

ABA/INBA/PNBA

# BODYBUILDING

## Judging Criteria:

### 1. Judging Aspects:

The criteria used to judge a physique is based upon three equal aspects: Symmetry, Muscularity, and Presentation.

### 2. Judging Rounds:

The judging will be conducted in three rounds. Each competitor in the class will be given a single placement based on total performance in each round with an overall tabulation of placings between all divisions. All rounds are worth equal value.

### 3. Attire:

Male competitors must wear solid colored posing suits. Female competitors must wear solid colored two piece swimsuits free of any jewels; bikini, thongs or G-String are not permitted except for International events. Jewelry is not permitted except for rings.

### 4. Symmetry Round:

Competitors will present themselves on stage in serial order in a straight line or curve facing the judges, assuming a semi-relaxed stance with ankles touching. The head judge will instruct the group to execute a series of quarter turns to the right allowing the judges to view them from the front, left side, back and right side before returning to the front position. During quarter turns, you must keep your arms to your sides, to not twist or turn your body. Symmetry refers to the structural harmony of the physique relative to the size of various body parts.

It can be defined as the proportional balance of opposite body parts.

Symmetry does not refer to muscular mass but rather to a harmonious blend of all body parts to present a total aesthetically proportional developed physique. The judges do not grant points based on potential.

## 5. **Muscularity Round:**

Competitors will present themselves on stage in serial order in a straight line or curve facing the judges, assuming a semi-relaxed stance with ankles touching. The head judge will instruct the group to execute a series of ten (10) mandatory displays giving the competitors a sufficient amount of time to hold the poses for the judges and to rest between each pose. This round must be performed barefooted. No jewelry, gloves, hats, etc. are permitted. After the initial comparisons are complete the head judge may shift the position of the competitors to conduct additional comparisons. In this round the judges are looking at the size of the muscle in relation to skeletal structure, shape, hardness and definition. This includes the separation between individual muscles and muscle groups and striations within a muscle or muscle group. Muscle shape should be aesthetically pleasing and should demonstrate development from the belly out to the extremities.

The poses are:

- A) Front Double Biceps;
- B) Front Lat Spread;
- C) Abdominal Pose;
- D) Side Chest;
- E) Side Triceps;
- F) Rear Double Biceps;
- G) Rear Lat Spread;
- H) Quadriceps;
- I) Hand-on Hips Most Muscular;
- J) Most Muscular - Crab Shot (men only);
- K) Most Symmetrical (women).

Optional Poses:

- L) Victory
- M) Archer
- N) Atlas
- O) Kneeling Traps

# ABA/INBA Classes

(Promoter reserves the right to change/modify or create classes)

|                                    |                  |  |
|------------------------------------|------------------|--|
| <b>Kids Fitness</b>                | <b>1 Class</b>   | <b>Fitness (Girls 6-8yrs)</b><br><b>Fitness (Boys 6-8yrs)</b><br><b>Fitness (Girls 9-12yrs)</b><br><b>Fitness (Boys 9-12yrs)</b>   |
| <b>Teen Fitness</b>                | <b>1 Class</b>   | <b>Fitness Girls (13-17yrs)</b><br><b>Fitness Boys (13-17yrs)</b>  |
| <b>Ms. Figure</b>                  | <b>5 classes</b> | <b>Short, Medium, and Tall</b><br><br><b>1. 5'2 and under</b><br><b>2. Over 5'2 to under 5'5"</b><br><b>3. Over 5'5"</b><br><b>4. Masters Class</b><br><b>5. Grand Masters Class</b> |
| <b>Teen Boys and Girls</b>         | <b>2 classes</b> | <b>(13 to 17) &amp; (18 to 19)</b>   |
| <b>Jr. Masters Men &amp; Women</b> | <b>1 class</b>   | <b>35-39</b>   |
| <b>Masters Men and Women</b>       | <b>1 class</b>   | <b>40 to 49</b>  |
| <b>Grand Masters</b>               | <b>1 class</b>   | <b>50 to 59</b>  |
| <b>Ultra Masters</b>               | <b>1 class</b>   | <b>60 to 69</b>  |

|                              |                  |   |
|------------------------------|------------------|---|
| <b>Super Ultra Masters</b>   | <b>1 class</b>   | <b>60 to 69</b>   |
| <b>Junior</b>                | <b>1 class</b>   | <b>Must be your first contest</b>   |
| <b>Novice Men</b>            | <b>4 classes</b> | <b>1. 5'7 and under.</b><br><b>2. Over 5'7 to under 5'9"</b><br><b>3. 5'9" to under 5'11"</b><br><b>4. Over 5'11"</b> |
| <b>Open Men</b>              | <b>4 classes</b> | <b>1. 5'7 and under</b><br><b>2. Over 5'7 to under 5'9"</b><br><b>3. 5'9" to under 5'11"</b><br><b>4. Over 5'11"</b>  |
| <b>Novice Women</b>          | <b>3 classes</b> | <b>1. 5'2 and under</b><br><b>2. Over 5'2 to under 5'5"</b><br><b>3. Over 5'5"</b>                                    |
| <b>Open Women</b>            | <b>3 classes</b> | <b>1. 5'2 and under</b><br><b>2. Over 5'2 to under 5'5"</b><br><b>3. Over 5'5"</b>                                    |
| <b>Mixed Pairs</b>           | <b>1 class</b>   |   |
| <b>Physically Challenged</b> | <b>2 classes</b> | <b>Wheelchair &amp; Standing</b>  |
| <b>Ms. Fitness</b>           | <b>3 classes</b> | <b>Open, Teen and Masters</b>   |
| <b>Fitness Model Search</b>  | <b>2 Classes</b> | <b>Under 5'5</b><br><b>Over 5'5</b>   |

|   |                |   |
|---|----------------|---|
| <b>Professional<br/>(Men and<br/>Women)</b> | <b>1 class</b> | <b>Natural International,<br/>Natural World Cup,<br/>Natural Universe &amp;<br/>Natural Olympia</b> |
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