

MEN'S PHYSIQUE DIVISION JUDGING CRITERIA

Competition Attire

Board Shorts Men's Physique competition attire should be conventional board shorts with inseams no shorter than 6 inches and no longer than 11 inches. The waistband should fit no lower than 3 inches below the navel. The legs of the shorts should fit relatively loosely.

Physical Criteria that judges are looking for is a lean, fit, muscular physique that is balanced and aesthetically pleasing.

Judges are not looking for the level of muscle mass or extreme leanness that are necessary for success in bodybuilding. It is very important to display nicely shaped overall muscle, a small waist, good V-taper and good abs.

Proper grooming, and overall aesthetic appeal are taken into consideration as judges look for the best overall package.

POSING COMPARISONS

Posing will be conducted in four quarter turns (1/4) to the right. The head judge will guide competitors through this process.

- Front Pose - Competitors will face the judges. Feet must remain parallel. Hands may be held at the sides or one hand may be placed on a hip. Chest should be up, and lats flared. Lats should not be spread like a bodybuilder, and fists not clenched to tighten arms like in bodybuilding.
- Side Poses - Competitors hips must face the side of the stage and heads should be turned toward the judges. Shoulders may be turned as much as 35 degrees toward the judges in order to accentuate their V-taper. Hands may be held at the sides or one hand placed on a hip. Feet may be staggered and the back calf tightened.
- Back Pose - Competitors will face the back curtain. Feet must remain parallel. Lats should be spread to display V-taper. Hands may be held at the sides or one hand may be placed on a hip. The head judge may ask competitors to place one hand on a hip.

INDIVIDUAL STAGE WALK: Conducted during prejudging for judges to take poise and stage presence during the walk into consideration for the overall look and presentation score.

If a T-walk is performed competitors should execute a side pose facing toward the middle of the stage when posing on the outside posing spots. At the middle spot competitors should perform a front pose, back pose and turn back to a front pose before walking to the next outside spot.

Poses should not be held for more than 3 seconds each, and the entire individual presentation should be completed in 30 seconds (the head judge may allow more time depending on the size of the stage).

MEN'S PHYSIQUE JUDGING CRITERIA CONT.

For large shows competitors will walk to the middle spot on the stage and perform a front pose, side pose, back pose and finish with a front pose. In the large show format competitors should complete their presentation in 15 seconds.

Note: No bodybuilding poses should be done by Men's Physique competitors during competition

SCORING EACH ROUND: Judges will score each round and give competitors a final placement for that round before moving on to the next round. Example: if there are 8 people in the class the judging panel will place athletes 1st thru 8th in each round. When judging is complete both scores (2) will be added together to come up with the final placement for each competitor in that class.