



## **1. CLASS CRITERIA**

### **1. AGE GROUPS**

#### **1. Masters Men Physique**

Class 1: 40 years and over on the day of competition

Class 2: 50 years and over on the day of competition

Class 3: 60 years and over on the day of competition

Class 4: 70 years and over on the day of competition

#### **2. Masters Men Athletic**

Class 1: 40 years and over on the day of competition

Class 2: 50 years and over on the day of competition

#### **3. Junior Men**

Rule: Under 23 years of age on the 1st January, in the year of competition

#### **4. Teenage Men**

Rule: Under 20 years of age on the 1st January, in the year of competition

Note: This is a Physique Class, Teenage Men will do physique poses