

Lee Priest Classic - Rules

The Lee Priest Classic is an Open Show format - Open to athletes across all federations wishing to compete. The LP Classic is run as a separate business within a promotions company, Muscle Promotions.

All those that take part in the show will pay a non-refundable fee of £10 for administration and marketing costs.

As a competitor we expect all to be considerate and conduct themselves in a professional manner, as you would your show prep. If any competitor is abusive or violent towards any staff or others they will be disqualified. (This includes social networking sites)

Our aim is to promote UK Bodybuilding; we appreciate you helping us do that.

There is NO Membership fees.

Closing date for entry is 15th July 2015 or if class is full. A limit of 15 per class is in place. First come, First served basis.

Payment (£10) and completed entry form to:

Lee Priest Classic, c/o Fitness Station, 363 Dogsthorpe Road, Peterborough, Cambridgeshire, PE1 3RE

Please make all cheques payable to: 'Alpha Training'

Reference: 'Lee Priest Classic'

SHOW: Judging:

- a. ¼ Turns (Front, Side, Back, Side)
- b. Standard Comparison Poses
- c. Pose down For All
- d. Top 6 Call Back. Individual Posing

Individual posing for Top 6. 60 Seconds

No swearing on music.

Music on CD's, ready to play please.

You are responsible for collecting your own music after.

We will have back up music if yours does not play.

Judges are all approved by LP Classic.

Only one class to be entered per person.

Height class winners will be able to compete in overall.

Best presentation also awarded - from all classes.

Score cards available on request free of charge.

Tanning:

(information will be added shortly)

Registration:

Opens at 10am to all
Closes to amateur classes at 12
Pros open until 3pm
NO entry on day of show

Junior, O40 and O50 competitors to show proof of age upon registration. Driving License or Passport accepted.

Juniors to be 23 or Under as at 01/01/2015

Ladies Class:

Bikini - All Heights
Toned Figure - Muscular tone

Ladies Trained Figure - More muscular development. Lower body fat levels whilst still balanced with extra development. (non-dry and non-extreme striations) More healthy/Lean/Separated.

Ladies Bodybuilding -For those that wish to take development further. Healthy/Lean/Defined and Big Muscular.

All Classes - Jewellery is Optional

Bikini is judged as:

- a. ¼ Turns
- b. Each Individual - Tee Walk
- c. Comparisons
- d. Top 6 Called Back

Mens Model:

Lean/Toned/Healthy/Balanced Physique. Condition and Separations. All male models to wear short shorts. NO long shorts. Legs to be displayed.

Judged as:

- a. ¼ turns
- b. Comparisons
- c. Pose down

d. Top 6 Called Back

Mens Height:

All to be checked on day. You may be moved into another class if different from registration form.

4 - Up to 1.65cm (5,5)

3 - Over 1.65cm Up to 171.5cm (5.7 ½)

2 - Over 171.5cm Up to 180cm (5,11)

1 - Over 180cm

Mens Classic Class

To be eligible for this class you must fall in certain weight to your height. To calculate this formula is as follows:-

Up to 175cm: Height in cm - Minus 100 + 4kg

e.g. 175 - 100 = 75 + 4kg = 79kg max

Up to 182cm: Height in cm - Minus 100 +5kg

e.g. 182 - 100 = 82 + 5kg = 87kg

Over 182cm: Heights in cm - Minus 100 + 6kg

e.g. 185 - 100 = 85 + 6kg = 91kg

We aim to run these as one class.

As in all male classes. The judges will award the competitor an individual placing. In the result of a tie, the head judge will make the final decision after an additional 'call out' between the two.

Judges will look to survey the whole physique. In the compulsory poses the judges will first look at the primary muscle group being displayed.

Judges will look for muscular frame/balanced development of muscle groups/muscular density and definition.

Throughout whole physique front and back, top to bottom. Detailed assessment of the physiques will be compared in comparison rounds, bearing in mind the overall balanced package.

From the moment the competitor is on stage under stage lights he/she is being judged. Bear in mind your own presentation, from tan to costume to facial expressions and conducting one's self as professional as you can.

Men - No jewellery other than a wedding ring.

Ladies - Bring the bling if you wish - but not to distract from the physique on display. Subtle and classy.

ABOVE ALL - ENJOY. GOOD LUCK.

PRO-AM

Open to invited Pros and Top Amateurs. Class winners from men's height classes may enter if wish.
Top 10 will be placed.

Top 6 will have prize money and awards

6. £100
5. £150
4. £200
3. £300
2. £500
1. £700

Overall L.Priest Classic Winner

From all classes, Winners (male) that wish to compete.

One winner to receive £250 cash and unique award and be crowned Overall L.P Classic Winner 2015.
This winner automatically goes into Pro-AM.

