

## **Men's Bodybuilding - Sanctioned Division**

### **ON-X NATURALS**

Competitors will be judged on posing as well as physical appearance, in both individual and comparison rounds. Both rounds will consist of quarter turns and mandatory poses. Below is a breakdown of the Bodybuilding 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 top to bottom.
- No one-body part should overpower the rest of the physique.

#### **Muscularity**

- Extreme muscular build
- Capped shoulders
- Thick back with v-taper
- May have blocky or thick waist
- Highly visible and conditioned abs
- Thick sweeping developed quads
- Thick hamstring development

#### **Conditioning**

- Extreme muscular separation, striations, and vascularity.

#### **Competition Attire:**

Men: bodybuilding posing suit, plain in color, standard "V" shape covering at least 2/3 of your buttocks

#### **Men's Bodybuilding Classes:**

Light- less 165

Middle – 165.25 up to 189

Heavy – over 189.25 and Over

#### **Mandatory Poses:**

- Front Lat Spread
- Front Double Bicep
- Side Chest
- Side Tricep
- Rear Lat Spread
- Rear Double Bicep
- Abdominal and Thigh
- Most Muscular

### **Individual Pre-judging Presentation:**

During pre-judging each Bodybuilding competitor will walk to the Center Stage Marker and perform 3-4 poses of their choice from the list above, no more than 15 seconds. Afterward, the Competitor will move to the diagonal line to prepare for comparisons. Competitors are to follow instructions from Expeditors.

### **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 as well as mandatory posing 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:**

Individual Routines: Amateurs will have 60 seconds TOPS while Pros will have 90 seconds to 2 minutes, depending on the Event and Promoter of Event and when Individual routines will commence. Once individual round/routine is over, Competitor will step off stage until top 5 are called back out to the stage. Expediter will then direct top 5 back on stage after all competitors complete their individual round for the Awards Presentation.

\*Depending on the number of competitors in a class and the decision of the officials, or format of Promoter, either all competitors or the top 5 in the class will perform a to their chosen music.

Amateurs: Please note rule for routines, only one routine will be performed if doing Crossover divisions.

**Posing music must be on a flash drive, and/or emailed to the Official Event DJ prior to the Event. Posing music may not contain any vulgar lyrics. Music will vulgar or racial lyrics and tone will be prohibited.**

**Props are allowed in the final evening routine however you must have them approved at the weigh in meetings by the Head Judge or Directors.**

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

James Mickles - Director of Judges  
Todd Rogers - President

