

Ms Physique

This division is similar to NABBA “Figure” Class except there is no height to weight ratio required.. 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 muscle fullness, hardness and definition, but taken to the point that stops before a competitor loses their ‘female figure or shape’ and the individual muscle groups lose their fullness or dimension.

Extreme vascularity and muscle striation will be marked down.

Physique competition is conducted in three rounds.

1/ Symmetry Round: In a line across the stage the contestants are requested to perform four quarter turns together in a semi relaxed state as requested by the Head Judge. This allows the Judges to assess the contestants structure in comparison to each other. During this round the Judges may request particular contestants be called out for more close comparison.

2/ Musularity Round: Again in a line the contestants are requested to perform six poses together on the instructions of the Head Judge. This allows the Judging panel to assess the muscular development of the physique from all perspectives.

3/ Free Posing Round: Each contestant individually performs a 60 second posing routine to their own music. Usually this round is not judged but allows the contestants to showcase their physique to the audience.



The stances in the semi-relaxed Symmetry Round

When performing the relaxed quarter turn round the competitor should never be completely relaxed but should strive to give the appearance of being relaxed while tensing the muscles to display their development. When not required to pose for the Judges a stance similar to that in the first picture gives a pleasing appearance of being relaxed but also displaying the physique to its best advantage. The competitor must have a routine to music, no more than 60 seconds.

The concept of Women’s Physique is to express more femininity than is done in bodybuilding. High heel shoes are worn



The poses required for the Muscularity Round

In Ms Physique competitors perform six (6) compulsory poses:

- 1) Front double biceps
 - 2) Side chest (any side)
 - 3) Side triceps (any side)
 - 4) Rear double biceps
 - 5) Abdominal & thigh
 - 6) Most Symmetrical (best displays your symmetry of your choice)
- Sometimes a Side Intercostals pose may be requested.

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.

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

- Muscularity
- Conditioning - Reduction of Bodyfat
- Symmetry
- Mandatory Poses with Open Hands

At National & International level competition it is discouraged that competitors crossover into Bodybuilding and visa versa.



Mr Physique

Mr Physique is for those athletes who have a lean athletic build with excellent body conditioning, good muscularity & symmetry

Fit & Athletic Physique - Not the bulky mass 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.

The Physique contestants are judged in two rounds.



Stage Presence and Personality

Competitors will be asked to walk on stage individually 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.

they will perform the "T" walk on stage and line up on the side of the stage.

When all competitors have performed their "T" walk they will be requested by the Head Judge to line up across the stage and be directed to do quarter turns by the Head Judge.



Mandatory Poses.

They will then be directed to perform 8 mandatory poses at the direction of the Head Judge.

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 a more athletically built physique than the bulky mass of bodybuilding.

Board shorts MUST ALWAYS be worn.

NO Front or Rear Lat Spreads and NO Most Muscular poses of any kind during mandatorys

