



BBSA/IFBB

CRITERIA

MEN'S BODYBUILDING

2017





MENS BODYBUILDING

General

The following divisions are available for the junior men:

Junior men

- Juniors bodybuilding under 18 - one line up
- Under 23 – Athletes may compete under 23 years until the December of the same year that he turns 23 years
 - Up to/including 75kg
 - Over 75kg

Senior men

There are eight different divisions available for the Senior Men:

- Bantamweight – Up to and including 65kg
- Lightweight– Up to and including 70kg
- Welterweight– Up to and including 75kg
- Light middleweight– Up to and including 80kg
- Light heavyweight– Up to and including 90kg
- Heavyweight– Up to and including 100kg
- Super heavyweight– Over 100kg

The following divisions are available for masters' men:

Masters men

Age up to 40 years:

- Up to/including 75kg
- Over 75kg

Age 50 and over: One line up

There are seven compulsory poses for the men

- Front double bicep.
- Front lat spread.
- Side triceps.
- Rear double bicep.



- Rear lat spread.
- Side chest.
- Abdominals and thigh.





Round one – relaxed, compulsory poses and pose down

**This will be at the pre judging in the morning – all registered competitors in the division will partake

- The entire line up will be brought onto the stage in numerical order.
- The line-up will stand in a straight line in front of the judges – except if the line-up is too long, the Chief Judge may find it necessary to split the group into even numbers.
- The athletes will perform quarter turns in a relaxed manner – no tensing of muscles will be allowed.
- The athletes will then perform the compulsory poses.
- The judges may then call for comparisons until they are happy.
- The athletes will then be given a one minute pose down before leaving the stage.

PLEASE NOTE: QUARTER TURNS FOR MEN'S BODYBUILDING AND MEN'S CLASSIC BODYBUILDING ARE THE SAME

POSES: MEN'S CLASSIC BODYBUILDING
four quarter turns

Quarter turn Right
(Left side to the judges)

Quarter turn Back
(Back to the judges)

Quarter turn Right
(Right side to the judges)

Quarter turn Front
(Front to the judges)

QUARTER TURN INSTRUCTION

Quarter Turn Right:

Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, left arm hanging relaxed and slightly back from the centre-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, right arm hanging relaxed and slightly front of the centre-line of the body with a slight bend at the elbow, thumb and fingers





together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the left, with the left shoulder lowered and the right shoulder raised. This is normal and must not be exaggerated. This position is a relaxed stance. Flexing of the muscles is prohibited. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

Quarter Turn Back:

Relaxed erect stance, head and eyes facing the same direction of the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms hanging relaxed and at the side along the centre-line of the body, elbows slightly bent, thumbs and fingers together, palms facing the body, hands slightly cupped, tips of the fingers resting lightly on the hips. This position is a relaxed stance. Flexing of the muscles is prohibited. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

Quarter Turn Right:

Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, right arm hanging relaxed and slightly back from the centre-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, left arm hanging relaxed and slightly front of the centre-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. This positioning of the arms will cause the upper body to twist slightly to the right, with the right shoulder lowered and the left shoulder raised. This is normal and must not be exaggerated. This position is a relaxed stance. Flexing of the muscles is prohibited. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

Quarter Turn Front:

Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms hanging relaxed and at the side along the centre-line of the body, elbows slightly bent, thumbs and fingers together, palms facing the body, hands slightly cupped, tips of the fingers resting lightly on the hips. This position is a relaxed stance. Flexing of the muscles is prohibited. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

General assessment of round one

The Judges will look for:

- Proportion.
- Definition.
- Symmetry.
- Conditioning.
- Balance.
- Striations.
- Effectiveness of tan.
- Presentation.





- Confidence.
- Wide shoulders and narrow hip taper.
- The upper body and the lower body should be in proportional.
- Balance.
- Good shoulder development – arms not overpowering the shoulder caps and vice versa resulting in symmetry.
- *Lat* connection should be low into the waist.
- There should be good thigh sweep with strong development around the knee area.
- Calves should be full and long – balancing with the thigh.
- Overall depth of muscle.

The Judges should be aware of:

- Under developed muscularity.
- Domination by muscle groups.
- Unproportioned muscles.
- Smooth appearance.
- Uneven tan or no tan or streaking tan.
- The lack of definition.
- Lean looking athlete.

Round two – free posing routine

* This will only be presented at the main evening show.

** Depending on the officials' decision at a provincial show on any level, either all athletes may be asked to perform their routine, or only those that qualify in the top six of the category – athletes will be informed at the start of the evening show.

*** At the level of any IFBB SA National Championships – only the top six will perform their routine in the evening at the main final show. The lists of top six will be posted in the change room before the main show begins.

- Each athlete will be called in numerical order to perform his free routine.
- No props.
- Music time is 60 seconds only.
- NO foul language will be tolerated in lyrics of music. Music will be stopped immediately and the athlete will be requested to leave the stage.



