

BULL MENTULA CLASSIC COMPETITION RULES 2026

The competition is not organized by any federation or organization. Competitors from all federations are welcome to compete. No license is required, and no entry fee will be charged.

INTRODUCTION ROUND

All competitors will come onto the stage, or in front of the stage, in a line and perform two favorite poses at center stage. This round is not judged.

PREJUDGING FORMAT

1. The prejudging consists of three weight classes:
 - Up to and including 85 kg
 - Up to and including 95 kg
 - Over 95 kg
2. Each weight class will first compete in the prejudging comparison round by weight class, starting with up to and including 85 kg, followed by up to and including 95 kg, and then over 95 kg. From each class, the top four competitor advance. All competitors are judged and will receive their placings in their respective classes after the competition.
3. Once all three weight classes have completed the prejudging and comparison rounds, the top four competitors from each class will advance to the main Bull Mentula Classic competition, resulting in a total of twelve (12) finalists.

PREJUDGING BY WEIGHT CLASS

1. Competitors enter the stage in numerical order.
2. Competitors perform four quarter turns (to the right) and five mandatory poses in groups of 4–6 competitors, in numerical order:
 - Front Double Biceps
 - Front Lat Spread
 - Back Double Biceps
 - Back Lat Spread
 - Abdominals and Thighs
3. After the final group has completed the poses, competitors line up at the back of the stage to await comparison callouts.
4. The head judge calls competitors for mandatory pose comparisons in groups of 4–6.
5. Once the judges have completed their evaluations, competitors return backstage to await placings and possible advancement to the Bull Mentula Classic finals.
6. Judges award points based on placement: the competitor judged best receives one (1) point, second place receives two (2) points, and so on.

FINAL JUDGING – FIRST ROUND

1. Each competitor is called onto the stage individually in numerical order and has a maximum of 60 seconds to perform the following eight mandatory poses in the order listed:
 - Front Double Biceps
 - Front Lat Spread
 - Side Chest
 - Back Double Biceps
 - Back Lat Spread
 - Side Triceps
 - Abdominals and Thighs
 - Most Muscular
2. The entire lineup is then called onto the stage in numerical order and arranged into equal-sized groups on both sides of the stage in diagonal lines. The center of the stage is left open for comparisons.
3. The head judge guides the groups, in numerical order, through quarter turns and mandatory poses. Group size is at the discretion of the head judge.
4. The head judge conducts comparison callouts, where selected competitors are compared in quarter turns and mandatory poses. The number of competitors and their positioning in comparisons are at the head judge's discretion.

FINAL JUDGING – SECOND ROUND

1. Each competitor is called onto the stage individually in numerical order and has up to one minute to perform a free posing routine to music of their choice.
2. The entire lineup is then called onto the stage in numerical order and arranged into equal-sized groups on both sides of the stage in diagonal lines. The center of the stage is left open for comparisons.
3. The head judge conducts comparison callouts, where selected competitors are compared in quarter turns and mandatory poses. The number of competitors and positioning are at the head judge's discretion.
4. Competitors then perform a 60-second posedown to music selected by the organizer.

OTHER COMPETITION RULES

1. In all rounds, competitors must wear solid-colored, non-distracting short trunks made of fabric material that are clean and appropriate. Metallic materials (such as gold or silver lamé) or shiny rubberized materials are prohibited. Padding of any kind is not allowed. No commercial advertising or sponsor logos are permitted on the trunks or on the competitor's body. Competitors must be barefoot and shirtless.
2. The competitor number must be securely attached to either side of the trunks during judging and finals.
3. During judging, competitors may not wear footwear, watches, bracelets, necklaces, chains, wrist or ankle accessories, jewelry, or any other appearance-enhancing accessories.

4. The use of props during judging or finals is prohibited.
5. The use of offensive, obscene, or inappropriate language in music is prohibited.
6. Excessive use of oils, moisturizers, skin creams, tanning products, or similar substances is prohibited and must be used only moderately. Tanning products must be natural-looking and give the appearance of a natural tan. Products producing unnatural tones (e.g., orange, yellow, red, green, or gold) are prohibited. Products that create a metallic appearance are also prohibited.
7. Competitors are prohibited from presenting themselves in any manner that is vulgar, obscene, inappropriate, indecent, repulsive, shocking, or offensive, as determined at the sole discretion of the event organizer and/or one or more judges.
8. The competitor unequivocally agrees to accept the decisions of the event organizers and/or judges in these matters. If a competitor is not willing to accept these decisions, they should not enter the competition.
9. Failure to comply with the above rules will result in disqualification, and no fees will be refunded.
10. The organizers recommend using the official tanning service. Non-official tanning services are not permitted to apply competition tan backstage. Competitors may apply tanning products themselves, but this must be done outside the competition venue.

SCORING

1. Final scores are calculated with 2/3 of the points coming from the first round of the finals and 1/3 from the second round (free posing and posedown).
2. Judges award placement points: the competitor judged best receives one point, second best receives two points, and so on.
3. The highest and lowest placements from the judges are discarded, and the remaining three judges' scores are counted.
4. In the event of a tie, placings are determined by the number of better individual placements received. If still tied, competitors will be brought back on stage and judges will decide the placing by marking their preferred competitor on the score sheet.
5. Tied competitors are resolved as follows:
6. If competitors are tied in the prejudging, the competitor who received better individual placements from the judges will be ranked higher in the prejudging. If still tied, the final placing will determine the result.
7. If competitors are tied in the finals, the competitor who received better individual placements from the judges in the first round of the finals will be ranked higher.

JUDGES

1. Judges are trained individuals with long experience in the sport who understand that judges must be independent and impartial when evaluating competitors on stage.
2. Judges from other federations or organizations may also be used.
3. Judges must wear a dark suit jacket; female judges wear a blazer and dark trousers.
4. The head judge must be an internationally qualified judge who has previously officiated at major championships or large international competitions.

5. The judging panel consists of a head judge, five (5) or seven (7) judges, a stage manager, and a backstage manager who assembles competitors, arranges them in numerical order, and brings them onto the stage.
6. A judge may be removed from the panel if they demonstrate dishonesty toward competitors or are close friends, relatives, or coaches of a competitor.