **BIKINI WELLNESS:**
  - True Novice (First-Time Competitors)
  - Masters (35 years of age and older)
  - Class A (up to & Incl. 5'4" - up to & incl. 64")
  - Class B (over 5'4" – over 64")
  
- **BIKINI:**
  - True Novice (First-Time Competitors)
  - Super Grandmasters (55 years of age and older)
  - Grandmasters (45 years of age and older)
  - Masters (35 years of age and older)
  - Class A (up to & incl. 5'1" – up to & incl. 61")
  - Class B (over 5'1" up to & incl. 5'2 ½" – over 61" up to & incl. 62.5")
  - Class C (over 5'2 ½" up to & incl. 5'4" – over 62.5" up to & incl. 64")
  - Class D (over 5'4" up to & incl. 5'5 ½" – over 64" up to & incl. 65.5")
  - Class E (over 5'5 ½" up to & incl. 5'7" – over 65.5" up to & incl. 67")
  - Class F (over 5'7" – over 67")

**\*RULES CAN BE FOUND AT:**

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