



INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS (IFBB)

IFBB RULES SECTION 5: MEN'S FITNESS

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Article 1 – Introduction

Men's Fitness was officially recognized as a new sport discipline by the IFBB Executive Council and IFBB Congress on November 27, 2005 (Shanghai, China), after World Cups held in 2003, 2004 and 2005.

1.1 General:

The IFBB Rules for Men's Fitness consist of regulations, policies, directives and decisions intended to guide the IFBB and its Members in the administration of the sport of Men's Fitness.

1.2 Rules:

Certain administrative and technical rules that appear in Section 1: General Rules are the same for Men's Fitness and therefore, are not repeated in this section.

Article 2 – Responsibilities of Organizers to Athletes and Delegates

2.1 Responsibilities:

The Organizer of the World Championships will undertake to cover the cost of double-occupancy accommodations and meals (breakfast, lunch and dinner) for competitors and delegates as follows:

2.1.1 World Fitness Championships (included Women's and Men's Fitness, Women's and Men's Physique, Women's Bodyfitness, Women's Bikini Fitness, Mixed Pairs): For four days (three nights) according to the following scale:

- a. Three or more competitors - Two delegates
- b. One or two competitors - One delegate

Note 1: The maximum allowable number of A-team competitors per National Federation may not exceed the number of categories open at these Championships, with a maximum of two competitors allowed to compete in any one category.

Note 2: A maximum allowable number of A-team competitors per National Federation in any one discipline may not exceed the number of categories in that discipline.

*Note 3: A maximum of twenty one competitors are permitted in the A-team (two female physique, two female fitness, four female bodyfitness, six female bikini fitness, five male physique, **one male fitness**, one male athlete for mixed pair) and will be accepted per National Federation with a maximum of two competitors allowed to compete in any one category.*

Note 4: Each National Federation may enter a B-team. The maximum allowable number of competitors in the B-team shall not exceed those in the A-team. Detailed information regarding the A-Team and B-Team competitors available in Section 1: General Rules, Article 9.3.

Note 5: Delegates without athletes will have to pay for the Full Package Special Rate.

Note 6: Upon agreement between the IFBB and the Organizer, one additional category may be opened for competition.

2.1.2 World Juniors and Masters Bodybuilding and Fitness Championships: For four days (three nights) according to the following scale:

- a. Three or more competitors - Two delegates
- b. One or two competitors - One delegate

Note 1: The maximum allowable number of A-team competitors per National Federation may not exceed the number of categories open at these Championships,

with a maximum of two competitors allowed to compete in any one category.

Note 2: A maximum allowable number of A-team competitors per National Federation in any one discipline may not exceed the number of categories in that discipline.

*Note 3: A maximum of twenty eight competitors in A-team (**two female junior fitness**, one male junior fitness, one female junior bodyfitness, three female junior bikini fitness, two male junior bodybuilders, one male junior classic bodybuilder, three male junior physique, eight male master bodybuilders, two male master classic bodybuilders, one male master physique, two female master bodyfitness, one female master bikini fitness, one female master physique) will be accepted per National Federation with a maximum of two competitors allowed to compete in any one category.*

Note 4: Each National Federation may enter a B-team. The maximum allowable number of competitors in the B-team shall not exceed those in the A-team, except for the masters categories, where the number of B-team competitors is unlimited. Detailed information regarding the A-Team and B-Team competitors available in Section 1: General Rules, Article 9.3.

Note 5: Delegates without athletes will have to pay for the Full Package Special Rate.

Note 6: Upon agreement between the IFBB and the Organizer, additional categories may be opened for competition.

2.2 In Junior Men's Fitness (age 16-23 years), each National Federation may enter:

- a. An A-team of up to a maximum of one competitor.
- b. A B-team of up to a maximum of one competitor.

2.3 In Men's Fitness, each National Federation may enter:

- a. An A-team of up to a maximum of one competitor.
- b. A B-team of up to a maximum of one competitor.

2.4 The rules governing A- and B-teams may be found in Section 1: General Rules, Article 9.3.

2.5 The Children Fitness rules are available in Section 10.

Article 3 - Categories:

3.1. There is one open category in Men's Fitness world-level competitions, subject to the following criteria:

a. Up to & including 170 cm:

Max. Bodyweight [kg] = (Height [cm] -100) + 1 [kg]

b. Up to & including 175 cm:

Max. Bodyweight [kg] = (Height [cm] -100) + 2 [kg]

c. Up to & including 180 cm:

Max. Bodyweight [kg] = (Height [cm] -100) + 3 [kg]

d. Up to & including 190 cm:

Max. Bodyweight [kg] = (Height [cm] -100) + 4 [kg]

e. Up to & including 198 cm:

Max. Bodyweight [kg] = (Height [cm] – 100) + 4.5 [kg]

f. Over 198 cm:

Max. Bodyweight [kg] = (Height [cm] – 100) + 5 [kg]

3.2. There is one open category in Junior Men's Fitness world-level competitions, subject to the following criteria:

Max. Bodyweight [kg] = Height [cm] – 100 [kg]

Article 4 – Rounds:

4.1 Men's Fitness consists of the following five rounds:

1. Prejudging: Elimination Round (Quarter Turns)
2. Prejudging: Round 1 (Fitness Routines)
2. Prejudging: Round 2 (Quarter Turns).
3. Finals: Round 3 (Fitness Routines).
4. Finals: Round 4 (Quarter Turns).

Article 5 – Prejudging: Elimination Round

5.1 General:

A time-table for prejudging in each category should be published after the Official Athlete Registration. In order to give themselves time to warm up and change into their posing attire, competitors should be in the backstage warm-up area at least 45 minutes prior to the start time of the judging of their category. All competitors will be solely responsible for ensuring that they are present and prepared to compete when their category is called onstage failing which they may be eliminated from the competition.

5.2 Elimination Round Procedures:

An Elimination Round will be held when there are more than 15 competitors in a category. IFBB Chief Judge decides if the Elimination Round will be necessary. The Elimination Round will be carried out as follows:

1. The entire line-up is brought onstage, in numerical order and in a single line or two lines, if necessary.
2. The line-up is divided into two equal-size groups and is positioned onstage so that one group is to the left of the stage; the other group is to the right of the stage. The center portion of the stage is left open for comparison purposes.
3. In numerical order, and in groups of not more than eight competitors at a time, each group is directed to the center-stage area to perform the four quarter turns.
4. The IFBB Chief Judge or Stage Director will direct the competitors through the four quarter turns, which are:
 - a. Quarter Turn Right
 - b. Quarter Turn Back
 - c. Quarter Turn Right
 - d. Quarter Turn Front

Note 1: Detailed description of the Women's Fitness quarter turns provided in **Appendix 1** to this Section.

Note 2: Competitors will not chew gum or any other products while onstage.

Note 3: Competitors will not drink any liquids while onstage.

5. On completion of the quarter turns, the entire line-up is reformed into a single line, in numerical order, before exiting the stage.

Article 6 – Prejudging: Attire for Elimination Round, Round 2 and Round 4**6.1 Attire for Elimination Round, Round 2 and Round 4:**

The attire for Elimination Round, Round 2 and Round 4 (Posing Trunks) will conform to the following criteria:

1. Plain opaque in style.
2. Solid black in colour.
3. Cloth fabric in material (no plastic, rubberized, or similar material).
4. Matt in texture (no shiny material).
5. No ornamentation, frills, lacework edges and/or borders.
6. The trunks must be at least 15 cm high on the sides.

6.2 Except for a wedding ring, competitors will not wear footwear, glasses, watches, bangles, pendants, earrings, wigs or artificial aids to the figure.

6.3 The use of padding anywhere in the trunks is prohibited. Implants or fluid injections causing the change of the natural shape of any other parts or muscles of the body are strictly prohibited and may result in disqualification of the competitor.

6.4 The use of tans and bronzers that can be wiped off is not allowed. If the tan comes off by simply wiping, the athlete will not be allowed to enter the stage. Artificial body colouring and self-tanning products may be used provided that it is applied at least twenty-four hours prior to the Prejudging. Professional competition tanning methods (airbrush tanning, cabin spray tanning) may be used if applied by the professional companies and qualified personnel. Sparkles, glitter, shiny metallic pearls or gold coloring are prohibited whether applied as part of a tanning lotion and/or cream or applied separately, regardless of who applied them on the competitor's body.

6.5 The IFBB Chief Judge, or a delegated by him official, will have the right to make decision if a competitor's attire meets the criteria established in the Rules and an acceptable standards of aesthetics. The athlete may be disqualified if the attire doesn't meet them.

Article 7 – Prejudging: Scoring the Elimination Round

7.1 The scoring for the Elimination Round is carried out as follows:

1. At this time, the judges will be assessing the overall physique for the degree of athleticism, proportion, symmetry, muscle quality and skin tone. The scoring for the Elimination Round will proceed as follows:

2. If there are more than 15 competitors, the judges select the top 15 by placing an "X" beside their numbers, using Form 1, entitled "Elimination Round (Judges)". IFBB Chief Judge decides if the Elimination Round will be necessary.

3. Using Form 2, entitled "Elimination Round (Statisticians)", the statisticians will transcribe the judge's selections onto this sheet and will then tally the judge's scores to select the top 15 competitors.

4. If there is a tie between two or more athletes fighting to enter the top 15, the tied athletes will be brought back onstage, and the judges will perform a reassessment of the four quarter turns to break the tie.

5. Only the top 15 competitors will advance to Round 1.

Article 8 – Prejudging: Attire for Round 1 and Round 3 (Fitness Routine)

8.1 Attire for Round 1 and Round 3:

The attire for Round 1 and Round 3 will conform to the following criteria:

1. Competitors may dress as they deem appropriate in order to perform their routines, except as detailed below.
2. Gymnastic shorts, with at least 15 cm high sides, covering the whole gluteus maximus and all of the frontal area, are the minimum wear.
3. Colour, material, texture shall be at the discretion of the competitor.
4. Sport footwear may be worn, at the discretion of the competitor.
5. Except for a wedding ring, jewellery and other accessories may not be worn.
6. Competitors may wear sponsorship logos on their routine attire, the dimensions of which will not exceed 4 cm X 8 cm.

8.2 Provided Point 2 is respected, a competitor may remove an article of clothing (e.g. coat, jacket, shirt, pants) if the removal of said article is performed in a tasteful manner, which is one that does not give the impression of a strip act.

8.3 The routine attire will be inspected during the Official Athlete Registration and backstage before the competitor is allowed onstage. If the routine attire does not meet IFBB standards, the competitor will be given five (5) minutes to comply, failing which the competitor will be disqualified.

8.4 National Federations and head delegates are responsible for making sure that their fitness athletes are fully aware of the IFBB Rules as detailed in this Section.

8.5 Any questions concerning posing attire must be brought to the attention of the IFBB Chief Official or IFBB Chief Judge during the Official Athlete Registration.

Article 9 – Prejudging: Presentation of Round 1 (Fitness Routine)

Round 1 may not be held if there are 6 or less competitors in a category. Decision will be made by the Chief Judge and will be announced after the Official Athlete Registration.

9.1 Procedure:

Round 1 will proceed as follows:

1. Each competitor will be called onstage in numerical order to perform a fitness routine to his own choice of music; the length of which may be up to a maximum of 90 seconds.
2. Each competitor is to be introduced by number, name and country.
3. For safety reasons, the use of body oil in the routine round is strictly prohibited.
4. The use of props is limited.

Note 1: *Except as otherwise noted herein, a competitor, and/or other person or persons, shall not carry or otherwise transport any object, device or item onstage or offstage, whether before, during or after a routine. A competitor shall be allowed a small item, either worn or handheld, that will be considered part of the competitor's costume e.g. hat, ball, cane, umbrella, stick, martial art gadgets. Any item that is discarded during the routine must be removed by the competitor as he exits the stage without causing any delay in the competition. Competitors must declare all props at the Official Athlete Registration.*

5. No competitor will use any device that would leave material on the stage platform that would 1) presented a safety hazard to other competitors, and/or 2) require that the stage platform be cleaned or repaired before further use.

Article 10 – Prejudging: Scoring of Round 1 (Fitness Routine)

10.1 Scoring of Round 1:

The scoring for Round 1 will proceed as follows:

1. Using Form 3, entitled “Judge’s Individual Placings (Prejudging)”, each judge will award each competitor an individual placing from 1st to 15th, ensuring that no two or more competitors receive the same placing. The judges may use Form 4, entitled “Judge’s Personal Notes” to record their assessment about each competitor and to write notes about the athletes.

2. The statisticians will collect Form 3 from the judges and will then transcribe the judge’s placings onto Form 5, entitled “Score Sheet (Statisticians)”, under Round 1. They will then discard two highest and two lowest scores (if nine judges) or one highest and one lowest (if less than nine judges) for each competitor and will add up the remaining five scores to produce a “Round 1 Subscore”.

3. Should a tie occur in the “Round 1 Subscore”, the tie need not be immediately broken since the “Round 1 Subscore” must be added to the “Round 2 Subscore” to produce a “PREJUDGING SCORE”.

Article 11 – Prejudging: Assessing Round 1 (Fitness Routine)

11.1 Assessing of Round 1:

Round 1 will be assessed using the following criteria:

1. Each judge assesses the routine with a view towards style, tempo, strength, flexibility, personality, athletic coordination, technical difficulty and overall performance. Judges shall also look for competitors who perform strength and flexibility moves, as well as gymnastic moves. The routine may include aerobics, dance, gymnastics or other demonstrations of athletic talent. There are no required moves. More details in **Appendix 1** to this Section.

2. The judges are reminded that, during this round, they are judging **ONLY** the fitness routine and **NOT** the physique.

Article 12 – Prejudging: Presentation of Round 2 (Quarter Turns)

Round 2 may not be held if there are 6 or less competitors in a category. Decision will be made by the Chief Judge and will be announced after the Official Athlete Registration.

12.1 Presentation of Round 2:

The procedures for Round 2 will be as follows:

1. All 15 semifinalists will be called onstage as a group in a single line and in numerical order.

2. The line-up will be divided into two equal-size groups and will be positioned onstage so that one group is to the left of the stage; the other group is to the right of the stage. The center portion of the stage will be left open for comparison purposes.

3. In numerical order, and in groups of no more than eight competitors at a time, each group will be directed to center-stage area to perform the four quarter turns. Detailed description of the Men's Fitness quarter turns provided in **Appendix 1** to this Section.

4. This initial grouping of competitors, and performance of the quarter turns, is intended to assist the judges in determining which competitors will take part in the comparisons that follow.

5. All judges submit their individual propositions for the first comparison of the top five athletes to the IFBB Chief Judge. Based on them, the Chief Judge will form the first comparison. The number of athletes to be compared will be determined by the Chief Judge but no less than three and no more than eight competitors will be compared at any one time.

Then the judges may be asked to submit individual propositions for the second comparison of the next five athletes, included competitors placing in the middle of the group. The IFBB Chief Judge will form the second and the next comparisons till all competitors will be compared at least once. The total number of comparisons will be decided by the IFBB Chief Judge.

6. All individual comparisons will be carried out center-stage.

7. Upon completion of the last comparison, all competitors will return to a single lineup, in numerical order, before exiting the stage.

Article 13 – Prejudging: Scoring of Round 2 (Quarter Turns)

13.1 The scoring for Round 2 (Quarter Turns) is carried out as follows:

1. Using Form 3, entitled "Judge's Individual Placings (Prejudging)", each judge will award each competitor an individual placing from 1 to 15, ensuring that no two or more competitors receive the same placing. The judges may use Form 4, entitled "Judge's Personal Notes" to record their assessment about each competitor.

2. The statisticians will collect Form 3 from the judges and will then transcribe the judge's placings onto Form 5, entitled "Score Sheet (Statisticians)". They will then discard two highest and two lowest scores (if nine judges) or one highest and one lowest (if less than nine judges) for each competitor, will add up the remaining five scores to produce a "Round 2 Subscore" and a "Round 2 Place". The competitor with the lowest subscore is awarded 1st place while the competitor with the highest subscore is awarded 15th place.

3. Ties in the "Round 2 Subscore" need not be immediately broken as the "Round 2 Subscore" will be added to the "Round 1 Subscore" to produce a "PREJUDGING SCORE" and "PREJUDGING PLACE".

4. Should a tie occur in the "PREJUDGING SCORE", the tie will be broken using the "Round 2 Subscore" first. If a tie still exists, it will be broken using the "Relative Placement Method" and the athlete's Round 2 Subscores.

Note: *The Relative Placement Method procedure:*

Each individual judge's scores for the tied athletes will be compared on a column-by-column basis with a dot being placed on top of the number for the athlete with the

lower placing. All nine regular panel judge's scores (except alternative judges) will be included in the tie breaking calculations. The number of dots will be tallied for each of the tied athletes. The athlete with the greater number of dots will be declared the winner of the tie and will then receive the better placing.

5. The scores for the Prejudging will be used to place the top 15 competitors from 1st place to 15th place. The top 6 competitors from the Prejudging will advance to the Finals and will start the Finals with zero points.

Article 14 – Prejudging: Assessing Round 2 (Quarter Turns)

14.1 Round 2 is assessed using the following criteria:

1. The judge should first assess the overall male athletic appearance of the physique. This assessment should begin at the head and extend downwards, take the whole physique into account. The assessment, beginning with the general impression of the physique, should take into consideration the overall athletic development of the musculature; the presentation of a balanced, proportionally and symmetrically developed physique; the condition of the skin and the skin tone; and the athlete's ability to present himself with confidence.
2. The physique should be assessed as to the level of overall muscle tone, achieved through athletic endeavours and diet. The muscle groups should have a round and firm appearance with a small amount of body fat. The physique should not be excessively lean.
3. The assessment should also take into consideration the tightness and tone of the skin. The skin tone should be smooth and healthy in appearance.
4. The judge's assessment of the athlete's physique should include the athlete's entire presentation, from the moment he walks onstage until the moment he walks offstage. At all times the male fitness competitor must be viewed with the emphasis on a "healthy, fit, athletic-looking" physique, in an attractively presented "Total Package".
5. Judges are reminded that this is not a bodybuilding contest. The competitors should have shape to their muscle but not extreme in size, definition or vascularity. Any competitor who exhibits these features is to be marked down. More details in **Appendix 1** to this Section.

Article 15 – Finals

15.1 Procedures:

The top 6 athletes from the Prejudging advance to the Finals, which consists of two rounds as follows:

1. Round 3: Fitness Routine.
2. Round 4: Quarter Turns.

Article 16 – Finals: Attire for Round 3

16.1 The attire for Round 3 must conform to the same criteria as described in Article 8. **Note:** Competitors may use a different costume that in Round 1; however, it must still conform to the standards of taste and decency as described in Article 8.

Article 17 – Finals: Presentation of Round 3 (Fitness Routine)

17.1 The procedures for Round 3 are as follows:

1. The top 6 finalists, wearing their fitness routine attire, will be called onstage, individually and in numerical order, to perform their individual fitness routines to their own choice of music, the length of which shall be up to a maximum of 90 seconds.

2. Each competitor is to be introduced by number, name and country.

3. Assessing of Round 3 (Fitness Routines) according to Article 11; however, the judges must be mindful of the fact that a competitor may present a different condition in the finals compared to the Prejudging. Therefore, judges must ensure that this round is judged from a “fresh” perspective, ensuring that all competitors receive fair assessment based upon their presentation in this round.

More details in **Appendix 2** to this Section.

Article 18 - Finals: Scoring of Round 3

18.1 The scoring of Round 3 is carried out as follows:

1. The judges, using Form 6, entitled “Judge’s Individual Placings (Finals)”, and using the same criteria for judging as used during the Prejudging Round 1, will place the competitors from 1st to 6th, giving no two athletes the same placing.

2. The statisticians will collect Form 6 from the judges and will then transcribe the judge’s placings onto Form 5, entitled “Score Sheet (Statisticians)”. They will then discard two highest and two lowest scores (if nine judges) or one highest and one lowest (if less than nine judges) for each competitor, and will add up the remaining five scores and will write the total under the column marked “Round 3 Subscore”.

3. Should a tie occur in the “Round 3 Subscore”, the tie need not be immediately broken as the “Round 3 Subscore” must be added to the “Round 4 Subscore” to produce a “FINAL SCORE”.

Article 19 - Finals: Attire for Round 4 (Quarter Turns)

19.1 The attire for Round 4 must conform to the same criteria as described in Article 6.

Note: *Competitors may use a different trunks that in Round 2; however, they must still conform to the standards of taste and decency as described in Article 6.*

Article 20 - Finals: Presentation of Round 4 (Quarter Turns)

20.1 The procedures for conducting Round 4:

1. The top six finalists are called onstage, in numerical order and in a single line formed in the center of the stage.

2. In numerical order, each competitor will be introduced by number, name and country.

3. The IFBB Chief Judge or Stage Director will direct the competitors, as a group, through the four quarter turns in numerical order and then in the reverse order.

4. On completion of the quarter turns, the competitors exit the stage.

Article 21 - Finals: Scoring of Round 4 (Quarter Turns)

21.1 The scoring of Round 4 is carried out as follows:

1. The judges, using Form 6, entitled “Judge’s Individual Placings (Finals)”, and using the same criteria for judging as used during the Prejudging, will place the competitors from 1st to 6th, giving no two athletes the same placing.
2. The statisticians will collect Form 6 from the judges and will then transcribe the judge’s placings onto Form 5, entitled “Score Sheet (Statisticians)”. They will then discard two highest and two lowest scores (if nine judges) or one highest and one lowest (if less than nine judges) for each competitor, and will add up the remaining five scores and will write the total under the column marked “Round 4 Subscore”. Points from the Prejudging (Round 1 and Round 2) are not taken into consideration in the Finals. Each competitor begins the Finals with “zero points”.
3. The statisticians will then add the “Round 3 Subscore” to “Round 4 Subscore” to produce a “FINAL SCORE” and “FINAL PLACE”. The competitor with the lowest “FINAL SCORE” is awarded 1st place while the competitor with the highest “FINAL SCORE” is awarded 6th place.
4. Should a tie occur in the “Round 3 Subscore”, the tie need not be immediately broken as the “Round 4 Subscore” must be added to the “Round 3 Subscore” to produce a “FINAL SCORE”.
5. Should a tie occur in the “FINAL SCORE”, the tie will be broken using the “Round 4 Subscore” first. If a tie still exists, the “Relative Placement” method and the athlete’s “Round 4 Subscore” will be used (see Article 13, point 4).

Article 22 - Finals: Assessing of Round 4

22. 1 Round 4 is assessed using the same criteria as detailed in Article 14 (Quarter Turns). More details in **Appendix 1** to this section.

The judges must ensure that this round is judged from a “fresh” perspective, ensuring that all competitors receive fair assessment based upon their body condition in this round.

Article 23 – Finals: The Awarding Ceremony

23.1 Awarding Ceremony:

The top 6 finalists will be called onstage to take part in the award ceremony. The Master of Ceremonies will announce the number, name and country of the competitor in 6th place and will continue to the competitor in the 1st place.

The President of the IFBB, or the top IFBB official at the contests, accompanied by the other official(s) invited by him to take part in this Ceremony, will present the IFBB Medals and/or trophies to the winners.

The national anthem (short version) of the country of the 1st place winner will be played immediately following his receipt of the 1st place award(s).

After the national anthem, the finalists are obliged to remain onstage for a brief period of time for photographic purposes, and to follow the IFBB Chief Judge or Stage Director commands. During the Awarding Ceremony, competitors are not allowed to display their country’s flag.

Competitors are expected to accept their places, medals and/or awards and to take part in the Awarding Ceremony to its end (photo session). Competitor, who ostentatiously manifests his/her disapproval and/or leave the stage prior to the end of the Awarding Ceremony, may be disqualified.

Detailed description of the Awarding Ceremony is available in Section 1: General Rules,

Article 16.

Article 24 – Teams Classification Results and Awards

24.1 Best National Teams:

The Best National Teams scoring includes the A-team competitors only. Detailed procedure of the Teams Classification calculations is available in Section 1: General Rules, Article 18.

The chief delegates or team managers of the top 3 countries will accept the awards on behalf of their countries.

Publication of the Final Results – according to Section 1: General Rules, Article 18.

APPENDIX 1 HOW TO ASSESS A MEN'S FITNESS COMPETITION

INTRODUCTION:

Judges are strongly reminded that they are judging a Men's FITNESS competition and not a Men's BODYBUILDING competition. The type of muscularity and vascularity, displayed by a male bodybuilder will not be considered acceptable if displayed by a Men's Fitness competitor and therefore, must be marked down.

GENERAL PRESENTATION:

Judges are reminded that the competitor's posture and bearing, at all times while onstage, is to be considered. The overall image displayed should demonstrate elegance and self-confidence. This is especially true at all times when the competitor is standing in the line-up and during the comparisons of the quarter turns. When standing freely in the line-up, the competitors shall be warned against adopting a tense pose, like during performing of the quarter turns, displaying the muscularity. A semi-relaxed stance in the line-up means that the competitor will:

- stand erect, front to the judges, with arms hanging at the side and feet together, or
- stand with the body slightly turned, left side to the judges, so the start number of a competitor will be clearly visible, right hand resting on the hip and left leg slightly moved forward and to the side.

Head and eyes towards the front, shoulders back, chest out, stomach in. On the IFBB Chief Judge command, competitors standing in the line-up should perform the Front Position.

QUARTER TURNS

Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

Front Position:

Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms at the side along the centerline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and hold out of the body to show the shape of the upper body but with no exaggeration, hands slightly cupped.

Quarter Turn Right (left side to the judges):

Erect stance, head and eyes facing the same direction as the body, heels

together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, left arm hold down and slightly back from the centerline of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, right arm hanging relaxed and slightly front of the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the left, with the left shoulder lowered and the right shoulder raised. This is normal and must not be exaggerated.

Quarter Turn Back:

Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, back muscles slightly contracted to show the shape of the upper body, both arms kept at the side along the centerline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and hold out of the body to show the shape of the trunk but with no exaggeration, hands slightly cupped.

Quarter Turn Right (right side to the judges):

Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, right arm slightly back from the centerline of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, left arm slightly front of the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the right, with the right shoulder lowered and the left shoulder raised. This is normal and must not be exaggerated.

Assessment of men's physique in the quarter turns

The judge should first assess the overall athletic appearance of the physique. This assessment should take the whole physique into account. The assessment, beginning with a general impression of the physique, should take into consideration the overall athletic development of the musculature; the presentation of a balanced, symmetrically developed physique; the condition of the skin and the skin tone; and the athlete's ability to present himself with confidence and elegance.

The physique should be assessed as to its level of overall muscle density, achieved through athletic endeavours and diet. The muscle groups should have a full and hard appearance with a small amount of body fat. The physique should neither be excessively muscular nor excessively lean and shouldn't display visible muscle separation and/or striations. Physiques that are considered either too muscular or too lean must be marked down.

The assessment should also take into consideration the tightness and tone of the skin. The skin tone should be smooth and healthy in appearance. At all times, the fitness competitor must be viewed with the emphasis on a "healthy, fit, hard, athletic" physique, in an attractively presented and impressive "Total Package".

APPENDIX 2

ASSESSMENT OF THE FITNESS ROUTINES:

In this rounds, athletes perform a fitness routine to music selected by the competitor, the length of which shall not exceed 90 seconds.

Once again, the judge should consider the OVERALL IMPRESSION, that is, the entire routine from the moment the athlete presents himself onstage until the moment the athlete walks offstage.

The judges are reminded that, during these Rounds, they are judging ONLY the fitness routine and NOT the physique. The judge should look for a well-choreographed and creative routine performed at a high tempo/speed. Although compulsory movements are not a requirement, the routine should include:

1. Elements of STRENGTH - for example, straddle hold, leg extension hold, hand stands, planche and/or one-arm pushups (gymnastic movements such as front and back flips, handsprings, and cartwheels are not considered strength elements). The number of strength moves, their degree of difficulty, and the overall creativity of the moves should be considered in the judging of the routine.
2. Elements of FLEXIBILITY – for example, bridges, front and back walkovers, splits. The number of flexibility moves, their degree of difficulty, and the overall creativity of the moves should be considered in the judging of the routine.
3. Elements of POWER – dynamic elements like high jumps, front and back flips, handsprings, aerial cartwheels, aerial walkovers, round offs, split leaps, windmills, flares, spins. These moves require perfect technique and should be taking into account assessing the difficulty of the routine.
4. The SPEED or tempo of the routine demonstrates a degree of cardiovascular fitness, stamina, and endurance. For example, if two routines contain the same type and number of strength and flexibility movements, the routine that is performed at a faster tempo is the more difficult to achieve so long as the movements are correctly performed.

Routines based on the gymnastics moves **only** should be marked down. Once again, the judge must always consider the “Total Package” and not just the sum of the individual movements. There is a component - an element of “showmanship”, which competitors bring to a fitness routine that is unique to them.

This is their personality, charisma, stage presence, agility, energy, attractiveness as well as a natural rhythm that should play a part in the final placing of each competitor.

APPENDIX 3 PHOTOGRAPHS