

PHYSICAL CULTURE ASSOCIATION U.S.A.

OFFICIAL CRITERIA, 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'S CATEGORIES

- Junior Bodybuilding
- First Timers Bodybuilding
- Masters over 40's Bodybuilding
- Masters over 50's Bodybuilding
- Men's Physique
- Junior Men's Physique
- Masters Men's Physique
- Classic Bodybuilding
- Short/Medium/Tall Bodybuilding
- DisAbility

LADIES CATEGORIES

- Bikini
- Junior Bikini
- Masters Bikini
- Trained Bikini
- Wellness
- Figure
- Masters Figure
- Trained Figure
- Women's Physique
- 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 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 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.

CRITERIA- MEN'S CLASSES

BODYBUILDING CATEGORIES

Junior Bodybuilding (23 & under) ages 14-17 must have parental approval

First Timer's Bodybuilding (never competed before)

Novice Bodybuilding (never placed top 3 in any show)

Masters 40+ & 50+

Disability

Short Bodybuilding (Up to & Including 5'6")

Medium Bodybuilding (Over 5'6" & up to and including 5'10")

Tall Bodybuilding (5'10" and above)

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 pose-down 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 & Chest 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

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.

CLASSIC BODYBUILDING CATEGORIES

Junior Classic Bodybuilding (23 & under) ages 14-17 must have parental approval

First Timer's Classic Bodybuilding (never competed before)

Novice Classic Bodybuilding (never placed top 3 in any show)

Masters 40+ & 50+

Disability

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 pose down 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 pose of your choice from the front, side, and rear

*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 CATEGORIES

Junior Physique (23 & under) ages 14-17 must have parental approval

First Timer's Physique (never competed before)

Novice Physique (never placed top 3 in any show)

Masters 40+ & 50+

Disability

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 (5 feet 9 inches and up)

Judging Criteria

****For Clarity; No individual music 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 "I" Walks

Athletes may be asked to perform a free style pose down 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.

CRITERIA- WOMEN'S CLASSES

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 colour, 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, 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 www.pcaofficial.com/shop

Athletes must not wear tiaras or any other head-dress. Jewelry can be worn but must be tasteful & not detract from the physique.
Bikini, jewellery & 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- MOVE HAIR FROM BACK so judges can assess back development and conditioning (this does not apply to the Wellness Category), 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

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.

WELLNESS

Wellness Class will be judged on an athletically presented physique promoting a healthy lifestyle. Ladies must showcase more muscularity in the glutes, hip and thigh areas. The upper body must be developed and display a good level of fitness. However, emphasis must be 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 foundations of all judging decisions.

JUNIOR BIKINI

The age limit to compete in Junior Bikini is 23 & under, ages 14-17 must have parental approval . For clarification this limit is 23 years & 364 days. This ruling also applies for Finals competitions, 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 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.

TRAINED BIKINI

Trained Bikini 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.

MASTERS BIKINI

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;

Figure

Trained Figure

Women's Physique

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, with a heel height of no more than 5-inches. We ask that all shoes are fit for purpose and safe to walk in. 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 Figure

Ladies 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 overhead
(Quarter Turn to the Right)
Right Side pose of choice
(Quarter Turn to the Front)

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 Front)

Women's Physique Class

Women's Physique Class will be judged on a heavily trained body promoting a healthy lifestyle. This is the Largest Muscular class for women, Muscle mass will be heavily taken into consideration as long as it doesn't sacrifice the shape of the overall physique. 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*

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.

If you have any specific questions about criteria, Please reach out to us on our social media outlets or send an email to mharrison@officialpcausa.com. #PCAARMY

