PHYSICAL CULTURE ASSOCIATION C.I.C.

pcaofficial.com

PCA CRITERIA 2026

OFFICIAL RULES, REGULATIONS AND JUDGING CRITERIA

GOVERNING BODY	GUIDELINES	COVERS
PCA Amateur & Professional Competitions	For Athletes, Judges & Event Organisers	Competition Rules, Classifications & Entry Requirements

Committed to the evolution and excellence of physical culture.

CONTENTS

RULES AND TERMS OF SERVICE **1**

- Mission Statement 1
- Introduction 1
- General 1
- Agreements 1
- Liability 1
- Media Rights 1
- PCA Professional Athletes 1
- Code of Ethics 1

PCA QUALIFYING SHOWS **2**

- Men's Classes 2
- Ladies' Classes 2

ENTRY RULES **3**

- Acrobatic Moves 3
- Compliance 3

MEN'S BODYBUILDING CLASSES **3**

- Junior Bodybuilding 5
- First Timers Bodybuilding Class 5
- Novice Bodybuilding 5
- Masters Over 40s 5
- Masters Over 50s 5
- Mr Classes 5
- Classic Bodybuilding 6

MEN'S PHYSIQUE CLASSES **7**

- Men's Physique 8
- Junior Men's Physique 8
- Masters Men's Physique 9

LADIES' CLASSES **9**

- Ladies' Bikini Classes 9
- Bikini Fit Model 10
- Bikini 10
- Junior Bikini 11
- Bikini Trained 11
- Bikini Masters 35+ 11
- Bikini Masters 45+ 11
- Wellness 11

LADIES' FIGURE CLASSES **12**

- Ladies' Toned Figure 13
- Ladies' Athletic Figure 14
- Ladies' Trained Figure 14

MIXED DISABILITY (MIXED GENDER) **14**

BRITISH FINAL INVITATIONS **15**

COMBINING CLASSES AT THE PCA MAIN TITLES **15**

ADDITIONAL HEIGHT SPLITS **16**

PCA CODE OF ETHICS **16**

PCA Commitment 16

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 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 image of athlete participation in a sanctioned PCA event will be considered an assigned image, 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 and PCA affiliates, by participating, agree to abide by and honour the PCA Code of Ethics, as set out at the end 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 where, 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 TIMERS BODYBUILDING
- NOVICE BODYBUILDING
- MASTERS OVER 40S
- MASTERS OVER 50S
- MEN'S PHYSIQUE
- JUNIOR MEN'S PHYSIQUE
- MASTERS MEN'S PHYSIQUE
- MIXED DISABILITY
- CLASSIC BODYBUILDING SHORT / TALL
- BODYBUILDING SHORT / MEDIUM / TALL

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

Ladies' Classes

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

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

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 to 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 compete in only one qualifying class per show. Promoters may introduce other classes outside of the qualifying classes, such as local area competitions, which can be entered in addition. Any age-related class will require the athlete to produce ID at registration. The minimum age to compete in any PCA event is 18 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 or 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.

Acrobatic Moves

- An acrobatic move is any backflip, front flip, somersault, cartwheel, handspring, round-off, jump, splits drop, lift or similar gymnastic or acrobatic movement.
- Acrobatic moves do not form part of any required or assessed pose or component of a PCA event, and they carry a risk of injury to the athlete and to others nearby.
- Athletes must not perform, attempt or encourage another athlete to perform an acrobatic move on stage, backstage, in a pump-up area or in any other area controlled by the PCA.
- Any acrobatic move is performed entirely at the athlete's own risk and may result in disqualification at the discretion of the head judge.

Compliance

By registering for a PCA event, participants acknowledge and agree to the publication of their names in 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.

MEN'S BODYBUILDING CLASSES

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

- Junior Bodybuilding
- First Timers Bodybuilding
- Novice Bodybuilding

- Masters Over 40
- Masters Over 50
- Classic Bodybuilding
- Mixed Disability Class
- Bodybuilding Short
- Bodybuilding Medium
- Bodybuilding Tall

*Also Short / Tall only, if designated by the show.

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 the 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, the judging 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 Biceps
- Front Lat Spread
- Side Chest*
- Side Triceps*
- Rear Double Biceps
- Rear Lat Spread
- Abdominals & Thigh
- Most Muscular

> *In most instances, athletes will be asked to show just a single side on the Side Chest and Side Triceps 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. 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, and acrobatic moves are not permitted (see Acrobatic Moves). To reiterate, no music shall contain bad language or 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 of the Finals, they are permitted to change classes, usually to the Novice Class, and will 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 Timers and Junior classes are exempt from this rule. A novice cannot move between open classes and back to Novice, the single exception being if they are or 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 40s

To compete in the Masters Over 40s, 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 50s

To compete in the Masters Over 50s, 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 6in

- Mr Class Medium – over 5ft 6in and up to and including 5ft 10in
- Mr Class Tall – over 5ft 10in
- 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

As standard, Classic Bodybuilding will be split into Short and Tall classes.

- Short Class: up to and including 178 cm
- Tall Class: 178.1 cm and over

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

- Short Class: up to and including 175 cm
- Medium Class: 175.1 cm up to and including 180 cm
- Tall Class: 180.1 cm and over

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 no body jewellery is allowed.
- Athletes will enter the stage in numerical order and stand in line. They will perform quarter turns and compulsory poses. Athletes may be asked to perform a freestyle posedown as a group. Afterwards, 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, the judging 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 Biceps
- Front Lat Spread
- Side Chest*

- Side Triceps*
- Rear Double Biceps
- Rear Lat Spread
- Abdominals & Thigh
- Most Muscular
- Classic pose of the athlete's choice

> *In most instances, athletes will be asked to show just a single side on the Side Chest and Side Triceps 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, and acrobatic moves are not permitted (see Acrobatic Moves). To reiterate, no music shall contain bad language or 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 number 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 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 no body jewellery is allowed.

- Athletes will enter the 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 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, the judging 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 hip.

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. 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

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

- Short Class: up to and including 178 cm
- Tall Class: 178.1 cm and over

Where entries are high, further height classes may be added. See Additional Height Splits.

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 of the Finals, the athlete is permitted to change classes to Men’s Physique.

Masters Men's Physique

To compete in Masters Men's Physique, 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 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 (5ft 4½in)
  - Tall: 164.1 cm and over

- Where entries are high, further height classes may be added. See Additional Height Splits.

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 & Over 45)
- Ladies' Fit Model
- Wellness

Both Bikini 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 number register for Junior Bikini, those athletes will be moved into the open Bikini 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.merchandise.com
- Athletes must not wear tiaras or any other headdress. 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 the 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, the judging 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 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 their choice.

Bikini Fit Model

The PCA Fit Model class will emphasise a toned physique with balanced muscularity and symmetry, focusing on a softer appearance compared with other divisions such as Bikini or Figure.

Judges will assess symmetry, balance and proportions. Stage presence, etiquette and tanning are also important factors.

Excessive muscularity or striations are not desired; instead, a lean yet soft "beach body" aesthetic is preferred.

The Fit Model class will feature the standard PCA bikini poses. As with all PCA bikini categories, participants will have the flexibility to choose their own bikini style. Judging will be based on physique and stage presentation, with bikini styling at the competitor's discretion.

Bikini

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 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 35+ 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 the muscle maturity and 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.
- Where three or more registered athletes are aged 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 45+ 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 the muscle maturity and 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.

Wellness

QUARTER TURNS

Front Position – Athletes must turn to face the judges, making sure the left hip remains visible to the judges during their front pose. Athletes must stand with the right leg straight at the back, carrying most of their weight on this leg, and the left leg bent at the front, with the knee pointing forward. Right hand on hip and left arm down. Athletes must ensure there is constant emphasis on the lower half of the 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 the thighs, with arms straight, lengthened and vertical. Emphasis must be on the lower half of the physique, 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.

JUDGING CRITERIA

- 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.

For further details on attire, refer to the Ladies' Bikini Classes Judging Criteria above.

LADIES' FIGURE CLASSES

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

- Toned Figure
- Athletic Figure
- Trained Figure

Judging Criteria

Attire – 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 – 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 posedown 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, the judging 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, back 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, and acrobatic moves are not permitted (see Acrobatic Moves).
- Music must not contain bad language or 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 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' 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 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.

MIXED DISABILITY (MIXED GENDER)

- This is a mixed-gender class, open to both male and female 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.
- All athletes with disabilities are required to inform us of any special requirements prior to registration. No responsibility will be accepted for providing assistance or modifications unless this information is disclosed in advance during the registration process. Failure to do so may result in us being unable to provide the necessary support on the day of the event. It is the responsibility of the athlete or their representative to ensure that all relevant information, including any legal or regulatory requirements, is communicated in a timely manner to facilitate appropriate arrangements.

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 show.

An automatic Finals invitation is granted to any athlete who won their class at the previous year's British Final. For clarity, British Final class winner status is relevant for one season only.

COMBINING CLASSES AT THE PCA MAIN TITLES

The PCA's main titles are the British Championships (the British Finals), the PCA Universe and the PCA World Championships.

To preserve the prestige of these titles, any height class or Junior/Masters class with four or fewer registered athletes may be combined. This ruling does not apply to the First Timers, Novice, Wellness, Fit Model or Figure classes.

- **Height classes:** Height classes (e.g. Bodybuilding Short, Medium or Tall) may be combined, and new height categories may be set on the day to suit the athletes registered. For example, Short, Medium and Tall may be combined into Short and Tall, or into a single open class.
- **Junior classes:** Athletes may be moved into their respective open class (e.g. Junior Bikini into Bikini).
- **Masters classes:** Athletes may be moved into the next age class down (e.g. Masters Over 50s into Masters Over 40s, Bikini Masters 45+ into Bikini Masters 35+). Where there is no lower age class, athletes may be moved into their respective open class (e.g. Masters Men's Physique into Men's Physique).
- **Mixed Disability:** This class will always be held as its own class, regardless of numbers.
- **Titles:** Titles are awarded only for the class as contested. No separate Junior or Masters title will be awarded within a combined class.
- All decisions to combine classes will be made by the head judge and PCA officials. Athletes will be informed at registration or before their class goes on stage.

ADDITIONAL HEIGHT SPLITS

At any PCA show, where a class or height class has 20 or more athletes, the head judge may add further height classes (e.g. Short and Tall become Short, Medium and Tall, or Short, Medium, Tall and Super Tall).

- The standard height limits will not apply. Instead, split heights will be set on the day from the athletes' measured heights, so that each class has roughly the same number of athletes.
- No new class may have fewer than five athletes.
- Athletes may not choose their class. All decisions are final and will be announced before the class goes on stage.
- Finals invitations are awarded to the division (e.g. Men's Physique). At the Finals, athletes compete in whichever class their height places them.

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 always be 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 from, expel or impose limitations on individuals or supporting organisations found to contravene PCA rules.