

ABA/INBA

MR PHYSIQUE

MR PHYSIQUE JUDGING CRITERIA:

CRITERIA

- **Excellent Body Conditioning, Good Muscularity & Symmetry**
- **Fit & Athletic Physique** - Not the bulk of a bodybuilder.

Judges will be looking for fit and athletic contestants who display the proper shape and symmetry combined with muscularity and overall condition. This is not a bodybuilding contest so extreme muscularity size will be marked down.

- **Stage Presence and Personality**

Competitors will be asked to walk on stage in beach boardshorts (shorts must be just above the knee in length and below the belly button, no spandex and no logos are permitted on the beach boardshorts but a manufacturer's logo such as Body Glove symbol or Quiksilver are acceptable.) **No shirts and no shoes or sandals will be allowed to be worn onstage.** No lewd acts allowed; for example the moon pose or gang signs. Judges are looking for the contestant with the best stage presence and poise who can successfully convey his personality to the audience.

COMPETITION JUDGING

Comparison Round:

- The competitors will walk on stage in a group and be directed to do quarter turns by the Head Judge and proceed ask a series of mandatory poses.
- 1) Front Double Biceps
- 2) Hands behind the head Abdominals
- 3) Left Side Chest
- 4) Left Side Triceps

- 5) Rear Double Biceps
- 6) Right Side Chest
- 7) Right Side Triceps
- 8) Best Pose – a pose that best displays your physique.
- NO Crab Pose is allowed.

Judges will have the opportunity to compare competitors against each other in quarter turns and in their mandatory poses.

The concept of Men's Physique is to express more athletic built physique rather than the bulky muscle mass of bodybuilding.

Such as:

- **Board shorts MUST ALWAYS be worn.**
- NO Front or Rear Lat Spreads and NO Most Muscular poses of any kind during mandatories

EVENING SHOW - FINALS

Athletes will T-Walk to house music incorporating their personal style, as well as, the basic mandatory poses. Be creative!

HEIGHT CLASSES:

Promoters can choose to have one class or two. For contests with two classes:

- 5' 9" & Under
- Over 5'9"
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At National & International level competition is it is discouraged that competitors crossover into Bodybuilding and visa versa.

Who Qualifies for TEAM USA Men's Physique Competitions:

Competitors that place in the top five (5) in each class in three competitions in the season to qualify for Team USA.