IFBB PRO

SEMIPROFESSIONAL RULES

Starting March 1, 2025, IFBB PRO Official will organize amateur events (now considered semi-professional) as a pathway to becoming an IFBB PRO professional athlete.
Until now, these categories were only available at the PRO level within IFBB PRO. From now on, they will be integrated into our organization as semi-professional divisions, judged by IFBB PRO judges and head judges.

These events will feature an extensive calendar with dozens of competitions worldwide.

New Semi-Professional Categories (The Head Judge may add additional Categories or remove any of them if necessary):

🟩 Men's Bodybuilding (by weight)

Up to 65 kg
Up to 70 kg
Up to 75 kg
Up to 80 kg
Up to 85 kg
Up to 90 kg
Up to 95 kg
Up to 100 kg
Over 100 kg

Master Men's Bodybuilding

- **40 to & incl. 44 years of age:**
  a. Lightweight: Up to and incl. 70 kg
  b. Middleweight: Up to and incl. 80 kg
  c. Light-Heavyweight: Up to and incl. 90 kg
  d. Heavyweight: Over 90 kg

- **45 to & incl. 49 years of age:**
  d. Lightweight: Up to and incl. 70 kg
  e. Middleweight: Up to and incl. 80 kg
  f. Light-Heavyweight: Up to and incl. 90 kg
  b. Heavyweight: Over 90 kg

- **50 to & incl. 54 years of age:**
  a. Middleweight: Up to and incl. 80 kg
  b. Heavyweight: Over 80 kg

- **55 to & incl. 59 years of age:**
  a. Middleweight: Up to and incl. 75 kg
  b. Heavyweight: Over 75 kg

- **60 to 64 years of age inclusive:**
  a. One open category

- **65 years of age and over:**
  a. One open category

Junior Men's Bodybuilding
- 16 to 20 years of age inclusive:
a. One open category
- 21 to & incl.23 years of age:
a. Lightweight: Up to and incl. 75 kg
b. Heavyweight: Over 75 kg

Classic Physique (by height):

Up to 1.68 m ■ Max weight = Height (-1 m) + 12 kg Up to 1.71 m ■ Max weight = Height (-1 m) + 14 kg Up to 1.75 m ≃ Max weight = Height (-1 m) + 16 kg Up to 1.80 m ■ Max weight = Height (-1 m) + 19 kg

Over 1.80 m:
- Up to 1.88 m ■ Max weight = Height (-1 m) + 21 kg
- Up to 1.96 m ■ Max weight = Height (-100 cm) + 23 kg
- Over 1.96 m ≃ Max weight = Height (-100 cm) + 26 kg

Master Men's Classic Physique:

- **40 to 44 years of age inclusive:**
  a. One open category
- **45 to 49 years of age inclusive:**
  a. One open category
- **50 years and over:**
  a. One open category

Note 1: Bodyweight limits for Master Men's Classic Physique competitors are the same as for Senior Men's Classic Physique

Junior Men's Classic Physique:
- 16 to 20 years of age inclusive:
  a. One open category
- 21 to 23 years of age inclusive:
  a. One open category

Both groups with the same bodyweight limitations than seniors and masters.

Men's Physique & Muscular Men's Physique

There are six categories in **Senior Men's Physique**, currently as follows:

a. Class A: Up to & including 170 cm
b. Class B: Up to & including 173 cm
c. Class C: Up to & including 176 cm
d. Class D: Up to & including 179 cm
e. Class E: Up to & including 182 cm
f. Class F: Over 182 cm

There are the following categories in **Junior Men's Physique** world-level competitions:

- 15 to 17 years of age inclusive:
  a. One open category

- 18 to 20 years of age inclusive:
  a. One open category

- 21 to 23 years of age inclusive:
  a. Class A: Up to and incl. 174 cm
  b. Class B: Up to and incl. 178 cm
  c. Class C: Over 178 cm

There are three categories in **Master Men's Physique** world-level competitions, **currently as follows:**

- 40 to 44 years of age inclusive:
  a. One open category.

- 45 to 49 years of age and over:
  a. One open category

- 50 years of age and over:
  a. One open category

There are two categories in **Senior Muscular Men's Physique competition,** currently as follows:
a. Class A: Up to & including 179 cm
b. Class B: Over 179 cm

Note: Muscular Men's Physique category is intended for competitors with slightly bigger muscularity than accepted in the regular men's physique.

CLASSIC BODYBUILDING

Senior Men's Classic Bodybuilding

There are five categories, currently as follows:

- **Class A:** Up to & incl. 168 cm
  Max Weight [kg] = (Height [cm] – 100) + 0 [kg]
- **Class B:** Up to & incl. 171 cm
  Max Weight [kg] = (Height [cm] – 100) + 2 [kg]
- **Class C:** Up to & incl. 175 cm
  Max Weight [kg] = (Height [cm] – 100) + 4 [kg]
- **Class D:** Up to & incl. 180 cm
  Max Weight [kg] = (Height [cm] – 100) + 7 [kg]
- **Class E:** Over 180 cm
  - Over 180 cm up to & incl. 188 cm:
    Max Weight [kg] = (Height [cm] – 100) + 9 [kg]
  - Over 188 cm up to & incl. 196 cm:
    Max Weight [kg] = (Height [cm] – 100) + 11 [kg]
  - Over 196 cm:
    Max Weight [kg] = (Height [cm] – 100) + 13 [kg]

Note: All of the above-mentioned competitors will participate in the "Over 180 cm" Category.

Junior Men's Classic Bodybuilding

World-level competitions:

16 to 20 years of age inclusive: One open category
21 to 23 years of age inclusive: One open category

Bodyweight limitations:

Up to & incl. 168 cm → (Height [cm] – 100) + 0 [kg]
Up to & incl. 171 cm → (Height [cm] – 100) + 1 [kg]
Up to & incl. 175 cm → (Height [cm] – 100) + 2 [kg]
Up to & incl. 180 cm → (Height [cm] – 100) + 4 [kg]
Up to & incl. 188 cm → (Height [cm] – 100) + 5 [kg]
Up to & incl. 196 cm → (Height [cm] – 100) + 6 [kg]
Over 196 cm → (Height [cm] – 100) + 7 [kg]

Master Men's Classic Bodybuilding

40 to 44 years of age inclusive: One open category
45 to 49 years of age inclusive: One open category
50 years of age and over: One open category

Note: Bodyweight limits for Masters are the same as for Senior competitors.

WOMEN´S BODYFITNESS

There are four categories in **Senior Women's Bodyfitness** world-level competitions, currently as follows:

a. Class A: Up to and incl. 158 cm
b. Class B: Up to and incl. 163 cm
c. Class C: Up to and incl. 168 cm
d. Class D: Over 168 cm

There are the following categories in **Junior Women's Bodyfitness** world-level competitions:

16 to 20 years of age inclusive:
One open category

21 to 23 years of age inclusive:
One open category

There are four categories in **Master Women's Bodyfitness** world-level competitions, currently as follows:

35 to 39 years of age inclusive:
One open category.

40 to 44 years of age inclusive:
One open category.

44 to 49 years of age inclusive:
One open category.

50 years of age and over:
One open category.

WOMEN´S BIKINI

There are eight categories in **Women's Bikini** world-level competitions:

a. Class A: Up to and incl. 158 cm
b. Class B: Up to and incl. 160 cm
c. Class C: Up to and incl. 162 cm
d. Class D: Up to and incl. 164 cm
e. Class E: Up to and incl. 166 cm
f. Class F: Up to and incl. 169 cm
g. Class G: Up to and incl. 172 cm
h. Class H: Over 172 cm

There are the following categories in **Junior Women's Bikini** world-level competitions:

16 to 20 years of age inclusive:
Class A: Up to and incl. 160 cm
Class B: Up to and incl. 166 cm
Class C: Over 166 cm

21 to 23 years of age inclusive:
Class A: Up to and incl. 160 cm
Class B: Up to and incl. 166 cm
Class C: Over 166 cm

There are the following categories in **Master Women's Bikini** world- level competitions:

35 to 39 years of age inclusive:
Class A: Up to and incl. 164 cm
Class B: Over 164 cm

40 to 44 years of age inclusive:
One open category

44 to 49 years of age inclusive:
One open category

50 years of age and over:
One open category

WOMEN´S WELLNESS

There are four categories in senior **Women's Wellness** world-level competitions, currently as follows:

a. Class A: Up to and incl. 158 cm
b. Class B: Up to and incl. 163 cm
c. Class C: Up to and incl. 168 cm
d. Class D: Over 168 cm

- There are the following categories in **Junior Women's Wellness** world-level competitions:

16 to 20 years of age inclusive:
a. One open category

21 to 23 years of age inclusive:
a. Class A: Up to and incl. 163 cm
b. Class C: Over 163 cm

- There are four categories in **Master Women's Wellness** world-level competitions, currently as follows:

35 to 39 years of age inclusive:
One open category.

40 to 44 years of age inclusive:
One open category.

45 to 49 years of age inclusive:
One open category.

50 years of age and over:
One open category.

WOMEN´S PHYSIQUE

There are two categories in **Women's Physique** world-level competitions, currently as follows:

a. Class A: Up to and incl. 163 cm
b. Class B: Over 163 cm

There is one open category in **Master Women's Physique** world-level competitions:

35 age years and over.
One open category

WOMEN´S FIT MODEL

There are five categories in **Senior Women's Fit-Model** world-level competitions, currently as follows:

a. Class A: Up to and incl. 160 cm
b. Class B: Up to and incl. 164 cm
c. Class C: Up to and incl. 168 cm
d. Class D: Up to and incl. 172 cm
e. Class E: Over 172 cm

There is one open category in **Junior Women's Fit-Model** world-level competitions: age 16 to 23 years.

There is one open category in **Master Women's Fit-Model** world-level competitions: age 35 years and over.

COMPETITION RULES

The competition procedures will follow the same structure as IFBB PRO professional competitions, as outlined in the IFBB PRO General Rules.

Judging criteria for these categories will also be the same as the IFBB PRO regulations.

Key Features of Semi-Professional Competitions

The finalists will be 5 or 6 competitors, and final rounds start from zero. The final

round consists of:

- Physique round, which will be scored; Elimination round (choosing top 15 for the next round); semifinal (placing from first to last in order to choose top5/6); and final (placing from the first to the last, starting with 0 points) The lowest score wins, ranking continues accordingly.
- An Overall Title may be held among all category winners, judged solely on a final physique round (NO CHOREOGRAPHY).