

Men's & Women's Bodybuilding

Attire- All Bodybuilding competitors must pose in a bikini cut swimsuit- no thongs permitted and no shoes permitted unless medically necessary.

Judging Criteria- Judges are looking for muscularity along with symmetry, vascularity, poise, and conditioning

All competitors will be judged and compared on the following;

1. Body shape: This is how the muscle groups are shaped. Judges will look for rounded muscle groups that are pleasing to the eye. The condition of the skin and the skin tone and the athlete's ability to present herself with confidence, poise and grace.

2. Symmetry: This is the balance of how all the muscle groups fit together. Judges will look for harmony and proportion of the physique. The body structure should have an equal ratio of torso to leg length, shoulders to hips etc. Harmony and proportion also include upper body to lower body development should be in parity and fit together. Symmetry will be judged similar as that to a bodybuilding competition with the idea in mind that the judge will be looking for a Muscular Physique. The physique should be assessed as to its level of overall muscle tone, achieved through athletic endeavors.

3. Muscle Tone: The muscle groups should have a round and firm appearance with absence of body fat. Judges will look for a pleasing level of muscularity. Judges will also look for the even balance of muscle tone throughout the entire body.

4. Stage presence: Appearance, Charisma, Professionalism.

Prejudging (Symmetry & Mandatory Poses)

Round One Symmetry- Competitors will enter the stage and report to the front line of the stage in order of their assigned contestant numbers. All competitors will face the front towards the judges in a relaxed but tensed pose. The judges will then conduct quarter turn group comparisons in the first round of prejudging.

Description of quarter turns:

SYMMETRY ROUND:

Front: Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30 degree angle, knees together and unbent, stomach in, chest out, shoulders back, both arms hanging relaxed and at the side along the center-line of the body, elbows slightly bent, tips of the fingers resting lightly near the hips.

First Quarter Turn-Side Pose: Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30 degree angle, knees together and unbent, stomach in, chest out, shoulders back right arm hanging relaxed and slightly back from the center-line of the body with a slight bend at the elbow, left arm hanging relaxed and slightly front of the center-line of the body with a slight bend at the elbow. The positioning of the arms will cause the upper body to twist slightly toward the judges shoulder lowered and the left shoulder raised

Second Quarter Turn-Rear Pose: Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30 degree angle, knees together and unbent, stomach in, chest out, shoulders back, both arms hanging relaxed and at the side along the center-line of the body, elbows slightly bent, tips of the fingers resting lightly near the hips.

Third Quarter Turn-Side Pose: Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30 degree angle, knees together and unbent, stomach in, chest out, shoulders back right arm hanging relaxed and slightly back from the center-line of the body with a slight bend at the elbow, left arm hanging relaxed and slightly front of the center-line of the body with a slight bend at the elbow. The positioning of the arms will cause the upper body to twist slightly toward the judges shoulder lowered and the left shoulder raised

Last Quarter Turn- Front: Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30 degree angle, knees together and unbent, stomach in, chest out, shoulders back, both arms hanging relaxed and at the side along the center-line of the body, elbows slightly bent, tips of the fingers resting lightly near the hips.

Round Two- Mandatory Poses:

Front Double Biceps

Contestant should stand on two feet and have upper arms out to the sides parallel to the floor, with elbows bent at approximately 90-degrees with forearms parallel to torso. Legs, lats, chest, abdominals, and arms should be flexed.

Front Lat Spread

Contestant should face front, grasp the waist with closed hands and spread elbows to flare latissimus. Legs together and feet a few inches apart. Emphasis on showing judges the width of the back (V-shape) as well as detail in the legs, chest, abdominals and arms.

Side Chest Pose

Contestant should stand on foot farthest from the stage with front leg bent to show the calf and leg biceps. The front arm should be bent at approximately 90-degrees with the rear hand gripping at the wrist. The chest should be lifted and the abdominals pulled in tightly. The competitor may pick a side of choice to display to the judges unless told otherwise.

Side Triceps Pose

Contestant should stand in leg position similar to side chest pose, with the frontal arm hanging alongside the body, grasped at the waist by the rear hand from around the lower back. The triceps should be tightened, shoulders, chest and abdominals flexed, and the legs and calves tight. The side of choice may be displayed unless instructed otherwise.

Rear Double Biceps

This pose is exactly as the frontal version except that the contestant must bring the leg of choice toward the judges and "spike" the foot to show calf and leg biceps development. Contestants should not lean excessively toward the rear of the stage, nor lean backwards too far toward the judges.

Rear Lat Spread

Contestant should face stage rear with calf of choice "spiked" toward the judges, and grasp the waist with closed hands and spread elbows to flare latissimus. Hamstrings and glutes should be flexed, with emphasis on showing judges the width of the back (V-shape) as well as detail in the lats, teres major, rhomboids and trapezius, erectors and rear deltoids.

Overhead Abdominal Pose

The contestant must stand facing the judges with one leg extended slightly forward, and with hands clasped behind the neck. The abdominals must be fully flexed, with air expelled, with the legs and chest also tight. One-arm variations of the abdominal pose are PROHIBITED unless instructed by the Head Judge.

Most Muscular Pose

This pose will be required only for the men. The contestant must stand with one leg slightly extended toward the judges, and assume a favorite of the following most muscular poses. Either the "crab", hands-on-hips or partial crab (with one hand behind back) variations may be used. Side most muscular poses are not permitted unless instructed by the Head Judge.

Optional Poses

The judging panel may request additional poses depending on necessity. These may include Side Hamstring Curl, Stand-On-Calves Pose, Serratus Side Pose, etc.

Finals- Finals will consist of the Individual Presentation set to the individual competitor's music of choice (no profanity allowed). The routine will range from 60 to 90 seconds. Please que your music on a USB Flash Drive with no other files on it according to the name of the song/artist and if you want your music to start playing before you get to the stage or once you are on the stage.