



**BBSA/IFBB**

**CRITERIA**

**MEN'S ATHLETIC  
PHYSIQUE**

**2018**





## **MEN'S ATHLETIC PHYSIQUE**

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

### **Junior Men's Physique:**

There are the following categories in junior men's physique World-level competitions:

- 16 to 19 years of age inclusive (optionally): One open category
- 20 to 21 years of age inclusive (optionally): One open category
- 22 to 23 years of age inclusive (optionally):
  - a. Class A: Up to and incl. 174 cm
  - b. Class B: Up to and incl. 178 cm
  - c. Class C: Over 178 cm
- Or one group 16 to 23 years of age inclusive:
  - a. Class A: Up to and incl. 174 cm
  - b. Class B: Up to and incl. 178 cm
  - c. Class C: Over 178cm

### **Senior Men's Physique:**

In Men's Athletic Physique, there are six categories as follows:

- Up to and including 170 cm
- Up to and including 173cm
- Up to and including 176 cm
- Up to and including 179 cm
- Up to and including 182 cm
- Over 182 cm

### **Attire**

The attire for all rounds is board shorts, which must conform to the following criteria:

- Material and colour can be of the athlete's personal choice.
- No tight, Lycra style shorts are allowed.
- Personal Sponsors logos are not permitted on the board shorts. However a manufacturer's such as Nike, Adidas or Billabong are accepted.
- No footwear.





- No jewellery or other accessories, except for a wedding ring.
- Bermuda pants will not be deemed as board shorts – as Bermuda pants have belt loops.

### Rounds

Men's Athletic Physique will consist of 2 Rounds as follows:

#### Round One: Quarter Turns

##### Presentation of Round one

- Competitors will enter the stage without a shirt and barefoot. No lewd acts allowed for example the moon pose.
- Under the direction of the Chief Judge, Round 1 is carried out as follows:
- Competitors will enter the stage one by one and walk to the front and centre of the stage. They will perform front and back turns, with optional hand in pocket or on hip, finishing facing the judges. The competitor will then proceed to one side of the stage as directed by Chief Judge.
- Once all the competitors are on stage they are line-up into two equal-size groups and are positioned onstage so that one group is to the left of the stage; the other group is to the right of the stage. The centre portion of the stage is left open for comparison purposes.
- In numerical order, and in groups of not more than five competitors at a time, each group is directed to the centre-stage area to perform the quarter turns.
- This initial grouping of competitors, and performance of the quarter turns, is intended to assist the judges in determining which competitors take part in the comparisons.
- All individual comparisons are to be carried out centre-stage and in the order, from left to right, as directed by the Chief Judge.
- All judges are given the opportunity to submit at least one request for comparisons, which will be handed to the Chief Judge. Any additional requests are at the discretion of the Chief Judge.
- All competitors undergo at least one comparison.
- On completion of the last comparison, the entire line-up is reformed into a single line, in numerical order, before exiting the stage.



# NBPFA MANDATORY POSES - MEN'S PHYSIQUE



**POSE # 1**  
**FRONT**  
(Right Hand On Hip)

**POSE # 2**  
**QUARTER TURN RIGHT**  
**LEFT SIDE TO JUDGES**  
(Left Hand On Left Hip)

**POSE # 3**  
**QUARTER TURN RIGHT**  
**BACK**

**POSE # 4**  
**QUARTER TURN RIGHT**  
**RIGHT SIDE TO JUDGES**  
(Right Hand On Right Hip)

**POSE # 5**  
**FRONT**  
(Left Hand On Hip)

**Photos By - GARRY BARTLETT**

## Scoring of Round One (quarter turns):

The scoring of Round 1 is carried out as follows:

- Each judge awards each competitor an individual placing, ensuring that no two or more competitors receive the same placing.
- With nine judges, two high and two low scores are discarded. The remaining scores are summed to produce a "round one sub score" and a "round 1 placing".
- Ties in the "round one sub score" are broken using the relative placement method.
- The top 6 competitors advance to the finals (round two).

## Assessing Round one (quarter turns):

Round one is 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 and facial features. Judges will be looking for fit contestants who display proper shape and symmetry combined with muscularity and overall condition.

The judges are reminded that extreme muscularity 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.

### Round two: Finals: Quarter turns

Attire for the round two is the same as round one.

### Presentation of round two (quarter turns):

Round two is carried out as follows, under the direction of the Chief Judge:

- Competitors will enter the stage one by one and are introduced by number, name and country, individually and in numerical order and walk to the front and centre of the stage. They will perform front and back turns, with optional pose of hand in pocket or on hip, finishing facing the judges. The competitor will then proceed to one side of the stage as directed by the Chief Judge.
- In numerical order, the six finalists will be directed to the centre-stage area to perform the quarter turns.
- The line-up will be reversed by the Chief Judge and the competitors will perform once again quarter turns.

### Scoring of Round two (quarter turns):

- The scoring of round two is carried out as follows:
- Each judge awards each competitor an individual placing from 1st to 6th, ensuring that no two or more competitors receive the same placing.
- With nine (9) judges, two high and two low scores are discarded. The remaining scores are summed to produce a "round 2 final score". With seven (7) or five (5) judges, 1 high and 1 low score will be discarded.
- The competitor with the lowest amount of points will be the winner.
- Ties in the "round two" are broken using the relative placement method.





