

2006 CBBF Bodybuilding, Fitness & Figure Class Rules

BODYBUILDING CATEGORIES:

Junior Women's Bodybuilding (Open Class) must be younger than 21-years on date of event.

Senior Women's Bodybuilding

Up to & incl 52kg (Light Weight Class)

Up to & incl 57kg (Middle Weight Class)

Over 57kg (Heavy Weight Class)

Master Women's over 35-years (Open Class)

Grand Master Women's, over 50-years (Open Class) Only provided at the CBBF Canadian Bodybuilding Championships!

Junior Men's Bodybuilding (Open Class) must be younger than 21-years on date of event.

Senior Men's Bodybuilding

Up to & incl 65kg (Bantam Weight Class)

Up to & incl 70kg (Light Weight Class)

Up to & incl 75kg (Welter Weight Class)

Up to & incl 80kg (Light Middle Weight Class)

Up to & incl 85kg (Middle Weight Class)

Up to & incl 90kg (Light Heavy Weight Class)

Up to & incl 100kg (Heavy Weight Class)

Over 100kg (Super Heavy Weight Class)

Master Men's Bodybuilding, 40 – 49-years

Up to & incl 80Kg (Light Weight Class)

Over 80Kg (Heavy Weight Class)

Master Men's Bodybuilding, 50 – 59-years (Open Class)

Grandmaster Men's Bodybuilding, 60 & over (Open Class)

Men's Classic Bodybuilding (At CBBF National World Qualifier ONLY!) NEW DIVISION

In Classic Bodybuilding, there are three categories as follows:

1. Up to and including 170 cm

Maximum weight (in kg) = height (in cm) – 100 (maximum +2 kg allowance)

e.g. a competitor who is 170 cm in height may weight a maximum of 72 kg

2. Up to and including 178 cm

Maximum weight (in kg) = height (in cm) – 100 (maximum +4 kg allowance)

e.g. a competitor who is 178 cm in height may weight a maximum of 82 kg

3. Over 178 cm

Maximum weight (in kg) = height (in cm) – 100 (maximum +6 kg allowance)

e.g. a competitor who is 184 cm in height may weight a maximum of 90 kg

A competitor who does not meet the height/weight requirement may enter the **senior bodybuilding class**, which his weight signifies.

At the IFBB World Championships if he does not meet the height/weight requirements, he is **disqualified**.

Posing Attire and Stage Presentation:

The posing attire must meet the following guidelines:

1. Male competitors will wear posing trunks of a solid, non-distracting colour, which are clean and decent.

2. Female competitors will wear bikinis of a solid, non-distracting colour, which must conform to accepted standards of taste and decency. The bikini will reveal the abdominal muscles as well as the lower back muscles.

The bikini bottom must cover at least ½ of the gluteus maximus. The fastenings of the bikini will be plain, with no attached ornamentation

3. All competitors will wear the posing attire, during both Prejudging and Finals, that was approved by the CBBF Chief Judge at Official Weigh ins. Unauthorized use of any other posing attire is strictly prohibited without the prior approval of the CBBF Chief Judge and may lead to disqualification from the event.

Stage Presentation:

The use of props during the Prejudging or Finals presentation is strictly prohibited.

Prejudging - General:

The Prejudging will take place the day after the Official Weigh ins. The order for prejudging each category will be discussed at the weigh ins, however may change due to lack of classes, etc.. 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 30 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.

Procedures:

When there are more than 15 athletes competing in a category, an elimination round will be held for the purpose of reducing the number to 15. The elimination round will proceed as follows: All of the athletes in the category will be brought onstage in a single line (two lines if necessary) and in numerical order. The CBBF Chief Judge will then direct the competitors through the determined compulsory poses.

Prejudging: Round One (Comparisons of Compulsory Poses)

17.1 Procedures:

The Prejudging (Round One) will immediately follow the elimination round and will proceed as follows:

1. All 15 finalists, or less will be called onstage as a group, in a single line and in numerical order. The judging panel should be given a moment to note the competitor numbers on their score sheet.

2. In groups of 5 competitors at a time, and in numerical order, the competitors will be directed to perform the following four poses at centre-stage:

a. Front relaxed followed by Front Double Biceps

b. Side Chest

c. Back relaxed followed by Back Double Biceps

d. Abdominal & Thighs

3. In Round 1, the judges will compare the competitors while they are directed to perform the following seven compulsory poses (five for women):

a. Front double biceps;

b. Front lat spread (men only);

c. Side chest;

d. Back double biceps;

e. Back lat spread (men only);

f. Side triceps; and

g. Abdominals and thighs.

4. Each judge is expected to watch all of the comparisons.

Finals: Round Two (Posing Routines)

Procedures:

The Finals will proceed as follows:

1. In Round 2, the entire class of bodybuilders shall be presented onstage and perform predetermined poses, then will be ushered off the stage.

2. The top 5 finalists will be brought onstage individually, in numerical order to perform

their individual posing routine to music of his or her choice, up to a maximum of 60 seconds. The top 5 finalists will return to the stage for a 30-second pose-down. **This round will be scored. This round will only be scored at the CBBF National World Qualifier, at the CBBF Canadian Bodybuilding Championships the scoring round will take place at the compulsory pre judging only!**

3. The top 3 finalists will return to the stage, at which time the awards for placings 3rd, 2nd and 1st for the class shall take place.

4. At the CBBF Canadian Bodybuilding Championships an overall title shall be provided, not at the CBBF National World Qualifier. The overall award for the women and men bodybuilders shall take place after the final class in each is provided their awards.

The winners of each class will be ushered on the stage to perform compulsory poses, which will be scored. A 30-second pose down will follow, at which time the overall champion will be chosen.

FITNESS CATEGORIES:

Fitness competition at the CBBF Fitness, Figure and Master Figure Championships and the CBBF National World Qualifier is open in the following categories:

- a. Short Class: Up to and incl 164 cm
- b. Tall Class: Over 164 cm

Attire for Fitness:

Competitors will wear a two-piece bikini and high-heels during the preliminary assessment round, the bikini round, and the bikini portion of the final round. The color and style of the bikini and high-heels will be left to the competitor's discretion except as indicated in the rules below. Competitors may dress as they deem appropriate in order to perform their routines, subject to the rules detailed below.

1. Provincial Associations and their delegates are responsible for making sure that their fitness athletes are fully aware of the CBBF rules as detailed below.
2. In the bikini round, G-strings are strictly prohibited. The bikini bottom must cover a minimum of one-half of the buttocks during the whole time of the lineup and comparisons.
3. At all times, the bikini bottom will be worn in a manner that prevents it from slipping between the buttocks and appearing like a G-string.
4. The bikini will be inspected at the official weigh ins. If the bikini does not meet CBBF standards, at the weigh ins the competitor shall be informed and provided time before the CBBF event in question to comply, at the event the competitor will be given five (5) minutes to comply, failing which the competitor will be disqualified.
5. In the routine round, G-strings are strictly prohibited. G-strings cannot be worn on top of leotards, fishnet stockings, or tights. Also, G-strings cannot be worn underneath a skirt or other type of outerwear so as to reveal the buttocks while the competitor is moving around onstage. Routine bottoms should extend 2 inches past the buttocks line!
6. The routine attire will be inspected at the official weigh ins. If the routine attire does not meet CBBF standards, the competitor shall be informed and provided time before the CBBF event in question to comply, at the event the competitor will be given five (5) minutes to comply, failing which the competitor will be disqualified.
7. While onstage, if clothing is removed to reveal a G-string, the posing music will be stopped and the competitor will be immediately disqualified.
8. The use of glitter or sparkles on the body is prohibited.
9. Competitors are solely responsible for making sure that their posing attire meets CBBF standards.
10. Any questions concerning posing attire must be brought to the attention of the CBBF Chief Official during the Official Weigh ins.

The fitness routine may be performed barefoot, or in tennis or athletic shoes.

Prejudging Fitness: Preliminary Assessment

The preliminary assessment will be used where there are more than 15 athletes in a category and will proceed as follows:

1. All competitors will be brought onstage, in a single line and in numerical order, wearing a two-piece bikini and high-heels.
2. The CBBF Chief Judge 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
3. If there are a large number of competitors in the category, the CBBF Chief Judge may decide to divide the category into equal numbers or groups in order to carry out the four quarter turns.
4. At this time, the judges will be assessing the overall physique for the degree of athleticism, proportion and skin tone.

Judges are reminded that this is not a bodybuilding contest. The competitors should have shape to their muscle but not the definition or vascularity that is seen at bodybuilding competitions. Any competitor who exhibits these features is to be marked down.

The top 15 competitors after the Assessment Round will continue on to Round One (Bikini).

Prejudging: Round One (Two-Piece Bikini)

Round One (Two-Piece Bikini) will proceed as follows:

1. The top 15 competitors will be brought onstage, in a single line and in numerical order.
2. Before the judge's individual comparisons, the entire lineup of competitors will be directed to perform the four-quarter turns, in numerical order and in groups of not more than 5 competitors at a time.
3. The CBBF Chief Judge will then direct the competitors through comparisons of the four quarter turns, in groups of five competitors at a time.
4. Each judge is expected to watch all of the comparisons.
5. At this time, the judges will be scoring the physique while assessing the degree of athleticism with regard to firmness, symmetry, proportion and overall physical appearance, which will include skin tone, poise and overall presentation.
6. Judges are reminded that this is not a bodybuilding contest. The competitors should have shape to their muscle, but not the definition or vascularity that is seen at bodybuilding competitions. Any competitor who exhibits these features is to be marked down.

Prejudging: Round Two (Routines)

Round Two (Routines) will proceed as follows:

1. Each of the top 15 competitors from Round One will be called onstage in numerical order to perform a fitness routine to music of her own choice, the length of which will be up to a maximum of 90 seconds.
2. Each judge will assess the routine with a view towards style, personality, athletic coordination and overall performance. Judges will 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. The use of props is prohibited. The judges are reminded that, during this round, they are judging ONLY the fitness routine and NOT the physique.

The top-5 finalists from the Prejudging will advance to the Finals.

Finals: Round Three

1. In Round 3, the entire class of fitness competitors shall be presented onstage, wearing the two-piece bikini and high-heels to perform ¼ turns. The entire class will step to back of stage and the top 5 finalists will be called forward to perform ¼ turns. Remaining athletes will exit the stage.
 2. The top 5-finalists will be scored, then exit the stage.
 3. The top-3 finalists shall return to the stage to receive their 3rd, 2nd and 1st place awards.
- At the CBBF Canadian Fitness, Figure and Master Figure Championships, the top 5-finalists will perform their routines, time to be determined.

At the CBBF National World Qualifier the top-3 finalists will perform their fitness routines, times to be determined.

At the CBBF Canadian Fitness, Figure and Master Figure Championships an overall award will be provided, at the CBBF National World Qualifier no overall award will be provided to the fitness classes.

BODY FITNESS/FIGURE CATEGORIES:

For clarification Body Fitness takes place at the CBBF National World Qualifier and Figure takes place at the CBBF Canadian Fitness, Figure and Master Figure Championships.

Both events will provide the following categories:

1. There are four categories in senior Body Fitness/Figure competitions, currently as follows:
 - a. Short Class: Up to and incl 158 cm
 - b. Medium Class: Up to and incl 163 cm
 - c. Medium-Tall Class: Up to and incl 168 cm
 - d. Tall Class: Over 168 cm
2. An open Master Class, over the age of 35-years, will also be provided, at both events!

Rounds:

Body Fitness/Figure will consist of the following three rounds:

1. Prejudging – Round 1 (Two-Piece Bikini)
2. Prejudging – Round 2 (One-Piece Swimsuit)
3. Finals – Round 3 (Two-Piece Bikini).

Physique:

The physique should be assessed as to its level of overall muscle tone, achieved through athletic endeavors. The muscle groups should have a round and firm appearance with a small amount of body fat. The physique should neither be excessively muscular nor excessively lean and should be free from deep muscle separation and/or striations.

The skin tone should be smooth and healthy in appearance, and without cellulite.

The face, hair and makeup should complement the "Total Package" presented by the athlete.

Prejudging: Preliminary Assessment

A Preliminary Assessment will be held when there are more than 15 competitors in a category.

This assessment will be carried out as follows:

1. The attire for the Preliminary Assessment round will be the same as that of Round 1 (Two-Piece Bikini).
2. The entire category will be brought onstage, in numerical order and in a single line.
3. The lineup will be divided in numerical order and in groups of five competitors at a time, each group will be directed to the center-stage area to perform the four quarter turns (these quarter turns are the same as those described in Fitness).
4. At the completion of the quarter turns, the entire category will be reformed into a single line, in numerical order, before exiting the stage.

Prejudging: Attire for Round 1 (Two-Piece Bikini)

The attire for Round 1 (Two-Piece Bikini) will conform to the following criteria:

1. The bikini will be plain opaque two-piece in style.
2. The bikini will be solid black in color.
3. The bikini fabric will be cloth in material (no plastic, rubberized or similar material).
4. The bikini will be matt in texture (no shiny material).
5. The bikini will contain no ornamentation, frills, lacework edges or borders.
6. The bikini will cover a minimum of ½ of the gluteus maximus.
7. High-heels will be worn during this round. Shoe style must be black, classic stiletto pump, with an open or closed toe and heel. Sole thickness will be no greater than 6.35 millimeters (¼"); stiletto height will be no greater than 127 millimeters (5"). Platform

- high-heels will be strictly prohibited.
8. The hair may be styled.
 9. Except for a wedding ring and/or small stud-type earrings, jewelry will not be worn.
 10. The CBBF Chief Official, or a delegated representative, will have the right to determine if a competitor's attire meets an acceptable standard of taste and decency.

Prejudging: Presentation of Round 1 (Two-Piece Bikini)

The procedures for Round 1 (Two-Piece Bikini) will be as follows:

1. The entire category will be called onstage, in a single line and in numerical order.
2. In groups of five competitors at a time, each group will be directed to center-stage area to perform the following four quarter turns for comparison.
 - a. Quarter Turn Right
 - b. Quarter Turn Back
 - c. Quarter Turn Right
 - d. Quarter Turn Front

Prejudging: Attire for Round 2 (One-Piece Swimsuit)

The attire for Round 2 (One-Piece Swimsuit) will conform to the following criteria:

1. One-piece swimsuit.
2. Color, material, texture at the discretion of the competitor.
3. The swimsuit will cover a minimum of $\frac{1}{2}$ of the gluteus maximus and all of the frontal area. No holes or see through material in the abdominal area.
4. High-heels will be worn during this round. Shoe style must be classic stiletto pump, with an open or closed toe and heel, color at the competitor's discretion. Sole thickness will be no greater than 6.35 millimeters ($\frac{1}{4}$ "); stiletto height will be no greater than 127 millimeters (5"). Platform high-heels will be strictly prohibited.
5. The hair may be styled.
6. Jewelry may be worn, within limits.
7. The CBBF Chief Official will have the right to determine if a competitor's attire meets an acceptable standard of taste and decency.

Prejudging: Presentation of Round 2 (One-Piece Swimsuit)

The procedures for Round 2 (One-Piece Swimsuit) shall be as follows:

1. The entire category will be called onstage, in a single line and in numerical order.
2. In groups of five competitors at a time, each group will be directed to center-stage area to perform the following four quarter turns for comparison.
 - a. Quarter Turn Right
 - b. Quarter Turn Back
 - c. Quarter Turn Right
 - d. Quarter Turn Front

The top 5 finalists from the Prejudging will advance to the Finals.

Finals: Round Three

1. In Round 3, the entire class of body fitness/figure competitors shall be presented onstage and perform $\frac{1}{4}$ turns. The entire class will step to back of stage and the top 5 finalists will be called forward to perform $\frac{1}{4}$ turns. Remaining athletes will exit the stage.
2. The top 5-finalists will be scored, then exit the stage.
3. The top-3 finalists shall return to the stage to receive their 3rd, 2nd and 1st place awards.

Finals: Attire for Round 3 (Two-Piece Bikini)

The attire for Round 3 (Two-Piece Bikini) will conform to the following criteria:

1. Two-piece bikini.
2. Color, material, texture at the discretion of the competitor.
3. The bikini will cover a minimum of $\frac{1}{2}$ of the gluteus maximus.
4. High-heels will be worn during this round. Shoe style and color may be at the competitor's discretion. Sole thickness will be no greater than 6.35 millimeters ($\frac{1}{4}$ ");

stiletto height will be no greater than 127 millimeters (5"). Platform high-heels will be strictly prohibited.

5. The hair may be styled.
6. Jewelry may be worn, within limits.
7. The CBBF Chief Official, will have the right to determine if a competitor's attire meets an acceptable standard of taste and decency.

At the CBBF Canadian Fitness, Figure and Master Figure Championships an overall award will be provided, for each division; at the CBBF National World Qualifier no overall award will be provided to either the fitness, or body fitness classes.