

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 practises 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 organiser 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 organisations 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 & honour 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:

<u>MEN</u>	<u>LADIES</u>
JUNIOR BODYBUILDING	BIKINI SHORT/TALL
FIRST TIMER BODYBUILDING	JUNIOR BIKINI
NOVICE BODYBUILDING	MASTERS BIKINI
MASTER OVER 40'S	BIKINI TRAINED
MASTERS OVER 50'S	TONED FIGURE
MEN'S PHYSIQUE	ATHLETIC FIGURE
JUNIOR MEN'S PHYSIQUE	TRAINED FIGURE
MASTER'S MEN'S PHYSIQUE	DISABILITY
CLASSIC BODYBUILDING	WELLNESS
DISABILITY	
Mr Bodybuilding Class 4	
Mr Bodybuilding Class 3	
Mr Bodybuilding Class 2	
Mr Bodybuilding Class 1	
Mr CLASS SHORT* Mr CLASS MEDIUM* { MAY BE USED IN SMALLER SHOWS Mr CLASS TALL*	

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.

PCA CRITERIA

MEN'S CLASSES

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 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 jewellery 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 organiser.

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

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 jewellery 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 pose of your choice

*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 organiser.

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

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 & 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

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 colour 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 jewellery 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 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 then 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.

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.

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

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.

If number exceeds a certain amount in short and tall then we will the classes will be broken up into short/medium/tall.

LADIES BIKINI CLASSES

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

Ladies Bikini

Junior Bikini (Under 23's)

Bikini Trained

Masters Bikini (Over 35's)

Both Bikini Toned & Junior Bikini Classes have the 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.

Jewellery 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 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;

Front position – Athlete with one hand on the hip & the other arm down.

Athlete may also demonstrate 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. Alternately - 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 & the other arm down. Athlete may also demonstrate 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. Alternately - right leg straight, left leg bent, left hand on the hip, right arm down.

(Quarter Turn to the Right)

The "I" Walk will be performed as follows;

Athletes will be ushered to the side of stage.

The Athlete will begin i-walk by commencing to the rear of the stage with ONLY ONE pose of choice.

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

The Athlete will then perform poses presenting their own interpretation, maintaining suitable PCA bikini poses throughout.

The Athlete will return to the line at the side of the stage and await direction.

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

BIKINI SHORT/MEDIUM/TALL

Ladies Bikini Class will be judged on an athletically toned body promoting a healthy lifestyle. Ladies will be recognisably 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 are also important.

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 athletically toned body promoting a healthy lifestyle. Ladies will be recognisably 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 are also important.

BIKINI TRAINED

Bikini Trained Class will be judged on an athletically trained body promoting a healthy lifestyle. Ladies will be recognisably 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 are also important.

BIKINI MASTERS

The age requirement to compete in the Bikini Masters Class is that an athlete MUST be aged 35 or over at the qualifying show. A 34 year old athlete 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 recognisably 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 are also important.

Ladies Wellness Class

WELLNESS

Quarter Turn;

Front Position – Athlete must face the judges with both feet roughly hip width apart. One hand on hip and one arm down. Weight must be shifted to a side of choice with emphasis on lower half of physique, posing with one leg straight and one leg bent.

(Quarter Turn to the Right)

Side Position, Left Side Showing – Left leg straight, right leg bent. Athlete must have right hand on hip and left arm down.

(Quarter Turn to the Right)

Rear Facing Position – Feet roughly hip width apart. Posing with palms on thighs, arms straight. Emphasis must be on lower half of physique and so hair should be placed on the athlete's back.

(Quarter Turn to the Right)

Side Position, Right Side Showing – Right leg straight, left leg bent. Athlete must have left hand on hip and right arm down.

LADIES WELLNESS

Wellness Class will be judged on an athletically presented physique promoting a healthy lifestyle. Ladies must showcase more muscularity in the glute, hamstring, hip and thigh areas. The upper body should be developed and display a good level of fitness, particularly the shoulder caps. 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.

LADIES FIGURE **CLASSES**

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

Toned Figure

Athletic Figure

Trained Figure

Judging Criteria

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.

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

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

Bikini, jewellery & 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 will return to stage and 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;

Front position – Athlete with feet together, both hips facing judges arms down and slightly away from body.

(Quarter Turn to the Right)

Side position – Athlete showing left side, right leg bent, left leg straight, right hand on hip, left arm down and away from body. Alternately – feet together facing side of stage, both legs straight, both arms away from body.

(Quarter Turn to the Right)

Rear facing position – Athlete with feet together, both hips facing judges arms down and away from body.

(Quarter Turn to the Right)

Side position – Athlete showing right side, left leg bent, right leg straight, left hand on hip, right arm away from body. Alternately – feet together facing side of stage, both legs straight, both arms away from body.

(Quarter Turn to the Right)

Individual Posing Routines

Each athlete will be allowed up to 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 organiser.

LADIES TONED FIGURE

Ladies Toned Figure Class will be judged on a toned body promoting a healthy lifestyle. Ladies will be recognisably 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;

- 1) Front pose with arms overhead – side or front position optional.
- 2) Side pose of choice – showing right or left side is optional.
- 3) Rear pose with arms overhead – No excessive bending forward at the waist.
- 4) Side pose of choice – showing right or left side is optional.

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

LADIES ATHLETIC FIGURE

Ladies Athletic Figure Class will be judged on an athletic body promoting a healthy lifestyle. Ladies will be recognisably fit & show evidence of training muscularly & body fat will be low. 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;

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

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. The athlete will be feminine with high levels of muscle mass with such low body fat that striations are visible. 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;

- 1) **Front pose with hands overhead** – side or front position optional.
- 2) **Side pose of choice** – showing right or left side is optional.
- 3) **Rear pose with arms overhead** – No excessive bending forward at the waist.
- 4) **Side pose of choice** – showing right or left side is optional.

British Final Invitations

British 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 British Final. For clarity, being a British Final's Class Winner is relevant for one season only.

PCA CODE OF ETHICS

PCA COMMITMENT

As a Sporting Provider the PCA recognise 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 practises:

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, colour, gender, race, sexual orientation, religious beliefs or disability.

All PCA members, PCA officials & service providers must honour sport. Fair play, the following of the rules, politeness, acceptance of decisions & moderate language & behaviour 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 behaviour 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 organisations that have been found to contravene PCA rules.

