

Men's Physique – Sanctioned Division

ON-X NATURALS

Competitors will be judged on posing as well as physical appearance, in both individual and comparison rounds. Athletes will perform a Box Walk. Below is a breakdown of the Men's Physique Division with details regarding proper competition attire, presentation and mandatory posing.

Judging:

- Symmetry - Muscularity - Conditioning

Symmetry

- Balanced and proportioned physique from left to right side as well as front to back
- No one-body part should overpower the rest of the physique.
- Lower body not judged, but may be taken into consideration.

Muscularity

- Toned Muscular Athletic Build
- No extreme muscular density or mass
- Developed shoulders and Back, Strong V-Taper
- Small Tapered Waist, not blocky
- Visible and Defined Abs

Conditioning

- Toned muscular separation, vascularity, with no striations

Competition Attire:

- Athletes will wear boardshorts that are waist high and about 6" to 11" Inseams

Pro, Open, Masters (40 +), Novice, Teen Classes:

Class A - Men up to 5'7

Class B – Men 5'7 and above

Pro, Masters, Novice, and Teens will NOT be divided into height classes A and B

Mandatory Poses:

- Front pose - Eyes facing forward, Hips must be facing the judges, Arms can remain at sides or you can place one hand or both on hips, Feet slightly apart
(Quarter turn to the Right)
- Left side intercostal* - Left arm raised and right hand can remain at sides or can be placed on hip, Feet slightly apart
(Quarter turn to the Right)
- Rear pose - Head held high, Arms can remain at sides or you can place one hand or both on hips, Feet slightly apart
(Quarter turn to the Right)
- Right side intercostal* - Right arm raised and left hand can remain at sides or can be placed on hip - Feet slightly apart
(Quarter turn to the Right)
- Return to Front Pose.

Individual Round/Routine:

During pre-judging each Competitor will execute the **Box Walk**. The competitor will be judged on Presentation and Poise. You will enter the stage from the right side and hit the first box closest to you and hit 2-3 poses, move to the center stage, hit 2-3 poses, and then move to the left side of the stage and hit 2-3 poses before being directed to your placement per the Stage Expediter's instructions.

Group Comparisons:

Once all competitors have completed their individual rounds, the head judge will call random competitor numbers of their choice to line up on center stage where quarter turn comparisons will be performed. Upon completion of comparison round the head judge could call on competitors to return to stage in order to ensure proper judging and placement.

Awards Presentation Format:

Competitors will be called to stage one by one to perform the **Box Walk**, once again, before being directed to your placement per the Stage Expediter's instructions. Expediter will then direct top 5 back on stage after all competitors complete their I-Walk for the Awards Presentation.

**This is the Official Criteria for Men's Physique for ON-X Naturals.
Questions on the Men's Physique Division please reach out to:**

**James Mickles - Director of Judges
Todd Rogers - President**

