

PHYSICAL CULTURE ASSOCIATION

RULES AND TERMS OF SERVICE

Mission Statement

THE PCA WILL WORK TIRELESSLY TO DEVELOP & POSITIVELY EVOLVE PHYSICAL CULTURE

Introduction

The following document is the controlling authority for the Physical Culture Association (PCA). The rules, policies, criteria & administration guide for PCA Amateur Athletes are outlined hereafter:

General

The PCA Committee are entrusted with the guardianship of all matters relating to amendments or additions to any rules, policies or criteria.

The interpretation of the rules, policies or criteria if questioned is to be clarified & subsequently declared by the PCA Committee.

Constitutionally a voting system shall be employed at Committee level. Exceptionally the President has the power to ascribe, change or introduce rulings if warranted.

Agreements

Any promoter, athlete, service provider or affiliated person shall enter into any arrangement or agreement voluntarily & of their own free will.

By doing so these external parties are bound to accept the rules, as laid out in this document & to follow the working practices of the PCA.

Liability

Any promoter, athlete, service provider or affiliated person shall have no claim over the PCA in relation to any loss they may incur whether it is financial, harm to reputation or loss of time.

Any promoter or organizer shall make the necessary steps to provide medical & insurance cover for any event over which they have control.

Media Rights

Any photograph, video recording or any other image of athlete participation in a sanctioned PCA event will be considered an assigned image & the PCA will hold copyright of these aforementioned works or images.

The PCA reserve the right to control any & all press accreditation to media organizations in all cases where formal media coverage is being undertaken.

PCA Professional Athletes

PCA Professional Athletes will be selected from the very best amateur athletes. In all instances a PCA Professional Athlete may not return to compete as an amateur Athlete.

Code Of Ethics

Any athlete, official, judge or PCA affiliate by participation agrees to abide & honor the PCA Code Of Ethics as laid out 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 to which the PCA have 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

JUNIOR BODYBUILDING
FIRST TIMER BODYBUILDING
NOVICE BODYBUILDING
MASTER OVER 40'S
MASTERS OVER 50'S
MEN'S PHYSIQUE
JUNIOR MEN'S PHYSIQUE
MASTER'S MEN'S PHYSIQUE
MUSCLE MODEL
CLASSIC BODYBUILDING
DISABILITY

Mr Class 1

Mr Class 2

Mr Class 3

Mr Class 4

or

Mr CLASS SHORT*

Mr CLASS MEDIUM* (MAY BE USED IN SMALLER SHOWS)

Mr CLASS TALL*

BOLD - are the open classes

LADIES

BIKINI TONED
JUNIOR BIKINI TONED
MASTERS BIKINI
BIKINI TRAINED
TONED FIGURE
ATHLETIC FIGURE
TRAINED FIGURE
DISABILITY



Entry Rules

All athletes, with no exception, must be a member of the PCA & pay the show registration fee before any participation on stage.

It is the competing athletes' responsibility to make themselves aware of all relevant competition rules & adhere to them.

Variations to classes, omissions to classes & additional classes are at the discretion of the 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 put on other classes outside of the qualifying classes such as local area competitions & these 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 a run-through event. Athletes will go on stage, participate & then receive placings, trophies, invitations, etc.

No background music shall include swear words, blasphemy or promote violence or racial hatred. In any instances 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 in exceptional cases the authority to remove or to not allow an athlete to step on stage if it is felt that the athlete has not reached a basic minimum standard required for a competitive athlete.

PCA CRITERIA

MEN'S CLASSES

Men's Bodybuilding Classes

The following Classes fall within the categorization of Men's Bodybuilding;

Junior Bodybuilding

First Timer's Bodybuilding

Novice Bodybuilding

Masters Over 40s

Masters Over 50s

Disability Class

Mr Class 1

Mr Class 2

Mr Class 3

Mr Class 4

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

Judging Criteria

All Bodybuilding classes will be judged on, Muscularity, Symmetry, Balance & Proportions, Conditioning & Presentation.

Stage presence, etiquette & tanning will form the foundations of all judging decisions.

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

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

Athletes will enter on-stage in numerical order & stand in line.

Athletes will perform quarter turns.

Athletes will perform compulsory poses.

Athletes will perform individual posing routines.

Athletes may be asked to perform a free style posedown as a group.

Athletes will then be awarded medals, trophies, Finals invitation etc...

Athletes will then leave the stage.

In all instances the athletes will be directed & instructed by the MC, Judges Panel & 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 the athletes will be asked to show just a single side on the Tricep & Bicep poses but in comparisons they may be invited to specifically show either side individually.

Individual Posing Routines

Each athlete will be allowed 60 seconds of Individual Free Posing to music of their own choosing. In ALL instances the music will start playing & the athlete will enter the stage to perform their routine.

Lewd or gratuitous posing is not permitted. The "Full Moon" pose of bending over is not permitted.

Athletes must not lie on the stage during their routine.

To reiterate the entry rules, no music shall have bad language, blasphemy or promote violence.

In the event of a technical problem a music track will be provided by the event organizer.

JUNIOR BODYBUILDING

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

FIRST TIMERS CLASS

This class is for an athlete who has never stepped on stage at all previously. Model Classes, independent shows or local show involvement disqualifies an athlete from entering. It is for TRUE First Time athletes only.

In the event of an athlete being selected for the British Finals they are subsequently allowed to compete in future PCA Shows, however if that athlete then again is selected to compete in another class at the Finals then we would insist that the athlete rescind the First Timers Invitation & compete in the more experienced class.

NOVICE BODYBUILDING

An athlete who has not placed in any top 3 of ANY Federation's National Final will be considered a Novice, First Time Classes or Junior Classes being the exemption to this rule.

A Novice cannot move between open Classes & then back to Novice, the single exception is if they are/ were able to move to Junior Bodybuilding.

In all cases, athletes will be encouraged to move out of the Novice Class if it is felt they are of a sufficient standard to challenge 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 50's 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.

DISABILITY

This Class is open to disabled athletes only.

Mr HEIGHT CLASSES (1,2,3,4 & Tall, Medium, Short)

The Height Requirements are as follows;

Mr Class 4- 5 ft 4.7 inches or under (167cm & under)

Mr Class 3- 5 ft 6.1 inches to 5 ft 8inches (167.1cm to 173cm)

Mr Class 2- 5 ft 8.1 inches to 5 ft 10inches (173.1 cm to 179cm)

Mr Class 1- 5 ft 10.1 inches & over (179.1 cm & over)

Mr Class Short – Up to & including 5ft 6 inches

Mr Class Medium – Over 5ft 6 & up to & including 5ft 10

Mr Class Tall – Over 5ft 10 inches

Classic Bodybuilding

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

Short Class: Up to & including 173 cm's (5 feet 8 inches)

Tall Class: Over 173.1 cm's

Judging Criteria

****For Clarity; There are no weight to height limits for this class.**

Classic Bodybuilding Class will be judged on, Muscularity, Symmetry, Balance & Proportions, Conditioning & Presentation.

Judges will reward physiques that best represent a graceful package with all muscle groups flowing from broad shoulders. Athletes should ideally be small at the waist & have powerful legs that tie in & complement the upper body.

Individual Posing Routines will be marked & should be considered by the judges when assessing the athlete's overall scoring.

Stage presence, etiquette & tanning will form the foundations of all judging decisions.

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

Athletes will enter on-stage in numerical order & stand in line.

Athletes will perform quarter turns.

Athletes will perform compulsory poses.

Athletes may be asked to perform a free style posedown as a group.

Athletes will then be awarded medals, trophies, Finals invitation etc...

Athletes will then leave the stage.

In all instances the athletes will be directed & instructed by the MC, Judges Panel & 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 Classical interpretation of: Front Pose
Side Pose
Rear Pose

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

Individual Posing Routines

Each athlete will be allowed 60 seconds of Individual Free Posing to music of their own choosing. In ALL instances the music will start playing & the athlete will enter the stage to perform their routine.

Lewd or gratuitous posing is not permitted. The "Full Moon" pose of bending over is not permitted.

Athletes must not lie on the stage during their routine.

To reiterate the entry rules, no music shall have bad language, blasphemy or promote violence.

In the event of a technical problem a music track will be provided by the event organizer.

Men's Physique Classes

The following Classes fall within the categorization of Men's Physique;

Junior Men's Physique

Men's Physique

Masters Men's Physique

Both Masters & Junior Physique will be offered at Registration, however these classes are subject to a minimum entry of 6 Athletes per class. If less than the required numbers register the Athlete(s) will be moved into the open Men's Physique. The judges will be aware of the athlete's age groups & will be able to extend invitations for Finals appearances relative to the specific ages.

Judging Criteria

****For Clarity: No individual music track has to be submitted by the Athlete**

All Men's Physique Classes will be judged on the Athlete having an athletic appearance with, Muscularity, Symmetry, Balance & Proportions, Conditioning & Presentation.

Stage presence, etiquette & tanning will form the foundations of all judging decisions.

Every aspect of the Athlete's performance will be judged including skin tone & condition, hair & facial features.

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

Attire will be long board shorts of any color that do not extend below the knee ensuring there are no logos, motifs or advertisements visible on the shorts.

Athletes should be free of body hair. No body jewelry is allowed.

Athletes will enter on-stage in numerical order & stand in line.

Athletes will perform quarter turns.

Athletes will perform compulsory poses.

Athletes will perform individual "1" Walks

Athletes may be asked to perform a free style posedown as a group.

Athletes will then be awarded medals, trophies, Finals invitation etc...

Athletes will then leave the stage.

In all instances the athletes will be directed & instructed by the MC, Judges Panel & 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

Feet must be flat on the floor

The compulsory poses are as follows;

1. Front-Facing, Arms Overhead, Open Handed
2. *Left Side Showing abdominals & obliques with left hand behind head
3. Rear-Facing, Arms Overhead, Open Handed
4. *Right Side Showing abdominals & obliques with right hand behind head
5. Front-Facing Abdominals pose.

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

The "I" Walk will be performed as follows;

Athletes will be selected in numerical order.

The Athlete will commence from rear of the stage with a front pose of choice.

The Athlete will move to the front of stage & again show a front pose of 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 return to the line in numerical order & await direction.

The complete "I" Walk should take a maximum of 60 seconds.

MEN'S PHYSIQUE CLASS

In larger groups the classes may be split into Tall & Short Classes. Short Class: Up to & including 173 cm's (5 feet 8 inches) Tall Class: Over 173.1 cm's

JUNIOR MEN'S PHYSIQUE

The age limit to compete in Junior Men's Physique is 23 & under. For clarification this limit is 23 years & 364 days. This ruling also applies for the British Finals, if an athlete has qualified within that age range but then falls outside 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.

Muscle Model Class

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

Short Class: Up to & including 173 cm's (5 feet 8 inches)

Tall Class: Over 173.1 cm's

Judging Criteria

The Muscle Model Class will be judged on the Athlete having a Muscular appearance & displaying a fuller deep chested presentation than that of the smaller Men's Physique Class. The Athlete should be marked on Muscularity, Symmetry, Balance & Proportions, Conditioning & Presentation.

Stage presence, etiquette & tanning will form the foundations of all judging decisions.

Every aspect of the Athlete's performance will be judged including skin tone & condition, hair & facial features.

Attire will be Fashion Shorts with a lace up waist ensuring there are no logos, motifs or advertisements visible on the shorts. The shorts can be any length.

Athletes should be free of body hair. No body jewelry is allowed.

Performance;

The Muscle Model Class will be executed in exactly the same way as The Men's Physique Classes with the following differences:

Compulsory Poses vary in that there are two additions;

Abdominals & Thigh

Most Muscular Pose (One or Both hands on thighs- no Trap Over Pose)

For clarity, Muscle Model is a larger more muscular version of Men's Athletic Class & hence the only difference in performance is the showing of the two extra compulsory poses.

LADIES CLASSES

In all ladies classes there may be a requirement to split classes into a Tall & a Short Category. This decision may be made in advance by the promoter or may actually take place on the day of the competition.

These are the height categories that will be used;

Short: Up to & including 164 cm's. (5 feet 4½ inches)

Tall: Over 164.1 cm's.

Ladies Bikini Classes

The following Classes fall within the categorization of Ladies Bikini Classes;

Bikini Toned

Junior Bikini Toned

Bikini Trained

Masters Bikini

Both Bikini Toned & Junior Bikini Classes have the exact same criteria with the single exception of age range. Both classes will be offered at registration, however classes are subject to a minimum entry of 6 Athletes per class. If less than the required numbers register for Junior Bikini then these Athletes will be moved into the open Bikini Toned. The judges will be aware of the athlete's age groups & will be able to extend invitations for Finals appearances relative to the specific age.

Judging Criteria

****For Clarity; No individual music track has to be submitted by the Athlete**

Attire will be a 2 piece bikini of any color, fabric or texture that may be decorated with crystals or similar. The bikini bottom must cover all of the frontal area & be tasteful & feminine from the rear.

Shoes can be of any style but must not be of an obvious platform sole & should have a maximum of a 3 inch heel.

Athletes must not wear tiaras or any other head-dress.

Jewelry can be worn but must be tasteful & not detract from the physique.
Bikini, jewelry & shoes will not be judged.

All Ladies Bikini Classes will follow the same format:
Athletes will enter on-stage in numerical order & stand in line.
Athletes will perform quarter turns.
Athletes will perform compulsory poses.
Athletes will perform individual "I" Walks
Athletes may be asked to perform a free style feminine posedown as a group.
Athletes will then be awarded medals, trophies, Finals invitation etc...
Athletes will then leave the stage

In all instances the athletes will be directed & instructed by the MC, Judges Panel & possibly designated stage helpers.

Quarter Turns;

Front position- Athlete with one hand on the hip & the other hand off.

(Quarter Turn to the Right)

Side position, left side showing- right leg straight, left leg slightly bent, right hand on the hip, left hand off & pulled back to show waist.

(Quarter Turn to the Right)

Rear facing position- legs open no more than hip width apart, two hands on hips or two hands off, this is the athlete's choice. No excessive bending forward at the waist.

(Quarter Turn to the Right)

Side position, right side showing- left leg straight, right leg slightly bent, left hand on the hip, right hand off & pulled back to show waist.

(Quarter Turn to the Right)

The "I" Walk will be performed as follows;

Athletes will be selected in numerical order

The Athlete will commence from rear of the stage with a front pose of choice.

The Athlete will move to the front of stage & again show a front pose of choice.

The Athlete will then perform four quarter turns presenting their own interpretation. In all cases hands must be low.

The Athlete will then return to the line in numerical order & await direction.

The complete "I" Walk should take a maximum of 60 seconds.

BIKINI TONED

Toned Bikini Class will be judged on an athletic body promoting a healthy lifestyle. Ladies will be recognizably fit & show evidence of training muscularly without being excessively defined or dieted. Symmetry, Balance & Proportions, Conditioning & Presentation will all be assessed by the judges.

Stage presence, etiquette & tanning will form the foundations of all judging decisions.

JUNIOR BIKINI

The age limit to compete in Junior Bikini is 23 & under. For clarification this limit is 23 years & 364 days. This ruling also applies for the British Finals, if an athlete has qualified within that age range but then falls outside by the time the final comes around the athlete is permitted to change class to the open Bikini Toned Class.

Junior Bikini Class will be judged on an athletic body promoting a healthy lifestyle. Ladies will be recognizably fit & show evidence of training muscularly without being excessively defined or dieted. Symmetry, Balance & Proportions, Conditioning & Presentation will all be assessed by the judges.

Stage presence, etiquette & tanning will form the foundations of all judging decisions.

BIKINI TRAINED

Bikini Trained Class will be judged on an athletic trained body promoting a healthy lifestyle. Ladies will be recognizably fit & show evidence of training muscularly & body fat will be low. Symmetry, Balance & Proportions, Conditioning & Presentation will all be assessed by the judges.

Stage presence, etiquette & tanning will form the foundations of all judging decisions.

BIKINI MASTERS

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

Bikini Masters Class will be judged on an athletic trained body promoting a healthy lifestyle. Ladies will be recognizably fit & show evidence of training muscularly & body fat will be low. Judges will reward muscle maturity & dry conditioning associated with older, experienced athletes. Symmetry, Balance & Proportions, Conditioning & Presentation will all be assessed by the judges.

Stage presence, etiquette & tanning will form the foundations of all judging decisions.

Ladies Figure Classes

The following Classes fall within the categorization of Ladies Figure Classes;

Toned Figure
Athletic Figure
Trained Figure

Judging Criteria

Attire will be a 2 piece bikini of any color, fabric or texture that may be decorated with crystals or similar. The bikini bottom must cover all of the frontal area & be tasteful & feminine from the rear.

Shoes can be of any style but must not be of an obvious platform sole & should have a maximum of a 3 inch heel.

Athletes must not wear tiaras or any other head-dress.

Jewelry can be worn but must be tasteful & not detract from the physique.

Bikini, jewelry & shoes will not be judged.

All Ladies Figure Classes will follow the same format:

Athletes will enter on-stage in numerical order & stand in line.

Athletes will perform quarter turns.

Athletes will perform compulsory poses. Athletes will perform individual posing routines.

Athletes may be asked to perform a free style posedown as a group.

Athletes will then be awarded medals, trophies, Finals invitation etc...

Athletes will then leave the stage.

In all instances the athletes will be directed & instructed by the MC, Judges Panel & 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 Individual Posing Routines

Individual Posing Routines

Each athlete will be allowed 60 seconds of Individual Free Posing to music of their own choosing. In ALL instances the music will start playing & the athlete will enter the stage to perform their routine.

Lewd or gratuitous posing is not permitted. The "Full Moon" pose of bending over is not permitted.

Athletes must not lie on the stage during their routine.

To reiterate the entry rules, no music shall have bad language, blasphemy or promote violence.

In the event of a technical problem a music track will be provided by the event organizer.

Ladies Toned Figure

Ladies Toned Figure Class will be judged on a toned body promoting a healthy lifestyle. Ladies will be recognizably fit & show evidence of training muscularly without being excessively defined or dieted. Symmetry, Balance & Proportions, Conditioning & Presentation will all be assessed by the judges.

Stage presence, etiquette & tanning will form the foundations of all judging decisions.

The compulsory poses are as follows;

Front pose with hands overhead

(Quarter Turn to the Right)

Left Side pose of choice

(Quarter Turn to the Rear)

Rear pose with arms; arms overhead

(Quarter Turn to the Right)

Right Side pose of choice

(Quarter Turn to the Front)

Athletic Figure

Ladies Athletic Figure Class will be judged on an athletic body promoting a healthy lifestyle. The athlete will be feminine with muscle mass with such low body fat that striations are visible. Feminine Muscularity, Symmetry, Balance & Proportions, Conditioning & Presentation will all be assessed by the judges.

Stage presence, etiquette & tanning will form the foundations of all judging decisions.

The compulsory poses are as follows;

Front pose with hands overhead

Side Chest

Rear pose with arms overhead

Side Tricep

All poses are open handed & at the athletes preferred interpretation.

Ladies Trained Figure

Ladies Trained figure Class will be judged on a trained body promoting a healthy lifestyle. Ladies will be recognizably fit & show evidence of training muscularly & body fat will be low. Symmetry, Balance & Proportions, Conditioning & Presentation will all be assessed by the judges.

Stage presence, etiquette & tanning will form the foundations of all judging decisions.

The compulsory poses are as follows;

Front pose with hands overhead

(Quarter Turn to the Right)

Left Side pose of choice

(Quarter Turn to the Right)

Rear pose with arms overhead

(Quarter Turn to the Right)

Right Side pose of choice

(Quarter Turn to the Right)

Abdominals & Thighs

USA Final Invitations

USA Final Invitations are awarded to athletes that the judges feel will be competitive at the yearly National Finals. First place in a qualifying event does not guarantee that the athlete will receive an automatic invitation to the Finals. ALL invitations are the responsibility of the head judge at the respective qualifying show(s).

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

PCA CODE OF ETHICS

PCA COMMITMENT

As a Sporting Provider the PCA recognize the need to follow a set of values that will enhance, promote & forward not only the sport of Bodybuilding but also that of a caring, equal & fair society.

In all instances the PCA insist on the following practices:

All PCA members, PCA officials & service providers must promote health & safety in every aspect of any PCA related activities.

All PCA members, PCA officials & service providers must ensure that respect is shown to all. Everyone should be treated equally & sensitively regardless of age, ancestry, color, gender, race, sexual orientation, religious beliefs or disability.

All PCA members, PCA officials & service providers must honor sport. Fair play, the following of the rules, politeness, acceptance of decisions & moderate language & behavior must be displayed at all times.

All PCA members, PCA officials & service providers must report either formally or informally any transgressions or breaching of this Code Of Ethics that they become aware of.

In all manner of transgressions, cheating, bad behavior or breaches of this Code of Ethics, the PCA Committee has the power to sanction, disqualify, withdraw support, expel or impose endorsements on individuals or support organizations that have been found to contravene PCA rules.

