



IFBB Physique America

Men's Bodybuilding

I. Categories

A. Men's Bodybuilding competitions are to be held in the following categories:

1. Bantamweight: Up to and incl. 143lbs
2. Lightweight: Up to and incl. 154lbs
3. Welterweight: Up to and incl. 165lbs
4. Middleweight: Up to and incl. 176lbs
5. Light-Heavyweight: Up to and incl. 198lbs
6. Heavyweight: Up to and incl. 220lbs
7. Super-Heavyweight: Over 220lbs

II. Rounds

A. Men's Bodybuilding will consist of the following four rounds:

1. Elimination Round (Four Mandatory Poses)
2. Judging: Round 1 (Seven Mandatory Poses and Comparisons)
3. Finals: Round 2 (Free Posing Routines – 60 sec.)
4. Finals: Round 3 (Seven Mandatory Poses and Posedown)

Note: Elimination rounds will only be applied on national and professional shows.

III. Attire



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- A. Competitors will wear one-colored posing trunks which are clean and decent. The color, fabric, texture and style of the trunks will be left to the competitor's discretion. The trunks will cover a minimum of $\frac{3}{4}$ of the gluteus maximus. The front area must be covered and the side of the trunks should be 1 cm in width at a minimum. The use of padding anywhere in the trunks is prohibited.

- B. Except for a wedding ring, competitors will not wear footwear, glasses, watches, pendants, earrings, wigs, distracting ornamentation or artificial aids to the figure. Implants or fluid injections causing the change of the natural shape of any other parts or muscles of the body are strictly prohibited and may result in disqualification of the competitor.

- C. The use of props during the Prejudging or Finals presentation is strictly prohibited.

- D. The use of tans and bronzers that can be wiped off is not allowed. If the tan comes off by simply wiping, the athlete will not be allowed to enter the stage. Artificial body coloring and self-tanning products may be used provided that it is applied at least twenty-four hours prior to the Prejudging. Professional competition tanning methods (airbrush tanning, cabin spray tanning) may be used if applied by the professional companies and qualified personnel. Sparkles, glitter, shiny metallic pearls or gold coloring are prohibited whether applied as part of a tanning lotion or applied separately, regardless of who applied them on the competitor's body.

- E. The excessive application of oil on the body is strictly prohibited; however, body oils and moisturizers may be used in moderation.

- F. The IFBB Chief Judge will have the right to make decision if a competitor's attire meets the criteria established in the Rules and an acceptable standard of aesthetics. The athlete may be disqualified if the attire doesn't meet them.

- G. Competitors will not chew gum or any other products while onstage. Competitors will not drink any liquids while onstage.



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IV. Judging

- A. When assessing a competitor's physique, a judge should follow a routine procedure which will allow a comprehensive assessment of the physique as a whole.
- B. The judges will be assessing the overall physique for the degree of proportion, symmetry, muscle size and quality (density, separation, definition) as well as skin tone.
- C. During the comparisons of the mandatory poses, the judge should first look at the primary muscle group being displayed. The judge should then survey the whole physique, starting from the head, and looking at every part of the physique in a downward sequence, beginning with general impressions, and looking for muscular bulk, balanced development, muscular density and definition. The downward survey should take in the head, neck, shoulders, chest, all of the arm muscles, front of the trunk for pectorals, pec-delt tie-in, abdominals, waist, thighs, legs and calves and feet. The same procedure for back poses will also take in the upper and lower trapezius, teres and infraspinatus, erector spinae, the gluteus group, the leg biceps group at the back of the thighs and calves and feet.

V. Elimination Round

Note: Elimination rounds will only be applied on national and professional shows.

- A. The Elimination Round will take place when there are 15 or more athletes in a category. The four mandatory poses are:
 - 1. Front Double Biceps
 - 2. Side Chest
 - 3. Rear Double Biceps
 - 4. Abdominal and Thigh
- B. The four mandatory poses will be done with 4 or 5 athletes at a time.
- C. Upon completion of the 15 athletes doing the four mandatory poses, the judges will select their top 15. The 15 with the most votes move on to Round 1.
- D. If there is a tie between two or more athletes fighting to enter the top 15, the tied athletes will be brought back onstage, and the judges will perform a reassessment of the four mandatory poses to break the tie.



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VI. Judging, Round 1

- A. All 15 semifinalists will be called onstage as a group in a single line and in numerical order. The entire line-up is brought onstage, in numerical order and in a single line. If time permits, each semifinalist will be introduced by number, name, and country. Decision will be made by the Chief Judge, who will inform the Master of Ceremony or the Announcer.
- B. The line-up will be divided into two equal-size groups and will be positioned onstage so that one group is to the left of the stage; the other group is to the right of the stage. The center portion of the stage will be left open for comparison purposes.
- C. In numerical order, and in groups of no more than eight competitors at a time, each group will be directed to center-stage area to perform **Quarter Turns** then the Seven Mandatory Poses:
 - 1. Front Double Biceps
 - 2. Front Lat Spread
 - 3. Side Chest
 - 4. Rear Double Biceps
 - 5. Rear Lat Spread
 - 6. Side Triceps
 - 7. Abdominals and Thigh
- D. All judges submit their individual propositions for the first comparison of the top five athletes to the IFBB Chief Judge. Based on them, the Chief Judge will form the first comparison. The number of athletes to be compared will be determined by the Chief Judge but no less than three and no more than eight competitors will be compared at any one time. Then the judges may be asked to submit individual propositions for the second comparison of the next five athletes, included competitors placing in the middle of the group. The IFBB Chief Judge will form the second and the next comparisons till all competitors will be compared at least once. The total number of comparisons will be decided by the IFBB Chief Judge.
- E. Upon completion of the last comparison, all competitors will return to a single line-up, in numerical order, before exiting the stage.
- F. The Judges will use the placement system. Highs and lows eliminated leaving the five middle scores to determine the athlete's placing after Round 1. The top six in each category will move on to the Finals Posing Round.



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VII. Finals, Round 2, Posing Round

- A. The top six in each category will do their 60 second posing routine choreographed to music of their choice.
- B. Upon the completion of the six routines, the judges will place them 1 to 6, basing their score on the physique the athlete presents and the entertainment quality. Highs and lows are eliminated leaving the five middle scores. This score is added to the Round 1 score.

VIII. Finals, Round 3, Posedown

- A. The top six are brought out to again do the seven Mandatory Poses. The Head Judge can move the athletes position for better assessment.
- B. When the judges are satisfied with the comparisons, the Head Judges calls for music and the athletes free pose for 60 seconds.
- C. At the conclusion of the Posedown, the judges place the athletes 1 to 6. Highs and lows are eliminated.
- D. This score is added to the scores from rounds 1 and 2. The athlete with the lowest score is declared the winner.



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APPENDIX 2

PICTURES OF THE SEVEN MANDATORY POSES



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Figure 1: Front Double Biceps





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Figure 2: Front Lat Spread





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Figure 3: Side Chest





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Figure 4 Back Double Biceps





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Figure 5 Back Lat Spread





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Figure 6 Side Triceps





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Figure 7 Abdominals and Thighs

