

Bodybuilding Criteria - Male & Female

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

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.

Male competitors must wear solid colored posing suits.

Rounds of Competition

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. 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 quarter turns are performed with both feet flat on the floor with arms at either side. Bodybuilding competitors should not twist or turn their physiques during this round.

In this round we are looking for the following::

Structural Flaws - Faults within the competitor's skeletal structure

Proportion - The balance of one muscle group to another e.g. lower body to upper body, biceps to calves, waist to quadriceps etc.

Balance - The left side of a competitor's body compared to the right, the front compared to the rear. Upper body in relation to lower body.

Symmetry - The competitor's overall shape and line.

In the front-on position, look for balance - even development on each side of the body. Also proportion, is the lower body developed to the same extent as the upper body? Is the neck the same size as biceps and calves?

When competitors turn to the side, the ear, shoulder, hip, knee and ankle should be in a straight line. There should not be excessive curvature of the spine.

The back should have the same degree of muscle thickness as the chest and the hamstring and gluteus should be as full as the quadriceps. When the competitors turn to the rear, check that the spine is straight and does not curve to either side, also check the muscular development of each side of the back.

In this round judges take into account the muscularity of the particular muscle groups. Judges assess a physique as consisting of nine major muscle groups: Chest, Back, Shoulders, Triceps, Biceps, Abdominals, Quadriceps, Hamstrings and Calves. Competitors should lose points for having too much fat on each muscle group.

The judges do not grant points based on potential.

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 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; I) Hand-on Hips Most Muscular; J) Most Muscular - Crab Shot (men only);

Routine Round: Free posing round. Each competitor will be allowed a maximum of 60 seconds with music to display their physique, physical conditioning, personality, and overall presentation through a free posing routine. The routine must be of artistic origin, athletic and demonstrate a degree of endurance, and may contain some of the mandatory poses. The routines are meant to give the judges some idea of the competitor's physical condition and

abilities. It also gives the competitor the opportunity to express their creativity, personality and interests. Competitors are encouraged to include any talent or interest they may have such as dance, martial arts, jumping rope, baton, gymnastics, mine, aerobics, etc. Props may be used and are encouraged. . All judging is already completed at this point, however Best Routine and Overall Titles are still awarded based on the Overall performances.

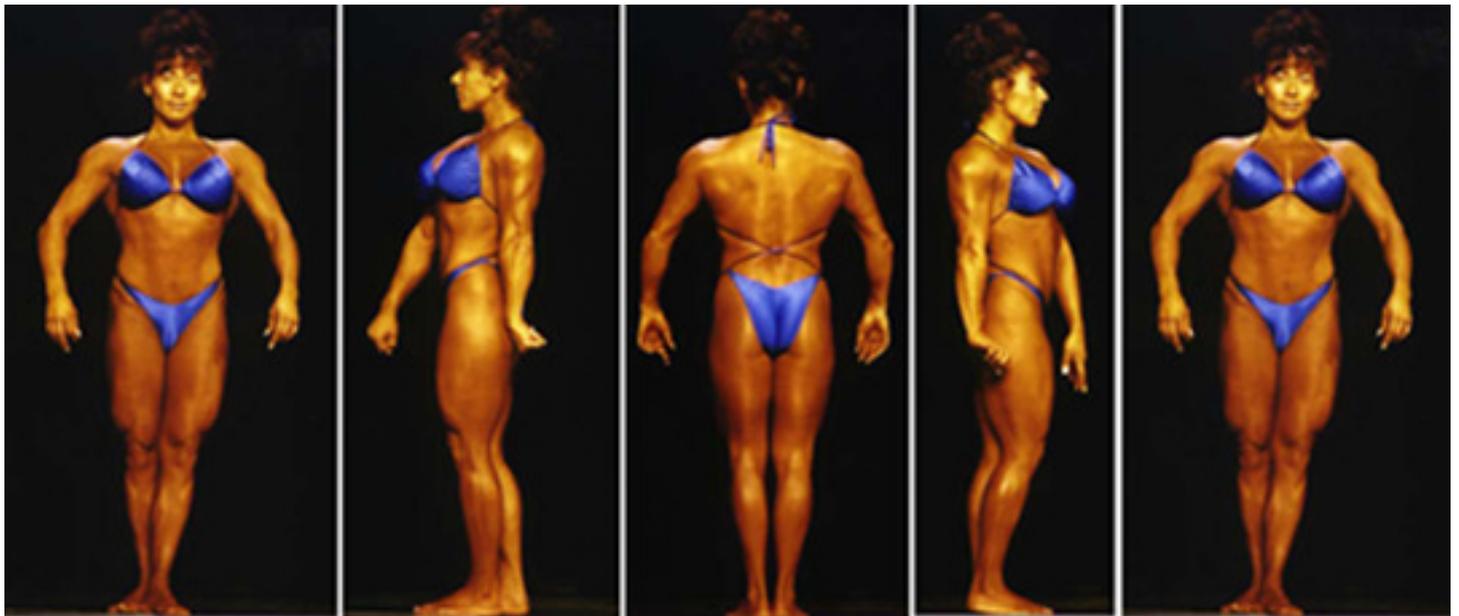
Bodybuilding Criteria - Female

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

The judging will be conducted in three rounds.

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.

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. 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.



Symmetry Round Stances

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 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: Front Double Biceps; Front Lat Spread; Side Chest (either side); Side Triceps (either side); Rear Double Biceps; Rear Lat Spread; Abdominal and Thigh Pose; Most Symmetrical (women). The Most Symmetrical pose should be the one that displays your physique to its best advantage from the front.



Muscularity Compulsory Poses

*From top left: Front Double Biceps, Front Lat Spread, Side Chest (either side), Rear Lat Spread.
From Bottom Left: Rear Double Biceps, Side Triceps (either side), Abdominal and Thigh,
Most Symmetrical*

Routine Round: Free posing round. Each competitor will be allowed a maximum of 60 seconds with music to display their physique, physical conditioning, personality, and overall presentation through a free posing routine. The routine must be of artistic origin, and may contain some of the mandatory poses. The routines are meant to give the judges some idea of the competitor's physical condition and abilities. It also gives the competitor the opportunity to express their creativity, personality and interests. All judging is already completed at this point, however Best Routine and Overall Titles are still awarded based on the performances.