

## **Bull Mentula Classic Competition Rules**

The competition follows modified professional competition rules. It is not organized by any federation, so competitors from all federations are welcome to participate! We guarantee the finest bodybuilding show in the Nordics on the main stage of the Nordic Fitness Expo on Saturday, October 5th, at 18:00.

### **Preliminary Competition**

Each competitor will be called to the stage one at a time in numerical order and will have a maximum of 60 seconds to perform the following eight mandatory poses in the following order:

Front Double Biceps

Front Lat Spread

Side Chest Pose

Back Double Biceps

Back Lat Spread

Abdominals and Thigh

Most Muscular Pose

All competitors will then be called to the stage in numerical order and will form a line up on both sides of the stage. The center area will be left clear. The head judge will direct the competitors to perform in numerical order through quarter turns and mandatory poses. The head judge will direct the selected competitors to the comparisons, where competitors will be compared against each other in quarter turns and mandatory poses.

### **Finals**

The six competitors with the lowest scores are called on stage one at a time in numerical order to perform a one-minute free routine to music of their choice. All competitors are then called on stage in numerical order and form a line-up on both sides of the stage. The center area is left free. The head judge directs the selected competitors to a comparison, where competitors are compared to each other in quarter turns and compulsory positions. The competitors then perform a 60-second Pose Down to music selected by the promoter.

### **Scoring**

The judges award the competitor a ranking score. The judge awards one point to the competitor they consider to be the best, two points to the second-best competitor, etc. The best and worst positions of the judges' scores are discarded from the scores, leaving the scores given by the three or five or seven judges, depending on the amount members of jury. If the scores are equal, the competitor's ranking is decided by the higher score received by the competitor.

If the scores are still tied, the competitors will be brought on stage, and the judges will score the competitors again. Competitors who have received the same number of points will be ranked as follows: If the competitors have received a tie in the preliminary competition, their ranking will be determined as follows: the competitor who has received a better individual ranking from the judges will receive a better ranking in the preliminary competition. If the scores are still tied, the competitors' ranking in the final will be decided. If the competitors

have received a tie in the final, their ranking will be determined as follows: the competitor who has received a better individual ranking from the judges in the first round of the final round will receive a better ranking in the final. The judges' evaluation and the finals will each be valued at 50% of the final score.

### **Other competition rules**

In all rounds, competitors must wear unobtrusive colored, fabric-made posing trunks that are clean and in good condition. Metallic materials such as gold or silver or shiny rubber materials may not be used in the manufacture of the posing pants. The use of padding in the posing trunks is prohibited. The posing pants may not contain commercial advertisements and/or markings. If a competitor's posing trunks do not comply with the above rules or do not meet acceptable standards of taste and decency, the Chief Judge may order the competitor to change the posing pants, otherwise the competitor may be disqualified.

The competitor's number must be securely attached to the left side of the posing trunks during the preliminary competition and the finals.

During the judging, competitors may not wear footwear, watches, bracelets, pendants, chains, bracelets (wrist or anklets), ornaments or artificial body aids. The use of props during the judging or the finals is prohibited.

The use of vulgar, profane and/or offensive language in the posing music is prohibited. Excessive use of oils, moisturizers, skin creams, suntan lotions and similar products is prohibited and may only be used in moderation.

The application of tanning products must produce a natural tone that gives the impression of a natural tan. Products that produce an unnatural color tone, orange, yellow, red, green or gold are prohibited. Bronzers that produce a metallic look are also prohibited.