



MEN'S PHYSIQUE

CLASSES:

Men's Physique Height Classes:

BCABBA and the 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 ."
- Over 5'8 . " up to and including 5'10"
- Over 5'10"

JUDGING CRITERIA:

Muscularity and Body Condition

Judges will be looking for fit contestants who display proper shape and symmetry combined with muscularity and overall condition. This is not a bodybuilding contest so extreme muscularity should be marked down.

Stage Presence and Personality

Contestants will be asked to walk in board shorts (shorts must be just above the knee in length and can be one inch below the belly button, no spandex and **no logos** are permitted on the board shorts however a manufacturer's logo such as Nike symbol or Billabongs are acceptable.) Competitors will enter the stage without a shirt and barefoot. No lewd acts allowed for example the moon pose. Judges are looking for the contestant with the best stage presence and poise who can successfully convey his personality to the audience.

INDIVIDUAL PRESENTATION:

- Model Walk – (dependent on show size) 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.



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- APPROXIMATE LENGTH OF TIME PERMITTED 10 SECONDS

PREJUDGING 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

PLEASE NOTE YOU ARE REQUIRED TO SHOW UP AT THE NIGHT-SHOW FINALS OR YOU WILL RECEIVE A 1 YEAR SUSPENSION DUE TO POOR SPORTSMANSHIP

COMPETITORS WILL NOT CHEW GUM OR CANDY ON STAGE.



FAQ For Men's Physique

How long do our board shorts have to be? They cannot be shorter than (1) one inch above the knee.

How low on our hips do we wear our board shorts? They must sit (1) one inch below the belly button

Is there a limit to the number of colours on the board shorts we choose? No there is not.

What is the largest the logo can be on the board shorts? Manufacturer's logo is acceptable as long as it is small. For example Lulu Lemon logo is permitted. A large Oakley logo is not permitted.

Do we wear flip-flops or bare feet? You must have bare feet.

What poses do we do at the Pre Judging? $\frac{1}{4}$ turns

What poses do we do at the Night Show? $\frac{1}{4}$ turns