

Bull Mentula Classic – Competition Rules

The Bull Mentula Classic is the Open Nordic Bodybuilding Championships, organized by Jari “Bull” Mentula and the Nordic Fitness Expo.

The competition uses modified professional bodybuilding rules. It is not organized under any federation, so athletes from all federations are welcome to compete!

No license or entry fee is required to participate.

We guarantee the finest bodybuilding show in the Nordics—live on the main stage at Nordic Fitness Expo on Saturday, October 5, at 18:00.

Prejudging

Each competitor is called on stage one at a time, in numerical order, and has up to 60 seconds to perform the following eight mandatory poses in this order:

- Front Double Biceps
- Front Lat Spread
- Side Chest
- Back Double Biceps
- Rear Lat Spread
- Side Triceps
- Abdominals and Thighs
- Most Muscular

Afterward, all competitors are called on stage in numerical order and form a lineup on both sides of the stage, leaving the center area clear.

The head judge will guide the athletes through quarter turns and mandatory poses in numerical order.

The head judge will then call selected athletes for comparisons, where competitors are compared against each other in quarter turns and mandatory poses.

Finals

The top six competitors (with the lowest total points) are called on stage one by one, in numerical order, to perform a 60-second posing routine to music of their choice.

All finalists are then called on stage again in numerical order and form a lineup on both sides of the stage, leaving the center clear.

Selected athletes are compared again by the head judge in quarter turns and mandatory poses.

Competitors will then perform a 60-second posedown to music selected by the promoter.

Weight Classes

- Men up to and including 85 kg
- Men up to and including 95 kg
- Men over 95 kg

Scoring

Judges assign placement points to each competitor. The best competitor receives 1 point, second best 2 points, and so on. The highest and lowest scores from the judges are dropped, and the remaining three scores are counted.

In the case of a tie, placements are determined by the better individual scores received by the athlete. If a tie still remains, the tied competitors return to the stage for a re-evaluation by the judges.

Tie-breaking rules:

- If the tie occurs in prejudging, the competitor with the higher number of better placements from the judges receives the higher rank. If still tied, the final round determines the placement.
- If the tie occurs in the finals, the competitor with better placements in the first round of finals is ranked higher.

Final standings consist of 50 % prejudging and 50 % finals.

General Rules

- All competitors must wear clean, decent, fabric posing trunks in a non-distracting color during all rounds.
- Posing trunks made of metallic materials (gold, silver), shiny rubber, or padded materials are not allowed.
- No commercial logos or markings are permitted.
- If posing trunks do not comply with the above rules or are deemed inappropriate by the head judge, the athlete may be asked to change or may be disqualified.

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

Prohibited items during judging:

- Shoes, watches, bracelets, necklaces, chains, anklets, or any artificial aids.
- Props are not allowed during judging or finals.
- Offensive, obscene, or disrespectful language in posing or music is strictly prohibited.
- Excessive use of oil, moisturizers, or tanning products is prohibited.
 - Only moderate application is allowed.
 - Tanning products must create a natural-looking skin tone.
 - Products producing unnatural shades (orange, yellow, red, green, gold) are banned.
 - Metallic or bronzing products that create a shiny or unnatural finish are also prohibited.