

UK ELITE PHYSIQUES EXTRAVAGANZA

JUNIORS DIVISION (UNDER 23 YEARS)

LENIENT RULES & REGULATIONS

1. ELIGIBILITY

- Must be aged 16–22 on the competition date (proof of age required: passport/ driving licence only)**
- All nationalities welcome to compete**
- No prior competition experience necessary**
- Juniors may select ANY competition category of their choice (Bodybuilding, Classic Physique, Men's Physique, Women's Physique, Bikini Fitness, Figure)**

2. CATEGORY SELECTION

- No restrictions on category choice based on experience or physique type**
- Competitors may switch categories up to 2 weeks before the event**
- One entry per competitor (choose a single preferred category)**

3. PRE-COMPETITION REQUIREMENTS

- Registration deadline: 1 week before event day (late entries accepted on event morning)
- Medical declaration form required – minor conditions do not disqualify (doctor's note only needed for significant health concerns)
- No mandatory pre-event weigh-ins or measurements
- Stage wear guidelines are flexible:
 - Bodybuilding: Standard posing trunks allowed (any solid colour)
 - Physique/Bikini: Approved attire permitted – minor style variations considered acceptable at judges' discretion

4. STAGING & PERFORMANCE

- Posing routines: 60–90 seconds allowed (flexibility on timing – no deductions for slight over/under runs)
- Music: May use any clean track of choice (we can assist with audio formatting if needed)
- Posing coaches allowed on stage side for guidance if required
- No penalties for minor posing errors or

nervousness – focus is on encouragement and development

5. JUDGING CRITERIA

- Lenient scoring that prioritizes potential, presentation, and enthusiasm over perfect physique development
- All competitors receive written feedback from judges
- Every junior competitor receives a participation medal or certificate
- Top 3 placings receive trophies – ties allowed where judges agree on equal merit

6. CONDUCT & SAFETY

- Respectful conduct expected towards all participants, judges, and staff – minor infractions addressed with a friendly reminder first
- We promote natural training and healthy habits, with educational resources provided
- Chaperones welcome for competitors under 18
- First aid staff on site at all times – competitors may pause or withdraw from the stage at any point without penalty

First timers.

UK ELITE PHYSIQUES EXTRAVAGANZA

FIRST TIMERS DIVISION

RULES & REGULATIONS

Strictly for competitors who have never entered any formal bodybuilding, physique or fitness competition before – across all divisions and organizations

1. ELIGIBILITY

- Must be a first-time competitor with no prior participation in any formal bodybuilding, physique, fitness or bikini competition (any organization, any level)**
- Proof of first-time status required (simple declaration form signed by competitor; no additional documentation needed unless clarification is required)**
- All ages welcome (16+; under 18s require parental/guardian consent)**
- All nationalities welcome**
- Competitors may select ANY competition category of their choice (Bodybuilding, Classic Physique, Men's Physique, Women's Physique, Bikini**

Fitness, Figure)

2. CATEGORY SELECTION

- No restrictions on category choice based on physique type or training background**
- Competitors may switch categories up to 2 weeks before the event**
- One entry per competitor (choose a single preferred category)**

3. PRE-COMPETITION REQUIREMENTS

- Registration deadline: 1 week before event day (late entries accepted on event morning)**
- Medical declaration form required – minor conditions do not disqualify (doctor's note only needed for significant health concerns)**
- No mandatory pre-event weigh-ins or measurements**
- Stage wear guidelines are flexible:**
 - Bodybuilding: Standard posing trunks allowed (any solid colour)**
 - Physique/Bikini: Approved attire permitted – minor style variations considered acceptable at judges' discretion**

- Basic posing guidance available on request for those new to stage presentation

4. STAGING & PERFORMANCE

- Posing routines: 60–90 seconds allowed (flexibility on timing – no deductions for slight over/under runs)
 - Music: May use any clean track of choice (we can assist with audio formatting if needed)
 - Posing coaches allowed on stage side for guidance if required
 - No penalties for minor posing errors or nervousness – focus is on encouragement and helping competitors gain stage experience
- I walk for all competitors.

5. JUDGING CRITERIA

- Scoring prioritizes effort, presentation, confidence and personal progress over elite physique standards
- All competitors receive detailed written feedback from judges to support their future development
- Every first-time competitor receives a

participation medal or certificate

– Top 3 placings receive trophies – ties allowed where judges agree on equal merit

6. CONDUCT & SAFETY

– Respectful conduct expected towards all participants, judges, and staff – minor infractions addressed with a friendly reminder first

– We promote natural training and healthy habits, with educational resources provided

– Chaperones welcome for competitors under 18

– First aid staff on site at all times – competitors may pause or withdraw from the stage at any point without penalty

UK ELITE PHYSIQUES EXTRAVAGANZA

MISTER PHYSIQUE DIVISION

RULES & REGULATIONS

1. DIVISION BREAKDOWN

– Open Short: Competitors up to and

including 176cm in height

- Open Tall: Competitors over 176cm in height
- Masters 40+: Competitors aged 40 years and over (any height)
- Masters 50+: Competitors aged 50 years and over (any height)

Note: Masters competitors may also enter Open classes if they wish

2. ELIGIBILITY

- Open to all male competitors aged 18+
- Masters categories require proof of age (passport/driving licence only)
- Height measured barefoot at check-in (no strict disqualifications for minor discrepancies – adjustments made at judges' discretion)
- Both first-time and experienced competitors welcome

3. PRE-COMPETITION REQUIREMENTS

- Registration deadline: 1 week before event day (late entries accepted on event morning)
- Medical declaration form required
- Stage wear: Black posing trunks only (solid colour, no patterns or logos)

permitted)

- No mandatory pre-event weigh-ins

4. STAGING & PERFORMANCE

- Posing routines strictly limited to 60 seconds (timed from music start – gentle reminder given at 55 seconds)

- Music: Clean, appropriate track of choice – must be submitted at check-in or in advance

- Mandatory posing rounds include front double bicep, side chest, back double bicep, side tricep, abdominal and thigh, and front lat spread

- Optional posing coaches allowed backstage but not on stage side

5. JUDGING CRITERIA

- Focus on balanced physique, muscle symmetry, conditioning, and stage presence

- Masters categories also consider longevity and dedication to the sport

- All competitors receive written feedback

- Top 5 placings in each class receive trophies; overall Mister Physique title awarded to highest-scoring competitor across Open classes

6. CONDUCT & SAFETY

- Respectful conduct expected at all times**
- Natural training encouraged; educational resources provided**
- First aid staff on site**
- Competitors may withdraw at any point without penalty**

UK ELITE PHYSIQUES EXTRAVAGANZA

SPORTS MODEL ROUND

RULES & REGULATIONS

1. DIVISION BREAKDOWN

- Men's Sports Model: Open to all males aged 18+**
- Women's Sports Model: Open to all females aged 18+**
- Juniors Sports Model (Under 23): Aged 16–22**
- Masters Sports Model (Over 40): Aged 40+ (any gender)**

2. ELIGIBILITY

- All experience levels welcome (first-time to seasoned competitors)
- No height or weight restrictions
- Focus is on athletic, toned physique rather than extreme muscle development

3. ATTIRE REQUIREMENTS

- Men's: Fitted athletic wear (e.g., sports shorts and tank top, or fitted polo shirt and trousers) – no posing trunks
- Women's: Fitted athletic outfit (e.g., sports bra/crop top with leggings or athletic shorts) – no bikini or figure suits
- All attire must be clean, in good condition, and free of offensive logos or imagery

4. STAGING & PERFORMANCE

- 60-second timed routine per competitor
- Music: Upbeat, energetic track of choice (clean content only)
- Routine should showcase athleticism, movement, and personality – may include walking patterns, light poses, and dynamic movements
- No mandatory poses – competitors encouraged to express their own style
- Walk-on and walk-off included in the

60-second time limit

5. JUDGING CRITERIA

- Athletic physique and overall conditioning**
- Presentation skills, confidence, and stage presence**
- Appropriateness of attire and styling**
- Creativity and flow of the routine**
- All competitors receive written feedback; top 3 in each category receive trophies**

6. ADDITIONAL GUIDELINES

- Hair and makeup should be neat and sport-appropriate**
- Props are not permitted**
- Respectful conduct expected towards all participants and staff**
- First aid support available on site**
- Juniors under 18 require parental/guardian consent**

UK ELITE PHYSIQUES EXTRAVAGANZA

CLASSIC BODYBUILDING DIVISION

RULES & REGULATIONS

1. DIVISION BREAKDOWN

- Open Classic Bodybuilding: No weight restrictions or height classes**
- Juniors Classic Bodybuilding (Under 23): Aged 16–22, no weight cap**
- Masters Classic Bodybuilding (Over 40): Aged 40+, no weight cap**

2. ELIGIBILITY

- Open to all male competitors meeting age requirements (where applicable)**
- V-taper is mandatory – this is a core defining feature of the division**
- If a competitor does not demonstrate a distinct narrow waistline and balanced V-taper, judges reserve the right to transfer them to the Open Bodybuilding division (notification given before final judging rounds)**

3. PRE-COMPETITION REQUIREMENTS

- Registration deadline: 1 week before event day (late entries accepted on event morning)**
- Medical declaration form required**

- Stage wear: Classic posing trunks only (solid colour black only)
- No mandatory weigh-ins or height measurements
- Proof of age required for Junior and Masters categories

4. STAGING & PERFORMANCE

- 60-second timed posing routine
- Music: Traditional bodybuilding or orchestral tracks preferred, but any clean content allowed
- Mandatory poses include front double bicep, side chest, back double bicep, side tricep, abdominal and thigh, front lat spread, and most muscular
- Routine must flow between poses and showcase physique balance

5. JUDGING CRITERIA

- Priority given to V-taper, narrow waist, and balanced muscle development
- Conditioning should be appropriate – not overly extreme
- Symmetry, proportion, and stage presentation are key factors
- Top 3 placings in each class earn trophies

– All competitors receive written feedback from judges

6. CONDUCT & SAFETY

- Respectful conduct expected at all times**
- Transfers to Open Bodybuilding are made at judges' discretion with no penalty to the competitor**
- Natural training encouraged; educational resources available**
- First aid staff on site**
- Juniors under 18 require parental/guardian consent**

UK ELITE PHYSIQUES EXTRAVAGANZA

OPEN BODYBUILDING & MASTERS OPEN BODYBUILDING DIVISIONS

RULES & REGULATIONS

1. DIVISION BREAKDOWN

OPEN BODYBUILDING (Age 18+)

- Under 70kg: Competitors weighing up to and including 70kg**
- Under 80kg: Competitors weighing over 70kg up to and including 80kg**
- Under 90kg: Competitors weighing over 80kg up to and including 90kg**
- Under 100kg: Competitors weighing over 90kg up to and including 100kg**
- Super Heavyweight: Competitors weighing over 100kg**

Weigh-ins held on event morning – competitors may weigh in up to 3 times to make their class weight

MASTERS OPEN BODYBUILDING

- Masters 40+: Aged 40–49 (any weight)**
- Masters 50+: Aged 50–59 (any weight)**
- Masters 60+: Aged 60+ (any weight)**

No weight classes – division based solely on age; proof of age required (passport/ driving licence)

2. ELIGIBILITY

- Open to all male competitors
- Masters categories require valid age proof
- Competitors transferred from Classic Bodybuilding are eligible to compete in appropriate Open weight class or Masters division
- No prior experience restrictions

3. PRE-COMPETITION REQUIREMENTS

- Registration deadline: 1 week before event day (late entries accepted on event morning)
- Medical declaration form mandatory
- Stage wear: Standard bodybuilding posing trunks (any solid colour, no logos/patterns)
- Mandatory weigh-ins for Open divisions (barefoot, in posing trunks)
- Height measurements not required

4. STAGING & PERFORMANCE

- 60-second timed posing routines
- Music: Any clean track of choice – traditional or modern styles permitted
- Mandatory posing rounds include all standard bodybuilding poses

- Routines should highlight muscle mass, conditioning, and presentation skills
- Posing coaches allowed backstage only

5. JUDGING CRITERIA

- Open divisions: Judged on muscle mass, conditioning, symmetry, proportion, and stage presence
- Masters divisions: Judged on physique development relative to age, conditioning, symmetry, and dedication to the sport
- Top 3 placings in each class/division earn trophies
- Overall Open Bodybuilding Champion awarded to highest-scoring competitor across all weight classes
- Overall Masters Champion awarded to highest-scoring competitor across all Masters age groups
- All competitors receive written feedback

6. CONDUCT & SAFETY

- Respectful conduct expected at all times
- Weight class adjustments may be made at judges' discretion for minor over/under weights
- Natural training encouraged with educational resources provided

- First aid staff on site throughout the event**
- Competitors may withdraw at any point without penalty**

UK ELITE PHYSIQUES EXTRAVAGANZA

MR EXTRAVAGANZA ROUND

RULES & REGULATIONS

1. ELIGIBILITY

- All male athletes competing in any men's division at the event are allowed to enter freely**
- No additional entry requirements or fees**
- Open to Juniors, First Timers, Masters, and all Bodybuilding/Physique/Sports Model competitors**

2. KEY REQUIREMENT

- Maskerade masks are mandatory – every competitor must wear a mask throughout their presentation**
- Masks can be any style (classic, futuristic, theatrical, decorative) but must cover the face appropriately**

3. ATTIRE GUIDELINES

- Anything goes – no restrictions on attire
- Encouraged to be exclusive, mindblowing, stylish, colourful, or creatively "out there"
- Options include formal wear, themed costumes, avant-garde fashion, luxury designs, or any other elaborate presentation
- All attire must be respectful and appropriate for a public event – no offensive or explicit content permitted

4. STAGING & PERFORMANCE

- 90-second timed presentation (longer than standard rounds to allow full showcase)
- Music: Any style of choice – should complement the theme and attire
- Presentation can include walking, posing, theatrical elements, or choreographed movement
- Focus is on celebration, showmanship, and embodying the "extravagant lifestyle" of the industry
- No mandatory poses – full creative freedom allowed

5. JUDGING CRITERIA

- Creativity and originality of mask and attire
- Stage presence and showmanship
- How well the presentation embodies the "extravagant" theme
- Overall impact and entertainment value
- The winner is crowned KING OF THE EXTRAVAGANZA and receives a special championship trophy
- All participants receive a commemorative badge for taking part

6. ADDITIONAL GUIDELINES

- Props are permitted as long as they are safe to use on stage and can be moved/handled easily
- Assistance from backstage staff available to help with elaborate costumes or props
- Celebratory elements (e.g., confetti, streamers) allowed with prior approval from event organizers
- All competitors must remain respectful of others' presentations and the venue

