



Men's Judging Criteria

Bodybuilding

All suit bottoms must be V-shaped. Suits worn by male competitors must be plain in color with no fringe or wording.

Muscular Proportion: Competitors will be instructed by the Head Judge to stand erect with their feet together, and arms down to their sides of their torso, shoulders and head facing directly front.

Competitors will make quarter turns to the right on command as they are judged on overall balance and shape of their physique. Competitors should be slightly flexed, not aggressively posing. Feet will remain flat on the floor while the body and head facing stage left and right for each side pose.

Their structure should be overall aesthetically pleasing from all four sides viewed.

Muscular Development and Conditioning: Competitors will perform a number of mandatory poses on command of the Head Judge. The competitors will be judged on overall muscularity, size, muscle shape, fullness, and muscle density.

- Conditioning is judged on the competitor's distinct muscular detail level that separates the different muscle groups of their physique while attaining the mass and fullness of their muscle groups. An overly conditioned and very lean runners look will not be scored highly.
- Separation would constitute the clear borderline between adjoining muscles also known as *muscle tie-ins* which is a distinct visible separation between muscles.

Group comparisons will be conducted with a series of quarter turns followed by mandatory poses.

Mandatory Poses

Mandatory Poses will be called in this order:

- 1) Front Double Biceps
- 2) Front Lat Spread
- 3) Abdominals & Quad
- 4) Side Chest
- 5) Side Triceps
- 6) Rear Double Biceps
- 7) Rear Lat Spread
- 8) Hands on hips most muscular
- 9) Optional poses upon judge request may include but are not limited to:
 - a. Intercostals
 - b. Crab most muscular

Classic Bodybuilding

Classic Bodybuilding is the look of the original bodybuilders of the past. Classic Bodybuilding competitors have less muscle mass than that of a bodybuilder. Proportion and muscular development are important with



Men's Judging Criteria

a heavy focus on classic style posing. Absolute hardness and vascularity are not the objective, but to demonstrate a well-proportioned and developed body.

Competitors are required to wear Classic Bodybuilding posing shorts "NOT" board shorts or Bodybuilding posing trunks. All shorts that are worn in competition **must be black**.

Group comparisons will be conducted with a series of quarter turns followed by mandatory poses.

Mandatory Poses

- 1) Front double bicep
- 2) Side chest (L/R)
- 3) Back double bicep
- 4) Overhead abdominal and Quad
- 5) Optional poses upon judges request may include:
 - a. Twisting Back Standing/Kneeling
 - b. Victory Symmetry Stance
 - c. Front Pose with Vacuum
 - d. Front back pose Split Stance

Men's Physique

Criteria for Men's Physique is similar to bodybuilding however, the competitors in this category have less muscular mass. Tone and definition take the place of muscular development (mass). Extreme muscular development will be marked down. Judges will be looking for stage presence and poise.

Contestants will be asked to walk in board shorts that must be just above the knee in length and can be one inch below the belly button, no spandex and no logos are permitted on the board shorts.

Group comparisons will be conducted with a series of quarter turns.

While posing, competitors should stand erect with arms down to their sides of their torso, and elbows slightly bent.

Quarter Turns:

In each quarter turn present a confident stance. Arm and leg positions are at the athlete's discretion as long as arms are down to the side of torso. Hand on hip optional. The back pose will show an evident V-taper to the lower back. Athlete should present poses that show off proper shape and symmetry combined with muscularity and overall condition.

Optional Poses:

- 1) Front Double Biceps
- 2) Rear Double Biceps
- 3) Favorite Men's Physique Pose (Lat spread and Crab Pose not allowed)