



IFBB Physique America

Men's Physique

I. Categories

A. There are currently six categories in men's physique as follows:

- a Class A: Up to & including 5'6 ½"
- b Class B: Up to & including 5'8"
- c Class C: Up to & including 5'9"
- d Class D: Up to & including 5'10 1/2"
- e Class E: Up to & including 5'11 1/2"
- f Class F: Over 5'11 ½"

II. Rounds

A. Men's Physique consists of the following three rounds:

- 1. Prejudging: Elimination Round (Quarter Turns)
- 2. Prejudging: Round 1 (Quarter Turns)
- 3. Finals: Round 2 (Individual Presentation and Quarter Turns)

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

III. Judging Criteria

- A. The judge should first assess the overall male athletic appearance of the physique.
- B. This assessment should begin at the head and extend downwards, taking the whole physique into account.
- C. The assessment, beginning with the general impression of the physique, should take into consideration the condition of the skin and skin tone and the hair.



IFBB Physique America

Men's Physique

- D. Judges will be looking for fit contestants who display proper shape and body proportions, combined with balanced muscularity and overall condition.
- E. The judges are reminded that extreme muscularity and definition should be marked down.
- F. Stage Presence and Personality 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.

IV. Attire

- A. Competitors will wear an opaque, loose-fitting board shorts which are clean and decent. The color and fabric of the shorts will be left to the competitor's discretion.
- B. Shorts may have geometric patterns and motives, but no inscriptions. The shorts will cover the whole upper leg, down the upper point of the knee (patella). The use of padding anywhere in the trunks is prohibited.
- C. No tight, lycra style shorts are allowed.
- D. Personal sponsors logos are not permitted on the shorts.
- E. A manufacturer's logo is accepted.
- F. Except for a wedding ring, competitors will not wear footwear, glasses, sparkles or glitter.
- G. Competitors will not wear, watches, earrings, wigs, or jewelry.
- H. Implants or fluid injections are strictly prohibited and will result in disqualification.
- I. The use of tans and bronzers that can be wiped off is not allowed.
- J. Excessive application of oil is prohibited.
- K. The IFBB Head Judge will have the right to enforce all Rules and Criteria.



IFBB Physique America

Men's Physique

- L. An athlete may be disqualified by the Head Judge if Rules/Criteria are not adhered to.

V. Elimination Round

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

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 and in a single line or two lines, if necessary.
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.
4. The IFBB Chief Judge or Stage Director will direct the competitors through the four quarter turns.
5. On completion of the quarter turns the entire line-up is reformed into a single line, in numerical order, before exiting the stage.

VI. Judging, Elimination Round

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



IFBB Physique America

Men's Physique

- A. At this time, the judges will be assessing the overall physique for the degree of proportion, symmetry, muscle contours and quality (density, bodyfat level) as well as skin tone. The scoring for the Elimination Round will proceed as follows:
1. If there are more than 15 competitors, the judges shall select the top 15 by placing an "X" beside their number.
 2. IFBB Chief Judge decides if the Elimination Round will be necessary.
 3. The statisticians will tally the judge's scores to select the top 15.
 4. 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 will once again be directed through the four mandatory poses to break the tie.
 5. Only the top 15 competitors advance to Semifinals (Round 1).

VII. Round 1

1. All 15 semifinalists will be called onstage as a group in a single line and in numerical order.
2. 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.
3. 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 four quarter turns. Performing quarter turns competitors stay motionless.
4. 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.



IFBB Physique America

Men's Physique

5. 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.
6. All individual comparisons are to be carried out center-stage.
7. On completion of the last comparison, the entire line-up is reformed into a single line, in numerical order, before exiting the stage.
8. Each judge will award each competitor an individual placing from 1 to 15, ensuring that no two or more competitors receive the same placing.
9. The statisticians will collect the judges sheets and will then transcribe each judge's placings onto "Score Sheet (Statisticians)". They 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.
10. Should a tie occur in the "Round 1 score", the tie will be broken using the "Relative Placement Method".
11. The Relative Placement Method procedure: Each individual judge's scores for the tied athletes will be compared on a column-by column basis with a dot being placed on top of the number for the athlete with



IFBB Physique America

Men's Physique

the lower placing. All nine regular panel judge's scores (except alternative judges) will be included in the tie breaking calculations. The number of dots will be tallied for each of the tied athletes. The athlete with the greater number of dots will be declared the winner of the tie and will then receive the better placing.

12. The scores for the judging will be used to place the top 15 competitors from 1st place to 15th place. The top 6 proceed to the final round.

VIII. Finals, Round 2

1. The top 6 athletes from the judging advance to the Finals, which consists of a single round.
2. The attire for Round 2 is the same as in Round 1. Competitors may use different shorts than that in Round 1; however, they must still conform to the standards of taste and decency.
3. The top 6 finalists will be called on stage, one by one, in numerical order and will walk to the front and center of the stage.
4. They will perform four quarter turns, with optional pose of hand in pocket or on hip, four fingers at the front of the body, finishing facing the judges. The competitor will then proceed to one side of the stage as directed by the IFBB Chief Judge or Stage Director.
5. The top 6 finalists will be directed to the center of the stage, in a single line and in numerical order.
6. The IFBB Chief Judge or Stage Director will direct the competitors, as a group, through the four quarter turns in numerical order and then in the reverse order.
7. On completion of the quarter turns, the competitors exit the stage.

The judges will use the same criteria for judging as used during the judging, will place the competitors from 1st to 6th, giving no two athletes the same placing.



IFBB Physique America

Men's Physique

They 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 five scores.

The scores from Round 1 and Round 2 will be added together. The athlete with the lowest score will be declared the winner.

Should a tie occur, the tie will be broken using the "Relative Placement" method.

APPENDIX 1:

PHOTOS OF THE MEN'S PHYSIQUE QUARTER TURNS



MEN'S PHYSIQUE

QUARTER TURNS

