

PHYSICAL CULTURE ASSOCIATION

PCA CRITERIA 2025



Official Rules, Regulations, and Judging Criteria

- Governing Body for PCA Amateur & Professional Competitions
- Comprehensive Guidelines for Athletes, Judges & Event Organizers
- Competition Rules, Classifications & Entry Requirements

Physical Culture Association (PCA)

Committed to the evolution and excellence of physical culture.



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RULES AND TERMS OF SERVICE

Mission Statement

The PCA will work tirelessly to develop and positively evolve physical culture.

Introduction

This document serves as the controlling authority for the Physical Culture Association (PCA). It outlines the rules, policies, criteria, and administration guidelines for PCA Amateur Athletes.

General

The PCA Committee is entrusted with the guardianship of all matters relating to amendments or additions to any rules, policies, or criteria. The interpretation of these rules, policies, or criteria, if questioned, shall be clarified and declared by the PCA Committee. Constitutionally, a voting system will be employed at the Committee level. Exceptionally, the President has the power to ascribe, change, or introduce rulings if warranted.

Agreements

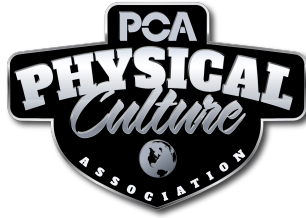
Any promoter, athlete, service provider, or affiliated individual shall enter into any arrangement or agreement voluntarily and of their own free will. By doing so, these external parties are bound to accept the rules laid out in this document and adhere to the working practices of the PCA.

Liability

No promoter, athlete, service provider, or affiliated individual shall have any claim against the PCA for any loss incurred, whether financial, reputational, or in terms of time. Any promoter or organiser must take the necessary steps to provide medical and insurance cover for any event under their control.

Media Rights

Any photograph, video recording, or other images of athlete participation in a sanctioned PCA event will be considered assigned images, and the PCA will hold copyright over these works. The



PCA reserves the right to control all press accreditation for media organisations in cases of formal media coverage.

PCA Professional Athletes

PCA Professional Athletes are selected from the best amateur athletes. In all instances, a PCA Professional Athlete may not return to compete as an amateur athlete.

Code of Ethics

All athletes, officials, judges, or PCA affiliates, by participating, agree to abide by and honour the PCA Code of Ethics as outlined in Annex A of this document.

PCA QUALIFYING SHOWS

Any show or competition that allows amateur athletes to be selected to compete in the PCA National Final shall be considered a qualifying show. Exceptionally, there may be shows or competitions with which the PCA has no direct formal involvement, but through prearranged agreements, athletes may be selected through that event's judging processes.

At all PCA qualifying shows, the following classes will be offered:

Men's Classes:

- JUNIOR BODYBUILDING
- FIRST TIMER BODYBUILDING
- NOVICE BODYBUILDING
- MASTERS OVER 40'S
- MASTERS OVER 50'S
- MEN'S PHYSIQUE
- JUNIOR MEN'S PHYSIQUE
- MASTER'S MEN'S PHYSIQUE
- MIXED DISABILITY
- CLASSIC BODYBUILDING
- BODYBUILDING SHORT, MEDIUM & TALL

Note: May be used in smaller shows: Mr Class Short* and Mr Class Tall*.



Ladies Classes:

- BIKINI SHORT/ MEDIUM / TALL
- JUNIOR BIKINI
- MASTERS BIKINI 35+
- BIKINI TRAINED
- TONED FIGURE
- ATHLETIC FIGURE
- TRAINED FIGURE
- MIXED DISABILITY
- WELLNESS

Note: May be used in larger shows: Masters Bikini 45+.

Entry Rules

- All athletes, without exception, must be PCA members and pay the show registration fee before participating on stage. It is the responsibility of competing athletes to be aware of all relevant competition rules and adhere to them.
- Variations, omissions, and additional classes are at the discretion of the PCA/promoter but must be approved by the head judge. Athletes may only compete in one single class in any of the qualifying classes per show. Promoters may introduce other classes outside of the qualifying classes, such as local area competitions, which can be entered additionally. Any age-relative class will require the athlete to produce ID at registration. The minimum age to compete in any PCA event is 16 years old.
- All qualifying shows will operate as run-through events. Athletes will go on stage, participate, and then receive placings, trophies, invitations, etc.
- No background music shall include swear words, blasphemy, or promote violence or racial hatred. In any instance of this happening, the music will be stopped.
- Lewd or gratuitous posing is not permitted. Athletes must not lie on the stage as part of their individual routines. The head judge has the authority to remove or prevent an athlete from stepping on stage if it is felt that the athlete has not reached the basic minimum standard required for a competitive athlete.



Compliance

By registering for a PCA event, participants acknowledge and agree to the publication of their names on relevant social media posts or publications related to the event. Participants have the right to revoke their consent for the publication of their names at any time before the event. To revoke consent, participants must notify the PCA organisation in writing or through official communication channels prior to the event.

PCA CRITERIA

Men's Bodybuilding Classes

The following classes fall within the categorisation of Men's Bodybuilding:

- Junior Bodybuilding
- First Timer's Bodybuilding
- Novice Bodybuilding
- Masters Over 40
- Masters Over 50
- Mixed Disability Class
- Bodybuilding Short
- Bodybuilding Medium
- Bodybuilding Tall

*Also, Tall & Short Height if the show is designated.

Judging Criteria

All Bodybuilding classes will be judged on muscularity, symmetry, balance and proportions, conditioning, and presentation. Stage presence, etiquette, and tanning will form the foundation of all judging decisions.

All Men's Bodybuilding Classes will follow the same format:

- Attire will consist of posing trunks with no logos or motifs. Thongs are not permitted. Athletes should be free of body hair. No body jewellery is allowed.



- Athletes will enter on stage in numerical order and stand in line. They will perform quarter turns and compulsory poses, followed by individual posing routines. Athletes may also be asked to perform a freestyle posedown as a group. Awards, medals, trophies, and Finals invitations will be presented, after which athletes will leave the stage.
- In all instances, athletes will be directed and instructed by the MC, judges panel, and possibly designated stage helpers.

Quarter Turns:

- Head must face the same direction as the feet.
- Hands must be held slightly away from the trunk.
- No twisting of the torso.
- Feet must be flat on the floor.

The compulsory poses are as follows:

- Front Double Bicep
- Front Lat Spread
- Side Chest*
- Side Tricep*
- Rear Double Bicep
- Rear Lat Spread
- Abdominals & Thigh
- Most Muscular

*In most instances, athletes will be asked to show just a single side on the Tricep and Bicep poses, but in comparisons, they may be invited to show either side individually.

Individual Posing Routines

Each athlete will be allowed 60 seconds for individual free posing to music of their choosing. The music will begin playing as the athlete enters the stage to perform their routine. Lewd or gratuitous posing is not permitted, and the “Full Moon” pose of bending over is prohibited. Athletes must not lie on the stage during their routine. To reiterate, no music shall contain bad language, blasphemy, or promote violence. In the event of a technical issue, a music track will be provided by the event organiser.



JUNIOR BODYBUILDING

The age limit to compete in Junior Bodybuilding is 23 and under. For clarification, this limit is 23 years and 364 days. This ruling also applies to the British Finals; if an athlete qualifies within that age range but falls outside of it by the time the final comes around, they are permitted to change classes, usually to Novice Class, but will generally be guided by PCA officials if required.

FIRST TIMERS BODYBUILDING CLASS

This class is for athletes who have never competed on stage before. Participation in model classes, independent shows, or local shows disqualifies an athlete from entering. It is exclusively for true first-time athletes. If an athlete is selected for the British Finals, they may subsequently compete in future PCA shows; however, if selected for another class at the Finals, they must rescind their First Timers invitation and compete in the more experienced class.

NOVICE BODYBUILDING

An athlete who has not placed in the top three of any federation's national final will be considered a novice. First Time Classes or Junior Classes are exempt from this rule. A novice cannot move between open classes and back to novice, with the single exception being if they are/were able to move to Junior Bodybuilding. Athletes will be encouraged to progress out of the Novice Class if deemed of sufficient standard to compete in open classes.

MASTERS OVER 40'S

The age requirement to compete in the Masters Over 40s is that an athlete **MUST** be aged 40 or above at the qualifying show. A 39-year-old man cannot compete with the intention of being 40+ at the Finals.

MASTERS OVER 50'S

The age requirement to compete in the Masters Over 50s is that an athlete **MUST** be aged 50 or above at the qualifying show. A 49-year-old man cannot compete with the intention of being 50+ at the Finals.

Mr CLASSES

- Mr Class Short – Up to and including 5ft 6 inches



- Mr Class Medium – Over 5ft 6 and up to and including 5ft 10
- Mr Class Tall – Over 5ft 10 inches
- For clarity: There are no weight-to-height limits for this class.
- In smaller groups, the classes will be split into Tall and Short Classes.

CLASSIC BODYBUILDING

In larger groups, the classes may be split into Tall, Medium, and Short Classes.

- Short Class: Under 175 cm
- Medium Class: Over 175.1 cm
- Tall Class: Over 180.1 cm

In smaller groups, the classes will be split into Tall and Short Classes.

- Short Class: Under 178 cm
- Tall Class: Over 178.1 cm

Judging Criteria

- The Classic Bodybuilding Class will be judged on muscularity, symmetry, balance and proportions, conditioning, and presentation.
- Judges will reward physiques that best represent a graceful package, with all muscle groups flowing from broad shoulders. Athletes should ideally have a small waist and powerful legs that complement the upper body. Individual posing routines will be marked and considered by the judges when assessing the athlete's overall score. Stage presence, etiquette, and tanning will form the foundation of all judging decisions.
- Attire will consist of posing trunks with no logos or motifs. Thongs are not permitted. Athletes should be free of body hair, and nobody jewellery is allowed.
- Athletes will enter on stage in numerical order and stand in line. They will perform quarter turns and compulsory poses. Athletes may be asked to perform a freestyle pose down as a group. Afterward, athletes will be awarded medals, trophies, Finals invitations, etc., and will then leave the stage.
- In all instances, athletes will be directed and instructed by the MC, judges panel, and possibly designated stage helpers.



Quarter Turns:

- Head must face the same direction as the feet.
- Hands must be held slightly away from the trunk with no twisting of the torso.
- Feet must be flat on the floor.
- The compulsory poses are as follows:
- Front Double Bicep
- Front Lat Spread
- Side Chest*
- Side Tricep*
- Rear Double Bicep
- Rear Lat Spread
- Abdominals & Thigh
- Most Muscular
- Classical pose of your choice

*In most instances, athletes will be asked to show just a single side on the Tricep and Bicep poses, but in comparisons, they may be invited to show either side individually.

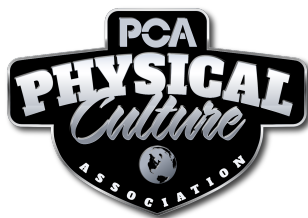
Individual Posing Routines

Each athlete will be allowed 60 seconds of individual free posing to music of their choice. In all instances, the music will start playing as the athlete enters the stage to perform their routine. Lewd or gratuitous posing is not permitted, and the “Full Moon” pose of bending over is prohibited. Athletes must not lie on the stage during their routine. To reiterate, no music shall contain bad language, blasphemy, or promote violence. In the event of a technical problem, a music track will be provided by the event organiser.

Men’s Physique Classes

The following classes fall within the categorisation of Men’s Physique:

- Junior Men’s Physique
- Men’s Physique
- Masters Men’s Physique
- Both Masters and Junior Physique will be offered at registration; however, these classes are subject to a minimum entry of six athletes per class. If fewer than the required



numbers register, the athletes will be moved into the open Men's Physique class. The judges will be aware of the athletes' age groups and will extend invitations for Finals appearances relative to their specific ages.

Judging Criteria

All Men's Physique Classes will be judged based on the athlete's athletic appearance, including muscularity, symmetry, balance and proportions, conditioning, and presentation. Stage presence, etiquette, and tanning will form the foundation of all judging decisions. Every aspect of the athlete's performance will be judged, including skin tone and condition, hair, and facial features.

All Men's Physique Classes will follow the same format:

- Attire will consist of long board shorts of any colour that do not extend below the knee.
- Athletes should be free of body hair, and nobody jewellery is allowed.
- Athletes will enter on stage in numerical order and stand in line. They will perform quarter turns and compulsory poses. Athletes will perform individual "I" walks and may be asked to perform a freestyle pose down as a group. They will then be awarded medals, trophies, Finals invitations, etc., before leaving the stage.
- In all instances, athletes will be directed and instructed by the MC, judges panel, and possibly designated stage helpers.

Quarter Turns:

- Head must face the same direction as the feet.
- Hands must be held slightly away from the trunk with no clenching of fists.
- No twisting of the torso.
- The compulsory poses are as follows:
 - Front-Facing, Arms Overhead, Open Handed
 - *Left Side Showing Abdominals & Obliques with Left Hand Behind Head
 - Rear-Facing, Arms Overhead, Open Handed
 - *Right Side Showing Abdominals & Obliques with Right Hand Behind Head
 - Front-Facing Abdominals Pose

*In side poses, the remaining hand can be on or off the hips.



The “I” Walk will be performed as follows:

- Athletes will be selected in numerical order. The athlete will commence from the rear of the stage with a front pose of their choice. The athlete will move to the front of the stage and again show a front pose of their choice. The athlete will then perform four quarter turns, presenting their own interpretation. In all cases, hands can be high or low but must be open-handed. The athlete will then return to the line in numerical order and await direction. The complete “I” Walk should take a maximum of 60 seconds.
- For Clarity: No individual music track needs to be submitted by the athlete.

Men’s Physique Class

In larger groups, the classes may be split into Tall and Short Classes.

- Short Class: Up to and including 178 cm
- Tall Class: Over 178.1 cm

If the number of entries exceeds a certain amount in both short and tall categories, the classes will be divided into short, medium, and tall.

Junior Men’s Physique

The age limit to compete in Junior Men’s Physique is 23 and under. For clarification, this limit is 23 years and 364 days. This ruling also applies to the British Finals; if an athlete qualifies within that age range but falls outside of it by the time the final comes around, the athlete is permitted to change classes to Men’s Physique.

Masters Men’s Physique

The age requirement to compete in the Masters Men’s Physique is that an athlete MUST be aged 35 or above at the qualifying show. A 34-year-old man cannot compete with the intention of being 35+ at the Finals.

MIXED DISABILITY

- This class is open to disabled athletes only.
- Competitors must provide documentation of a recognised physical or cognitive disability. This may include medical records, a letter from a healthcare professional, or other official documentation.



- The disability must be classified as a permanent impairment that affects the individual's ability to perform certain physical activities, including bodybuilding. This can include, but is not limited to, mobility impairments, visual impairments, or other significant physical limitations.
- Depending on the specific disability, competitors may be classified into different categories or divisions to ensure fair competition.
- Judging Criteria: Judging may consider the competitor's ability to showcase their physique and skills relative to their disability.
- Interested competitors should contact the PCA directly for specific application procedures, deadlines, and additional requirements.

Ladies Classes

- In all ladies' classes, there may be a requirement to split classes into tall and short categories. This decision may be made in advance by the promoter or on the day of the competition.
- For clarity: No individual music track needs to be submitted by the athlete.

The height categories that will be used are:

- Short: Up to and including 164 cm (5 feet 4½ inches)
- Tall: Over 164.1 cm
- If the number of entries exceeds a certain amount in both short and tall categories, the classes will be divided into short, medium, and tall.

Ladies Bikini Classes

The following classes fall within the categorisation of Ladies Bikini Classes:

- Ladies Bikini
- Junior Bikini (Under 23)
- Bikini Trained
- Masters Bikini (Over 35)

Both Bikini Toned and Junior Bikini Classes share the same criteria, with the sole exception of age range. Both classes will be offered at registration; however, classes are subject to a minimum entry of six athletes per class. If fewer than the required numbers register for



Junior Bikini, those athletes will be moved into the open Bikini Toned class. The judges will be aware of the athletes' age groups and will extend invitations for Finals appearances relative to their specific ages.

For Clarity: No individual music track needs to be submitted by the athlete.

Judging Criteria

- Attire will consist of a two-piece bikini of any colour, fabric, or texture that may be decorated with crystals or similar. The bikini bottom must cover all of the frontal area and be tasteful and feminine from the rear. Shoes can be of any style, with a heel height of no more than 5 inches. We ask that all shoes are fit for purpose and safe to walk in.
- Recommended shoes can be found at <http://www.pcaofficial.com/shop>.
- Athletes must not wear tiaras or any other head-dress. Jewellery can be worn but must be tasteful and not detract from the physique. Bikinis, jewellery, and shoes will not be judged.
- All Ladies Bikini Classes will follow the same format:
- Athletes will enter on stage in numerical order and stand in line. They will perform quarter turns and compulsory poses. Athletes will perform individual "I" walks and may be asked to perform a freestyle feminine posedown as a group. They will then be awarded medals, trophies, Finals invitations, etc., before leaving the stage.
- In all instances, athletes will be directed and instructed by the MC, judges panel, and possibly designated stage helpers.

Quarter Turns:

- Front position – Athlete with one hand on the hip and the other arm down. The athlete may also demonstrate the front pose with both hands on hips or both arms down.
- (Quarter Turn to the Right) Side position – Athlete showing left side: right leg straight, left leg bent, right hand on the hip, left arm down. Alternatively, left leg straight, right leg bent, right hand on the hip, left arm down.
- (Quarter Turn to the Right) Rear-facing position – Athlete with one hand on the hip and the other arm down. The athlete may also demonstrate the rear pose with both hands on hips or both arms down.



- (Quarter Turn to the Right) Side position – Athlete showing right side: left leg straight, right leg bent, left hand on the hip, right arm down. Alternatively, right leg straight, left leg bent, left hand on the hip, right arm down.

The “I” Walk will be performed as follows:

Athletes will be ushered to the side of the stage. The athlete will begin the “I” walk by commencing from the rear of the stage with one pose of their choice. The athlete will move to the front of the stage and again show a pose of choice.

BIKINI SHORT/MEDIUM/TALL

The Ladies' Bikini Class will be judged on an athletically toned physique that promotes a healthy lifestyle. Competitors should be recognisably fit and demonstrate evidence of muscular training without being excessively defined or overly dieted. Judges will assess symmetry, balance, proportions, conditioning, and presentation. Stage presence, etiquette, and tanning are also important factors.

JUNIOR BIKINI

- The age limit for competing in the Junior Bikini category is 23 years and under. For clarification, this limit is 23 years and 364 days. This ruling also applies to the British Finals; if an athlete qualifies within this age range but exceeds it by the time of the Finals, they are permitted to change to the Open Bikini Toned Class.
- The Junior Bikini Class will be judged on an athletically toned physique that promotes a healthy lifestyle. Competitors should be recognisably fit and demonstrate evidence of muscular training without excessive definition or dieting. Judges will assess symmetry, balance, proportions, conditioning, and presentation. Stage presence, etiquette, and tanning are also important.

BIKINI TRAINED

The Bikini Trained Class will be judged on an athletically trained physique that promotes a healthy lifestyle. Competitors should be recognisably fit and show evidence of muscular



training, with low body fat. Judges will assess symmetry, balance, proportions, conditioning, and presentation. Stage presence, etiquette, and tanning are also important.

BIKINI MASTERS 35+

- To compete in the Bikini Masters Class, athletes must be aged 35 or over at the qualifying show. A 34-year-old athlete cannot compete with the intention of being 35 or older at the Finals. The Bikini Masters Class will be judged on an athletic, trained physique that promotes a healthy lifestyle. Competitors should be recognisably fit and demonstrate evidence of muscular training, with low body fat. Judges will reward muscle maturity and a good level of conditioning associated with older, experienced athletes. Symmetry, balance, proportions, conditioning, and presentation will all be assessed. Stage presence, etiquette, and tanning are also important.
- In instances where there are three or more athletes registered who are 45 or older, the Bikini Masters 45+ category will be offered.

BIKINI MASTERS 45+

To compete in the Bikini Masters 45+ Class, athletes must be aged 45 or over at the qualifying show. A 44-year-old athlete cannot compete with the intention of being 45 or older at the Finals. The Bikini Masters Class will be judged on an athletic, trained physique that promotes a healthy lifestyle. Competitors should be recognisably fit and demonstrate evidence of muscular training, with low body fat. Judges will reward muscle maturity and a good level of conditioning associated with older, experienced athletes. Symmetry, balance, proportions, conditioning, and presentation will all be assessed. Stage presence, etiquette, and tanning are also important.

Ladies' Wellness Class

WELLNESS

Quarter Turn:

Front Position** – Athletes must turn to face the judges making sure left hip remains visible to the judges during their front pose.

Athletes must stand with a **straight right leg** at the back, carrying most of her weight on this leg. A **bent left leg** at the front with the bent knee positioned in a forward direction.



Right hand on hip and left arm down. Athlete must ensure there is constant emphasis on lower half of physique.

(Quarter Turn to the Right) **

Side Position (Left Side Showing) **: The left leg should be straight, while the right leg is bent. The athlete must place the right hand on the hip and let the left arm hang down.

(Quarter Turn to the Right) **

Rear Facing Position – Feet hip width apart, both palms must be on thighs, arms straight, lengthened and in a vertical position. Emphasis must be on lower half of physique and so hair should be placed on the athlete's back to hide the top half of the physique.

(Quarter Turn to the Right) **

Side Position (Right Side Showing) **: The right leg should be straight, while the left leg is bent. The athlete must place the left hand on the hip and let the right arm hang down.

LADIES' WELLNESS

- The Wellness Class will be judged on an athletically presented physique that promotes a healthy lifestyle. Competitors should showcase increased muscularity in the glute, hamstring, hip, and thigh areas, while the upper body should also be developed to display a good level of fitness, particularly in the shoulder region. However, the emphasis must remain on the lower half of the physique.
- Conditioning and presentation are essential and will be assessed by the judges.
- Stage presence, etiquette, and tanning will form the foundation of all judging decisions.

LADIES' FIGURE CLASSES

The following classes fall within the category of Ladies' Figure Classes:

- Toned Figure
- Athletic Figure
- Trained Figure



Judging Criteria

Competitors are required to wear a two-piece bikini of any colour, fabric, or texture, which may be decorated with crystals or similar embellishments. The bikini bottom must adequately cover the frontal area and maintain a tasteful and feminine appearance from the rear.

Shoes can be of any style, but the heel height must not exceed 5 inches. We ask that all shoes are suitable for the purpose and safe to walk in. Athletes are not permitted to wear tiaras or any other headgear. While jewellery may be worn, it should be tasteful and not detract from the athlete's physique. Note that the bikini, jewellery, and shoes will not be judged.

All Ladies' Figure Classes will follow the same format:

- Athletes will enter the stage in numerical order and stand in line.
- They will perform quarter turns.
- Athletes will execute compulsory poses.
- Each athlete will present an individual posing routine.
- Athletes will return to the stage for a freestyle pose-down as a group.
- Medals, trophies, and invitations to the Finals will be awarded, after which athletes will leave the stage.
- Throughout the process, athletes will be directed and instructed by the MC, judges panel, and possibly designated stage helpers.

Quarter Turns

Front Position:** Athletes should stand with feet together, both hips facing the judges, arms down and slightly away from the body.

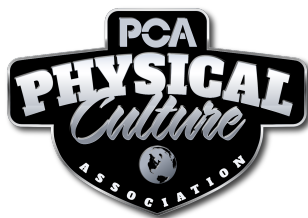
Quarter Turn to the Right**:

Side Position: Show the left side with the right leg bent and the left leg straight, right hand on hip, left arm down and away from the body. Alternatively, feet together facing the side of the stage, both legs straight, both arms away from the body.

Quarter Turn to the Right**:

Rear Position: Stand with feet together, both hips facing the judges, arms down and away from the body.

Quarter Turn to the Right**:



Side Position: Show the right side with the left leg bent and the right leg straight, left hand on hip, right arm away from the body. Alternatively, feet together facing the side of the stage, both legs straight, both arms away from the body.

Individual Posing Routines

Each athlete will be allowed up to 60 seconds for their individual free posing routine, set to music of their choice. The music will begin playing as the athlete enters the stage to perform their routine.

Guidelines:

- Lewd or gratuitous posing is not permitted; the "Full Moon" pose (bending over) is also prohibited.
- Athletes must not lie on the stage during their routine.
- Music must not contain bad language, blasphemy, or promote violence.
- In the event of a technical issue, a music track will be provided by the event organiser.

LADIES' TONED FIGURE

- The Ladies' Toned Figure Class will be judged on a toned physique that promotes a healthy lifestyle. Competitors should appear recognisably fit, demonstrating evidence of muscular training without excessive definition or dieting. Judges will assess symmetry, balance, proportions, conditioning, and presentation.
- Stage presence, etiquette, and tanning will also be fundamental to judging decisions.

Compulsory Poses

- Front pose with arms overhead – side or front position optional.
- Side pose of choice – showing right or left side is optional.
- Rear pose with arms overhead – no excessive bending forward at the waist.
- Side pose of choice – showing right or left side is optional.
- All poses are to be open-handed and may be interpreted at the athlete's discretion.

LADIES' ATHLETIC FIGURE

- The Ladies' Athletic Figure Class will be judged on an athletic physique that promotes a healthy lifestyle. Competitors should appear recognisably fit, displaying evidence of



muscular training and low body fat. Judges will evaluate feminine muscularity, symmetry, balance, proportions, conditioning, and presentation.

- Stage presence, etiquette, and tanning will serve as the foundation for all judging decisions.

Compulsory Poses

- Front pose with hands overhead – side or front position optional.
- Side pose of choice – showing right or left side is optional.
- Rear pose with arms overhead – no excessive bending forward at the waist.
- Side pose of choice – showing right or left side is optional.
- All poses are to be open-handed and may be interpreted at the athlete's discretion.

LADIES' TRAINED FIGURE

- The Ladies' Trained Figure Class will be judged on a physique that promotes a healthy lifestyle. Athletes should be feminine, with high levels of muscle mass and low body fat, allowing for visible striations. Judges will assess symmetry, balance, proportions, conditioning, and presentation.
- Stage presence, etiquette, and tanning will form the basis of all judging decisions.

Compulsory Poses

- Front pose with hands overhead – side or front position optional.
- Side pose of choice – showing right or left side is optional.
- Rear pose with arms overhead – no excessive bending forward at the waist.
- Side pose of choice – showing right or left side is optional.

MIXED DISABILITY

- This class is open to disabled athletes only.
- Competitors must provide documentation of a recognised physical or cognitive disability. This may include medical records, a letter from a healthcare professional, or other official documentation.
- The disability must be classified as a permanent impairment that affects the individual's ability to perform certain physical activities, including bodybuilding. This can include, but



is not limited to, mobility impairments, visual impairments, or other significant physical limitations.

- Depending on the specific disability, competitors may be classified into different categories or divisions to ensure fair competition.
- Judging Criteria: Judging may consider the competitor's ability to showcase their physique and skills relative to their disability.
- Interested competitors should contact the PCA directly for specific application procedures, deadlines, and additional requirements.

BRITISH FINAL INVITATIONS

British Final Invitations are awarded to athletes whom the judges believe will be competitive at the annual National Finals. A first-place finish in a qualifying event does not guarantee an automatic invitation to the Finals. All invitations are at the discretion of the head judge at the respective qualifying shows.

An automatic Finals invitation is granted to any athlete who won their class in the previous year's British Final. For clarity, being a British Final Class Winner is relevant for one season only.

PCA CODE OF ETHICS

PCA Commitment

As a sporting provider, the PCA recognises the importance of adhering to a set of values that enhance, promote, and advance not only the sport of bodybuilding but also a caring, equitable, and fair society.

In all instances, the PCA insists on the following practices:

- All PCA members, officials, and service providers must promote health and safety in every aspect of PCA-related activities.
- All PCA members, officials, and service providers must ensure respect is shown to all individuals. Everyone should be treated equally and sensitively, regardless of age, ancestry, colour, gender, race, sexual orientation, religious beliefs, or disability.



- All PCA members, officials, and service providers must honour the spirit of sport. Fair play, adherence to the rules, politeness, acceptance of decisions, and moderate language and behaviour must be always demonstrated.
- All PCA members, officials, and service providers must report any transgressions or breaches of this Code of Ethics, whether formally or informally.
- In cases of transgressions, cheating, inappropriate behaviour, or breaches of this Code of Ethics, the PCA Committee has the authority to sanction, disqualify, withdraw support, expel, or impose limitations on individuals or supporting organisations found to contravene PCA rules.