



CBBF Men's Physique Rules

Men's Physique was officially recognized as a new sport discipline by the IFBB Executive Council and IFBB Congress on November 11, 2012 (Guayaquil, Ecuador).

The Men's Athletic Physique category is aimed at men who prefer to develop a less muscular, yet athletic and aesthetically pleasing physique.

HEIGHT CLASSES:

As an optional choice in the Men's Physique division, a promoter may elect to have three height classes in the division as follows:

- One Class

For contests with two classes:

- Up to including 5'8"
- Over 5'8"

For contests with three classes:

- Under 5'7"
- Over 5'7" up to and including 5'10"
- Over 5'10"

For contests with four classes:

- Under 5'7"
- Over 5'7" up to and including 5'8 ½"
- Over 5'8 ½" up to and including 5'10"
- Over 5'10"

Masters:

- Age 40 and over

Please note that classes are subject to change depending on show size

CBBF contests do not permit competitors to cross over into Bodybuilding, Figure, Fitness, Physique or Bikini at the same event.

Competitors Rules:

1. Competitors will wear an opaque, loose-fitting board shorts which are clean and decent. The colour and fabric of the shorts will be left to the competitor's discretion. Shorts may have geometric patterns and motives, but no inscriptions and cambered ornamentation.
2. The shorts will cover the whole upper leg, down the upper point of the knee (patella). The use of padding anywhere in the trunks is prohibited.
3. No tight, lycra style shorts are allowed.
4. Personal sponsors logos are not permitted on the shorts; however a manufacturer's logo such is accepted.
5. Except for a wedding ring, competitors will not wear footwear, glasses, watches, earrings, wigs, jewellery, distracting ornamentation or artificial aids to the figure. 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.
6. 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.
7. The excessive application of oil on the body is strictly prohibited; however, body oils and moisturizers may be used in moderation.
8. 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.

PRE-JUDGING:

The line-up will be divided into two equal-size groups and will be 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 will be left open for comparison purposes.

In numerical order, and in groups of no more than eight competitors at a time, each group will be directed to center-stage area to perform four quarter turns.

Performing quarter turns competitors stay motionless.

This initial grouping of competitors, and performance of the four quarter turns, is intended to assist the judges in determining which competitors take part in the comparisons of the quarter turns.

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 CBBF 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.

All individual comparisons are to be carried out center-stage.

On completion of the last comparison, the entire line-up is reformed into a single line, in numerical order, before exiting the stage.

Individual Presentation:

- Model Walk - competitors walk to centre stage individually and stop to perform front stance.
- Front Stance - right hand on hip or in pocket, legs apart, one leg may be slightly to the side, left arm down, open hand. Then the athlete will perform back stance.
- Back Stance - right hand on hip or in pocket, legs apart, one leg may be slightly to the side, left arm down, open hand, eyes facing the back of the stage. Athlete will be asked to take a half turn to face the judges.
- Repeat front stance: hand change - left hand on hip or in pocket, legs apart, one leg may be slightly to the side, right arm down, open hand then as directed proceed to the side of the stage.
- APPROXIMATE LENGTH OF TIME PERMITTED 10 SECONDS

Pre-judging Comparison Round:

- Groups of 3 - 8 competitors will be called to centre stage.
- As directed, facing the judges, the selected group will perform front stance (performed same as presentation round).
- As directed group makes quarter turn to the right to perform side pose, left hand on hip, right shoulder angled towards the judges, right arm down, open hand, left leg straight, right leg slightly back and bent at the knee.
- As directed group makes quarter turn to the right to perform back stance (performed same as presentation round).
- As directed group makes quarter turn to the right to perform side pose, right hand on hip, left shoulder angled toward the judges, left arm down, open hand, right leg straight, left leg slightly back and bent at the knee.
- As directed group makes quarter turn to the right to perform final front stance, left hand on hip, legs apart, one leg may be slightly to the side right arm down, open hand.
- Then as directed group proceed to the side of the stage.
- When all group comparisons are complete competitors will be directed to leave the stage.

FINALS:

Individual Presentation:

- Competitors will walk to center stage individually to perform their front stance then proceed to the side of the stage, standing on angle to back of stage.
- First group of athletes, from lowest number to highest called out in numerical order, and directed to do a full front and back stance, then leave stage, continue until all athletes compared and leave stage.
- Top finalists, 5 or less return to stage performing their Model Walk, personal routines, then moved to side of stage, stage marshal directed.
- Top finalists, 5 or less who are recalled onto stage, line up in a single line, directed to do a full front and back stance, then moved to back of stage, stage marshal directed.
- Presenter called forward for last place, usually 5th, place trophy on ground on spot located, then MC calls 5th place athlete, continue until all finalists come forward to pick up trophy.
- If sponsor for class called forward, stands between 1st and 2nd, etc. for pictures.
- Class finished, leave stage.
- Only scoring during finals is for overall title, finalists called to centre stage and Comparison takes place.

All rounds are assessed using the following criteria:

1. **Muscularity and body condition** The judge should first assess the overall male athletic appearance of the physique. This assessment should begin at the head and extend downwards, taking the whole physique into account. The assessment, beginning with the general impression of the physique, should take into consideration the condition of the skin and

skin tone and also the hair. Judges will be looking for fit contestants who display proper shape and body proportions, combined with balanced muscularity and overall condition. The judges are reminded that extreme muscularity and definition should be marked down.

2. **Stage Presence and Personality** Judges are looking for the contestant with the best stage presence and poise, who can successfully convey his personality to the audience and the athlete's ability to present himself onstage with confidence.

DESCRIPTION OF THE MEN'S PHYSIQUE QUARTER TURNS:

Front position:

Erect, tense stance, head and eyes facing the same direction as the body, one hand resting on the hip, with four fingers at the front of the body, and one leg slightly moved to the side. Second hand hanging down along the body, slightly out of to the side, elbow slightly bent, with open palm and straight, aesthetically configured fingers. Knees unbent, abdominal and latissimus dorsi muscles slightly contracted, head up. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

Quarter Turn Right:

Competitors will perform the first quarter turn to the right. They will stand left side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Left hand resting on the left hip, right arm hold down and slightly to the front from the centerline of the body, elbow slightly bent, with open palm and straight, aesthetically configured fingers. Left leg (nearest the judges) slightly bent in the knee, resting flat on the floor. Right leg (farthest to the judges) bent in the knee, with foot moved back and resting on the toes.

Quarter Turn Back:

Erect, tense stance, head and eyes facing the same direction as the body, wone hand resting on the hip, with four fingers at the front of the body, second hand hanging down along the body, slightly out of to the side, elbow slightly bent, with open palm and straight, aesthetically configured fingers and one leg slightly moved back and to the side, resting on the toes. Latissimus dorsi muscles slightly contracted, head up.

Quarter Turn Right:

Competitors will perform the next quarter turn to the right. They will stand right side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Right hand resting on the right hip, left arm hold down and slightly to the front from the centerline of the body, elbow slightly bent, with open palm and straight, aesthetically configured fingers. Right leg (nearest the judges) slightly bent in the knee, resting flat on the floor. Left leg (farthest to the judges) bent in the knee, with foot moved back and resting on the toes.

HOW TO ASSESS THE MEN'S PHYSIQUE QUARTER TURNS

With the exception of the upper legs, which are covered by board shorts, the assessment should take the whole physique into account. The assessment, beginning with a general impression of the physique, should take into consideration the hair; the overall body development and shape; the presentation of a balanced, proportionally and symmetrically developed physique; the condition of the skin and the skin tone; and the athlete's ability to present himself with confidence and elegance. The judges should favour competitors with a harmonious, proportional, classical male physique, good posture, correct anatomical structure (including body framework, correct spinal curves, limbs and trunk in good proportion, straight legs, not bandy or knock-kneed). Vertical proportions (legs to upper body length) and horizontal proportions (hips and waist to shoulder width) are ones of the key factors. The physique should be assessed as to its level of overall body density, achieved through athletic endeavors and diet. The body parts should have a nice and firm appearance with a decreased amount of body fat but should have a "softer" and "smoother" look than in bodybuilding. The physique should neither be excessively muscular nor excessively lean and should be free from deep muscle separation and/or sharp striations. Physiques that are considered too muscular, too hard, too dry or too lean must be marked down.

The assessment should also take into consideration the tone of the skin. The skin tone should be smooth and healthy in appearance. The hair should complement the “Total Package” presented by the athlete.

The judge’s assessment of the athlete’s physique should include the athlete’s entire presentation, from the moment he walks onstage until the moment he walks offstage. At all times, the Men’s Physique competitor must be viewed with the emphasis on a “healthy and fit” physique, in an attractively presented, impressive “Total Package”.

Judges are reminded that this is not a bodybuilding contest. The competitors should have shape to their muscle but not the separation, definition, very low bodyfat level, dryness or hardness that are seen at bodybuilding competitions. Any competitor who exhibits these features is to be marked down.

HOW TO PERFORM AND ASSESS MEN’S PHYSIQUE INDIVIDUAL PRESENTATION

The Men’s Physique Individual Presentation is performed in the following manner:

The competitor will walk to the center of the stage, will stop and perform front stance, with optional pose of hand in pocket or on hip, finishing facing the judges.

The competitor will then turn to his right and perform the left side stance. –

The competitor will then turn to his right and perform back stance. –

The competitor will then turn to his right and perform the right side stance. –

The competitor will then turn to his right and perform the front position.

The competitor will then walk to the line-up in the rear part of the stage.

The judges will be assessing each competitor on how well they display their physique in move. Competitors shall be assessed on whether or not they carry themselves in a graceful manner while walking to the stage. The pace, the elegance of moves, gestures, “showmanship”, personality, charisma, stage presence, as well as a natural rhythm should play a part in the final placing of each competitor.