



COUPLES / MIXED PAIRS DIVISION

- Will consist of a Bodybuilding Man and a Physique or Figure Woman
- Barefoot no shoes allowed
- 3 rounds:
 1. Quarter turns
 2. Mandatory Poses
 3. Routine: must perform 60 second routine together to music (partners should look like one while posing and avoid that two separate people posing look)

Assessing Mixed-Pairs Physiques

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 compulsory poses, higher places will be awarded for greater accuracy in achieving identical lines. The five mixed-pairs poses are as follows:

- (a) Front Double Biceps
- (b) Side Chest
- (c) Back Double Biceps
- (d) Side Triceps
- (e) Abdominals and Thighs

Mixed-Pair's Posing Attire

Suit material of solid colour, women can have rhinestones

The rules for posing attire for men and women bodybuilding will also apply for the mixed-pairs, however, preference will be given by the judge 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.

Competitors will not chew gum or candy while on stage.

In the Finals, mixed-pairs 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.

1.1 MIXED-PAIRS MANDATORY POSES:

1. Front Double Biceps (see Figure 1)

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 COMPETITIONS

2.1 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.

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Muscle Mass: Competitors must exhibit a similar degree of muscular development, taking into account natural differences in muscle size between man and woman. But heavyweight bodybuilder in pair with body fitness 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 body-parts should flow in harmony with no body-part being over developed to the detriment of the others. Faults such as knock-knees, 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.

HOW TO ASSESS THE MIXED-PAIRS POSING ROUTINES Music background for the routine should be delivered either at the Official Registration or prior to the Finals (information will be provided at the Registration). Music background may be delivered on CD, USB or in MP3 format. Couples will pose to their own music for a maximum of 90 seconds and present a polished, entertaining routine where each athlete moves together as one with smooth transitions between poses. The judges should look for a well-choreographed, polished and creative routine performed at an equal, steady tempo/speed. The routine should show each athletes physique and muscularity and should include the Mandatory Poses as well. The couple must also include intermittent pauses so as to display the muscular development of their physique.

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

Registration & HEIGHT-INS (Friday before the show)

- **REGISTRATION:** Double check your entry form for information concerning the location and time of weigh-ins. It is your responsibility to be on time!!

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- You must bring your suits you plan to compete in to height ins, as the head judge will be looking at the cut of all suits to determine suitability. If you plan to wear a different suit during any phase of the competition, it must be of the same cut or you will need the head judge to inspect the suit before you can be allowed to wear it on stage.
- Numbers: Your numbered tag should be placed on your left hip. Place it on the flat plane of your hip to prevent it from twisting or flipping around. This way the judges should be able to see it clearly.
- Bring your food as height ins can be a lengthy process.

All competitors will wear the posing attire, during both Prejudging and Finals, that was approved by the BCABBA Chief Judge / BCABBA delegate at the Official Weigh ins.

Women

Can our suits have underwire? **Yes.**

Can our suits cross at the top in the front? **No**

How wide do the bottoms have to be? **Half of the glutes must have coverage.**

Can our suits be jewelled? **No**

Can we wear jewelry at Pre Judging and the Night Show? **Except for a wedding ring, bracelets and earrings, jewellery will not be worn. Competitors will not wear glasses, watches, pendants, and necklaces. You may wear jewellery for the night show.**

What poses do we do for the pre judging? **Mandatory poses.**

What poses do we do for the night show? **At the judge's discretion.**

Do we do our routines in the morning show? **No**

Can we use props and or costumes for our routines? **No you cannot.**

How long are routines? **(60) Sixty seconds**

Does the timing of our routines begin when the music starts? **When the music begins to play your timing of the routine begins.**

Can there be cursing in our song choice? **No. If it occurs, the athlete will be disqualified and could face a 2-year suspension.**

Are there any poses not permitted in our routines? **Absolutely no rear bending over, nothing sexual in nature, no gang hand signals, no revealing poses.**



Does everyone do their routine at night or only the top five? **Only the top five will do their routine at the night show.**

Do we go bare foot? **Yes**

Can men's bodybuilding trunks be shiny, sparkly, iridescent, any colour of choice? **Colour of your choice, may not be shiny, flat, velvet, sparkly or iridescent.**

What poses do we do for the night show? **At the discretion of the judges, however any poses you are called to do will be from the mandatory posing list.**

Do we do our routines in the morning show? **No.**

Can we use props for our routines? **No.**

How long are routines? **Exactly (60) sixty seconds.**

Does the timing of our routines begin when the music starts or when we hit our first pose? **When the music begins to play.**

Can there be cursing in our song choice? **No. If it occurs, the athlete will be disqualified and could face a 2-year suspension.**