



Regulations Open Trophy "Linea & Sport"

This competition is **open to all athletes** with no federation affiliation required. Registrations, measurements, and weigh-ins will take place the day before the competition. Each athlete is allowed multiple weigh-ins before registration closes in an attempt to meet their weight class requirement.

Men's Classic category: The posing trunks must have a side seam height of no less than 8 centimeters.

Men's Physique category: Knee-length shorts are mandatory.

Women's categories: Two-piece suits are allowed without restrictions on color, decorations, or style. Earrings and bracelets are permitted. High heels are prohibited only in the **Women's Physique category**.

Posing routine time limit: For Men's Bodybuilding, Men's Classic, and Women's Physique categories, posing routines must not exceed 45 seconds.

Competition number must be worn on the left side.

The use of oils or colored creams is strictly prohibited and will result in disqualification.



Detailed Information by Category

Men's bodybuilding

Judging criteria: **Mass, Definition, Proportion, and Symmetry.**

Mandatory poses:

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

Men's Classic

Judging criteria: **Proportion, Definition, Symmetry, and Mass.**

Mandatory poses:

- Front Double Biceps
- Side Chest
- Side Triceps
- Rear Double Biceps
- Abdominals and Thighs
- Favorite Classic Pose

Weight Tolerances:

- Up to 175 cm: (-100) with a 10% tolerance
- Over 175 cm: (-100) with a 15% tolerance



Men's Physique

Judging criteria: **Proportion, Definition, Aesthetic Appeal, and Symmetry.**

Mandatory poses:

- Relaxed Front Pose (45° rotation and hand on hip allowed)
- Relaxed Rear Pose (no rotation)
- 2 Free Poses

Women's Bikini

This category should not feature highly defined or overly muscular physiques, vascularity, or signs of emaciation. Judging will focus on balanced development of the upper body, glutes, and legs, with emphasis on overall athleticism, beauty, stage presence, and posing.

Poses:

- Relaxed Front Pose
- Relaxed Rear Pose

Women's Wellness

This category allows slightly more muscle development and definition than Bikini, with emphasis on greater lower body development.

Poses:

- Relaxed Front Pose (hand on hip)
- Left Side Pose
- Relaxed Rear Pose
- Right Side Pose



Women's Figure

Judging criteria: **Line, Symmetry, Proportion, and Definition.** Muscle development and conditioning must be less than that required in Women's Physique.

- Relaxed Front Pose
- Left Side Pose
- Relaxed Rear Pose
- Right Side Pose

Women's Physique

This category emphasizes femininity combined with greater muscularity and definition.

Mandatory poses:

- Front Double Biceps (open hands)
- Side Chest
- Side Triceps
- Rear Double Biceps (open hands)
- Abdominals and Thighs

