



IFBB Physique America

Men's Fit Model

I. Categories

There are three categories in Men's Fit-Model competitions

- A. Up to and incl. 5'8"
- B. Up to and incl. 5'11"
- C. Over 5'11"

II. Rounds

The following are the rounds in Men's Fit-Model Competitions

- A. Prejudging – Elimination Round (Quarter Turns, gymnastic shirt and shorts)
- B. Prejudging – Round 1 (Quarter Turns, gymnastic shirt and shorts)
- C. Finals – Round 2 (Quarter Turns, gymnastic shirt and shorts)
- D. Finals – Round 3 (Individual Presentation, casual sport wear)

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

III. Attire

The attire for Elimination Round, Round 1 and Round 2 will conform to the following criteria:

- A. Fitted but not skin-tight shorts, up to half-thigh length plus gymnastic shirt.
- B. No shoes.
- C. The color, fabric, texture, ornamentation and style of the shorts and shirt will be left to the competitor's discretion.



IFBB Physique America

Men's Fit Model

- D. The gymnastic shirt should be plain but may be slightly see-through and may have color edging.
- E. The gymnastic shirt will cover half of the pectoral muscles and half of the trapezius muscle in the back.
- F. The attire will be inspected during the Official Athlete Registration.
- G. Except for a wedding ring, competitors will not wear footwear, glasses, watches, necklaces, earrings, wigs, distracting ornamentation or artificial aids to the figure.
- H. 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.
- I. Artificial body coloring and self-tanning products may be used provided that it is applied at least twenty-four hours prior to the judging.
- J. Professional competition tanning methods (airbrush tanning, cabin spray tanning) may be used if applied by the professional companies and qualified personnel.
- K. 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.
- L. The excessive application of oil on the body is strictly prohibited; however, body oils and moisturizers may be used in moderation. Implants or fluid injections causing the change of the natural shape of any part or muscle of the body are strictly prohibited and may result in disqualification of the competitor.
- M. Competitors will not chew gum or any other products while onstage.
- N. Competitors will not drink any liquids while onstage.

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

- A. Attire for Round 3
 - 1. Casual sport wear will consist of a sports jacket.
 - 2. The jacket should be worn directly on the body, unbuttoned, showing the front of the trunk and abdominal section.
 - 3. Pants should be casual style pants like jeans, khakis, corduroys, chinos, cargo or linen pants.
 - 4. No shoes.
- B. The IFBB Chief Judge, or a delegated by him official, 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.



IFBB Physique America

Men's Fit Model

IV. Judging

- A. A judge should first assess the overall appearance of a competitor, including the whole physique.
- B. The assessment should take into account: the overall body development and shape; balanced, proportionally and symmetrically developed, complete physique; the condition of the skin and the skin tone; the hair and handsomeness; the athlete's ability to present himself with confidence and the general impression made by the competitor.
- C. The body parts should have a nice appearance. The physique should neither be excessively muscular nor excessively lean.
- D. Physiques that are considered too muscular or too lean must be marked down.
- E. Judges are looking for the contestant with the best stage presence and poise, who can successfully convey his personality to the audience and the athlete's ability to present himself onstage with confidence.
- F. The judge's assessment of the athlete's physique should include the athlete's entire presentation, from the moment he walks onstage until the moment he walks offstage.
- G. At all times, the Fit-Model competitor must be viewed with the emphasis on a "healthy and elegant" physique, in an attractively presented "Total Package".

V. Judging-Elimination Round

- A. Elimination Round Procedures: An Elimination Round will be held when there are more than 15 competitors in a category. IFBB Chief Judge decides if the Elimination Round will be necessary. The Elimination Round will be carried out as follows:
 - 1. The entire line-up is brought onstage, in numerical order.
 - 2. The line-up is divided into two equal-size groups and is 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 is left open for comparison purposes.
 - 3. In numerical order, and in groups of not more than ten competitors at a time, each group is directed to the center-stage area to perform the four quarter turns.



IFBB Physique America

Men's Fit Model

4. The IFBB Chief Judge or Stage Director will direct the competitors through the four quarter turns, which are:
 - a. Quarter Turn Right (left side to the judges).
 - b. Quarter Turn Back (back to the judges)
 - c. Quarter Turn Right (right side to the judges)
 - d. Quarter Turn Front (front to the judges)
5. On completion of the Quarter Turns, the entire line-up is reformed into a single line, in numerical order, before exiting the stage.
6. If there are more than 15 competitors, the judges shall select the top 15 by placing an "X" beside their numbers.
7. The Top 15 will move on to Round 1.
8. 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 quarter turns to break the tie.

VI. Judging-Round 1

- A. All 15 semifinalists will be called onstage as a group in a single line and in numerical order.
- 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 the four quarter turns. Performing each quarter turn, competitors will stand motionless.
- D. This initial grouping of competitors, and performance of the four quarter turns, is intended to assist the judges in determining which competitors take part in the comparisons of the quarter turns.
- E. 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



IFBB Physique America

Men's Fit Model

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.

- F. All individual comparisons are to be carried out center-stage.
- G. In Round 1 individual comparisons, formulated by the IFBB Chief Judge, competitors are directed to perform the four Quarter Turns.
- H. On completion of the last comparison, the entire line-up is reformed into a single line, in numerical order, before exiting the stage.
- I. Each judge will award each competitor an individual placing from 1 to 15, ensuring that no two or more competitors receive the same placing.
- J. The statisticians will then discard two highest and two lowest scores (if nine judges) or one highest and one lowest (if less than nine judges) for each competitor, and will add up the remaining scores to produce a "Round 1 Sub-score" and a "Round 1 Place". The competitor with the lowest sub-score is awarded 1st place while the competitor with the highest sub-score is awarded 15th place.
- K. Should a tie occur in the "Round 1 Sub-score", the tie will be broken using the "Relative Placement Method".
- L. The top 6 will move on to the Finals.

VII. Finals-Round 2

- A. The Finals will consist of the top 6 from the judging
- B. Athletes will come out in a line in gym shirt and shorts and do quarter turns as a group.
- C. The Judges will rate them one to six with one being the best.
- D. As with round one, high and low scores are eliminated.

VIII. Finals—Round 3, Individual Presentation

- E. Top 6 called on stage one by one.



IFBB Physique America

Men's Fit Model

- F. Each presents themselves in casual sportswear for 45 seconds using the entire stage.
- G. The Judges will rate them one to six with one being the best.
- H. As with rounds one & two, high and low scores are eliminated.

The winner is determined by the athlete with the lowest numerical score of the sum of Rounds 1, 2 & 3.