

ABA/INBA

# MS PHYSIQUE

## MS PHYSIQUE JUDGING CRITERIA:

The requirement for the Ms Physique division varies from female bodybuilding in subtle ways. While physique competitors should not have the bulk of a bodybuilder, it is judged along the lines of a bodybuilding contest. As with all divisions, we require the competitors to reduce their body fat as low as possible, we still expect hardness and definition, but taken to the point that stops before a competitor loses their 'figure or shape' and the individual muscle groups lose their fullness or dimension.

In Ms Physique competitors perform seven (7) compulsory poses, and quarter turns:

- 1) Front double biceps
- 2) Side chest (any side)
- 3) Side triceps (any side)
- 4) Rear double biceps
- 5) Abdominal & thigh
- 6) Side Intercostals
- 7) Most Symmetrical (best displays your symmetry of your choice)

# The Evening Show

You must have a routine to music, no more than 60-90 seconds. We suggest you bring 2 copies of your music, to have one as backup. The concept of Women's Physique is to express more femininity than is done in bodybuilding.

Such as:

- High heel shoes are worn
- Hands remain "ALWAYS OPEN" not clenched during the posing
- Jewelry and hair decorations are allowed
- Competitors may not twist their physique during the symmetry round (see the Line Up photo at the top), the Head Judge may ask for a 'straight' line up if the closeness of the division requires full scrutiny.

1) An alternative to women's bodybuilding presenting a leaner physique, in heels and competition suit.

- Muscularity
- Conditioning - Reduction of Body Fat
- Symmetry
- Mandatory Poses with Open Hands

## **DIVISIONS**

- **Novice**
- **Open**
- **Jr. Masters (35-39)**
- **Masters (40-49)**
- **Grand Masters (50-59)**
- **Ultra Masters (60-69)**
- **Super Ultra Masters (70+)**

**At National & International** level cross-over competition is discouraged e.g. Bodybuilding and visa versa.