



CBBF Couples Division Rules

Mixed-Pairs was officially recognized as a sport discipline by the 1983 IFBB International Congress in Singapore as a bodybuilding mixed pairs; however, the 2013 IFBB International Congress in Marrakesh, Morocco, finally cancelled women's bodybuilding as an IFBB sport discipline, so nowadays IFBB Mixed Pairs category is open for athletes representing different IFBB sport divisions.

There is one open category in Mixed-Pairs world-level competitions and CBBF National level competitions. A mixed pair may be composed of male bodybuilder or male classic bodybuilder with female physique, female bodybuilder or female fitness or female bodyfitness athletes.

PREJUDGING:

1. All Mixed-Pairs in the category will be brought onstage, in numerical order and in a single line or two lines, if necessary.
2. The line-up is divided into two equal-size groups and is positioned onstage so that one group is to the left of the stage; the other group is to the right of the stage. The center portion of the stage is left open for comparison purposes.
3. In numerical order, and in groups of not more than 3 couples at a time, each group is directed to the center-stage area to perform the following five Mandatory Poses:
 - a. Front double biceps;
 - b. Side chest;
 - c. Back double biceps;
 - d. Side triceps;
 - e. Abdominals and thighs
4. Men from the Mixed-Pairs perform the above mentioned Mandatory Poses in the same manner like in Men's Bodybuilding, while women perform these poses in the same style like in Women's Physique. Both partners perform the "Abdominals and thighs" pose in Men's Bodybuilding style.
5. Competitors will not chew gum or any other products while onstage.
6. Competitors will not drink any liquids while onstage.

7. All judges submit their individual propositions for the first comparison of the top five athletes to the IFBB Chief Judge. Based on them, the Chief Judge will form the first comparison. The number of athletes to be compared will be determined by the Chief Judge but no less than three and no more than eight competitors will be compared at any one time. Then the judges may be asked to submit individual propositions for the second comparison of the next five athletes, included competitors placing in the middle of the group. The IFBB Chief Judge will form the second and the next comparisons till all competitors will be compared at least once. The total number of comparisons will be decided by the CBBF Chief Judge.
8. All comparisons will be carried out center-stage.
9. In this round individual comparisons, formulated by the CBBF Chief Judge, couples are directed to perform the five Mandatory Poses.
10. Upon completion of the last comparison, all couples will return to a single line- up, in numerical order, before exiting the stage.

Posing Routine:

Only TOP 5 Competitors from pre-judging will do their routines.

Athletes will line up offstage in numerical order. Each individual is required to do a 60 second posing routine, to their choice of music (profanity, racial / sexual slurs and inappropriate verbiage is NOT allowed. If we find that your music contains any of these things, your music will be stopped and you may be disqualified from the competition).

The judges will be assessing each pair on how well they display their physiques to music. The judge will look for a smooth, artistic, and well-choreographed routine which may include any number of poses; however, the Mandatory Poses must be included.

Your routine should include the following:

- Poses and movements that highlight your best features
- Smooth transitions between movements
- Good musicality
- The couple must also include intermittent pauses so as to display the muscular development of their physique.

Once the individual routine is completed, exit the stage and line back up numerically. Athletes will line up offstage in numerical order. Competitors will walk out on stage in a line as guided by the stage marshal and line up as directed, depending on the number of competitors on stage.

The top 5 competitors will be called out to center stage line and may be asked to do mandatories and a 30 second pose-down. Awards will then be handed out.

Posing Attire:

The posing attire must meet the following guidelines:

1. Men competitors will wear the same attire like in Men's Bodybuilding: one-coloured, opaque posing trunks which are clean and decent. The colour, fabric, texture and style of the trunks will be left to the competitor's discretion. The trunks will cover a minimum of $\frac{3}{4}$ of the gluteus maximus. The front area must be covered and the side of the trunks should be 1 cm in width at a minimum. The use of padding anywhere in the trunks is prohibited.

2. Women competitors will wear the same attire like in Women's Physique: - The bikini will be plain opaque two-piece in style. - The colour, fabric, texture, ornamentation and style of the bikini will be left to the competitor's discretion. The bikini bottom will cover a minimum of ½ of the gluteus maximus and all of the frontal area. The bikini must be in good taste. Strings are strictly prohibited. The attire will be inspected during the Official Athlete Registration.
1. ***The rules for posing attire for men and women will also apply for the mixed-pairs, however, preference will be given by the judges for matching and complementary trunks and bikinis which enhance the mixed-pair's physiques and their appearance as a combined unit. Both members of each mixed-pair shall wear the same number pinned to the left side of the trunks or bikini.***
2. Except for a wedding ring, men competitors will not wear footwear, glasses, watches, bangles, pendants, necklaces, bracelets, earrings, wigs, distracting ornamentation or artificial aids to the figure. Women competitors may have bracelets and earrings.
3. Except of women's breast implants, implants or fluid injections causing the change of the natural shape of any other parts or muscles of the body are strictly prohibited and may result in disqualification of the competitor.
4. The use of props during the Prejudging or Finals presentation is strictly prohibited.
5. The use of tans and bronzers that can be wiped off is not allowed. If the tan comes off by simply wiping, the athlete will not be allowed to enter the stage. Artificial body colouring and self-tanning products may be used provided that it is applied at least twenty-four hours prior to the Prejudging. Professional competition tanning methods (airbrush tanning, cabin spray tanning) may be used if applied by the professional companies and qualified personnel. Sparkles, glitter, shiny metallic pearls or gold coloring are prohibited whether applied as part of a tanning lotion or applied separately, regardless of who applied them on the competitor's body.
6. The excessive application of oil on the body is strictly prohibited; however, body oils and moisturizers may be used in moderation.
7. The CBBF Chief Judge, or a delegated official, will have the right to make decision if a competitor's attire meets the criteria established in the Rules and an acceptable standards of aesthetics. The athlete may be disqualified if the attire doesn't meet them.

DETAILED DESCRIPTION OF THE FIVE MIXED-PAIRS MANDATORY POSES

1.1 MIXED-PAIRS MANDATORY POSES:

1. Front Double Biceps

Man: Standing face front to the judges, with one leg 40-50 cm forward and to the side, the competitor will raise both arms to shoulder level and bend them at the elbows. The hands should be clenched and turned down so as to cause a contraction of the biceps and forearm muscles, which are the main muscle groups that are to be assessed in this pose. In addition, the competitor should attempt to contract as many other muscles as possible as the judges will be surveying the whole physique, from head to toe.

The judge will first survey the biceps muscles looking for a full, peaked development of the muscle, noting whether or not there is a defined split between the anterior and posterior sections of the biceps, and will continue the head-to-toe survey by observing the development of the forearms, deltoids, pectorals, pec-delt tie-ins, abdominals, thighs, and calves. The judge will also look for muscle density, definition, and overall balance.

Woman: Standing front to the judges, with the legs and feet in-line and the right/left leg placed out to the side, the competitor will raise both arms to shoulder level and bend them at the elbows. The hands should be

opened, with fingers directed up. In addition, the competitor should attempt to contract as many other muscles as possible as the judges will be surveying the whole physique, from head to toe.

The judge will survey the whole physique, from head to toe, by observing the overall body lines and balance, the contours of each body part, achieved by the development of proper muscles, as well as the overall body proportions and symmetry. The judge will also look for muscle density, low body fat level and overall balance.

2. Side Chest

Man: The competitor may choose either side for this pose, in order to display the “better” arm. He will stand with his left or right side towards the judges and will bend the arm nearest the judges to a right-angle position, with the fist clenched and, with the other hand, will grasp the wrist. The leg nearest the judges will be bent at the knee and will rest on the toes. The competitor will then expand the chest and by upward pressure of the front bent arm and contract the biceps as much as possible. He will also contract the thigh muscles, in particular, the biceps femoris group, and by downward pressure on his toes, will display the contracted calf muscles.

The judge will pay particular attention to the pectoral muscles and the arch of the rib cage, the biceps, the leg biceps and the calves, and will conclude with the head-to-foot examination. In this pose the judge will be able to survey the thigh and calf muscles in profile, which will help in grading their comparative development more accurately.

Woman: The competitor may choose either side for this pose, in order to display the “better” arm. She will stand left or right side to the judges, with the upper body slightly twisted to the judges, face looking to the judges, stomach in, leg nearest to the judges straight, locked at the knee, moved forward and resting on the toes, leg farthest to the judges slightly bent at the knee, with foot resting flat of the floor, both arms kept slightly front of the body, straight and locked at the elbow, thumb and fingers together, palm facing down and kept together or one over the other. The competitor will then contract the pectoral muscles, the triceps muscle and the thigh muscles, in particular, the biceps femoris group, and by downward pressure on her toes, will display the contracted calf muscles.

The judge will pay particular attention to the pectoral muscles, the triceps, the leg quadriceps and the calf, and will conclude with the head-to-foot examination. In this pose, the judge will be able to survey the thigh and calf muscles in profile, which will help in grading their comparative development more accurately.

3. Back Double Biceps

Man: Standing with his back to the judges, the competitor will bend the arms and wrists as in the Front Double Biceps pose, and will place one foot back, resting on the toes. He will then contract the arm muscles as well as the muscles of the shoulders, upper and lower back, thigh and calf muscles.

The judge will first survey the arm muscles and then do the head-to-foot survey, during which there are more muscle groups to look at than in all of the other poses. This includes the neck, deltoids, biceps, triceps, forearm, trapezius, teres, infraspinatus, erector spinae, external obliques, latissimus dorsi, gluteus, thigh biceps, and calves. This pose, probably more than the others, will help the judge to determine the quality of the competitor’s muscle density, definition, and overall balance.

Woman: Standing with her back to the judges, the competitor will bend the arms as in the Front Pose, keep the hands opened, place one foot back and resting on the toes. She will then contract the arm muscles as well as the muscles of the shoulders, upper and lower back, thigh and calf muscles.

The judge will survey the whole physique, from head to toe, by observing the overall body lines and balance, the contours of each body part, achieved by the development of proper muscles, as well as the overall body proportions and symmetry. The judge will also look for muscle density, low body fat level and overall balance.

4. Side Triceps

Man: The competitor may choose either side for this pose so as to show the “better” arm. He will stand with his left or right side towards the judges and will place both arms behind his back, either linking his fingers or grasping the front arm by the wrist with his rear hand. The leg nearest the judges will be bent at the knee and the foot will rest flat on the floor. The leg farthest to the judges will be bent at the knee and the foot resting on the toes. The competitor will exert pressure against his front arm, thereby causing the triceps muscle to contract. He will also raise the chest and contract the abdominal muscles as well as the thigh and calf muscles.

The judge will first survey the triceps muscles, and conclude with the head-to-foot examination. In this pose, the judge will be able to survey the thigh and calf muscles in profile, which will help in grading their comparative development more accurately.

Woman: The competitor may choose either side for this pose so as to show the “better” arm. She will stand with her left or right side towards the judges, face looking to the judges, chest out, stomach in, and will place both arms behind her back, grasping the front arm by the wrist with her rear hand. The arm nearest to the judges will be straight and locked at the elbow, with open hand, thumb and fingers together, palm facing down and in a horizontal position. The competitor will exert pressure against her front arm, thereby causing the triceps muscle to contract. The rear leg will be bent at the knee and the foot will rest flat on the floor. Leg nearest to the judges will be straight, locked at the knee, moved forward and resting on the toes.

The judge will first survey the triceps muscles, and conclude with the head-to-foot examination. In this pose, the judge will be able to survey the whole physique in profile, the chest and abdominal contours, the thigh and calf muscles, which will help in grading their comparative development more accurately. will be able to survey the thigh and calf muscles

5. Abdominals and Thighs

Man and woman: Standing face front to the judges, the competitor will place both arms behind the head and will place one leg forward or will keep the legs and feet in-line and up to 15 cm apart (optionally). He/she will then contract the abdominal muscles by “crunching” the trunk slightly forward. At the same time, he/she will contract the thigh muscles of the leg(s). The judge will survey the abdominal and thigh muscles, and then conclude with the head to-foot examination.

HOW TO ASSESS THE MIXED-PAIRS MANDATORY POSES

In mixed-pairs competition, the competitors will be assessed both individually and as a unit with particular attention being given to how well their individual physiques complement each other and how well they move in unison. The judge will assess each mixed-pair as an entity. Those whose physiques match, harmonize, and complement each other will receive higher places than mixed-pairs whose physiques are markedly dissimilar and unbalanced, as would be the case of a tall ectomorphic man and a short mesomorphic woman, or vice versa. This factor will continue to be of importance in the second round as well. When similar poses and limb movements are used by the two partners, as in the mandatory poses, higher places will be awarded for greater accuracy in achieving identical lines. Stage Presentation is of utmost importance, with matched posing costumes and tanning. A good pair presentation can impress the judges on their ability to move, blend and work together as one unit.

Muscle Mass: Competitors must exhibit a similar degree of muscular development, taking into account natural differences in muscle size between man and woman. However a heavyweight bodybuilder in pair with bodyfitness woman is not a well-matched couple.

Separation: This factor must be considered in conjunction with muscle mass. Separation is the delineation between the muscle groups of the physique. Excess subcutaneous fatty tissue and/or water under the skin blurs this muscular division resulting in a smooth appearance. A good physique must have muscular mass which is complemented by deep muscular separation.

Definition: Definition is the display of the individual muscles and their details, often calls “striations” or as “ripped” muscles. A physique that has good muscle mass, separation and definition must be scored highly. However, definition that is taken to the point of emaciation, will only reduce mass and fullness and can’t be scored highly. Definition will allow competitors to show pure muscle mass, otherwise the muscles appear stringy and flat.

Proportions: A proportional physique includes the genetic component of the competitor: wide shoulders, narrow hips, trim waist and a deep rib-cage. Also the length of legs, trunk, midsection, arms and neck, which should be in balance and harmony. The upper body should not be developed to the extent that it overpowers the lower body and vice-versa. All bodyparts should flow in harmony with no bodypart being over developed to the detriment of the others. Faults such as knockknees, bowed legs, rounded shoulders or any curvature of the spine and other defects of the posture are to be scored down.

Symmetry: Right and left sides of the body should be equally developed, so as to not exhibit visible differences in size, e.g. left and right biceps or shoulders.