



# **BBSA/IFBB**

# **BSA**

## **CRITERIA**

## **MIXED PAIRS**

## **2019**





## **MIXED PAIRS**

### **General**

Mixed pairs was officially recognised as a sport discipline by the 1983 IFBB International Congress in Singapore as a bodbuilding mixed pairs; however the 2013 IFBB International Congress in Marrakesh, Morocco, finally cancelled women's bodybuilding as an IFBB sport discipline. Therefore nowadays the IFBB Mixed Pairs category is open for athletes representing different IFBB sport divisions.

### **Categories**

There is one open category in the Mixed Pairs division. A mixed pair may be composed of a male bodybuilder or male classic bodybuilder together with a female physique or female fitness or female body fitness athlete.

### **Round One**

During round one all pairs will be brought onstage and if necessary, elimination will take place during this round.

- Pairs will be brought onstage in numerical order and in two single lines, if necessary.
- The line-up is divided into two equal-size groups and is positioned onstage so that one group is to the left and the other group to the right of the stage, leaving the centre stage for comparison purposes.
- In numerical order, and in groups of not more than three couples at a time, each group is directed to the centre-stage area to perform the following mandatory poses;
  - o Front double biceps
  - o Side chest
  - o Back double biceps
  - o Side triceps
  - o Abdominals and thighs

NOTE: The men will perform the above compulsory poses in the same manner as described in the men's bodybuilding section, while the women will perform these compulsory poses in the same manner as described in the women's physique section. The "abdominals and thighs" pose will be performed by both partners in the men's bodybuilding style.

- Competitors will not chew gum or any other products while onstage, nor drink any liquid while onstage.
- After the completion of the first round, all couples will leave the stage.

### **Round Two**

- Round two will commence directly after round one.





- In the second round, each couple will perform a posing routine to music of their choice, up to a maximum of 90 seconds.

### Attire & Rules

- Men competitors will wear the same attire like in the Men's bodybuilding division; one-coloured, opaque posing trunks which are clean and decent. The colour, fabric, texture and style of the trunks will be left to the competitor's discretion. The trunks will cover a minimum of  $\frac{3}{4}$  of the gluteus maximus. The front area must be covered and the side of the trunks should be 1cm in width at a minimum. The use of padding anywhere in the trunks is prohibited.
- Women competitors will wear the same attire like in Women's Physique: The bikini will be plain opaque two-piece in style. The colour, fabric, texture and style of the trunks will be left to the competitor's discretion. The bikini bottom will cover a minimum of  $\frac{1}{2}$  of the gluteus maximus and all of the frontal area. The bikini must be in good taste. Strings are strictly prohibited. The attire will be inspected during weigh-in.
- Except for a wedding ring, men will not wear any footwear, glasses, watches, bangles, pendants, necklaces, bracelets, earrings, wigs, distracting ornamentation or artificial aids to the figure. Women may wear bracelets and earrings.
- No competitor may wear any clothing/attachment that will alter the natural shape of any body part.
- The use of props is strictly prohibited during any of the rounds.
- The attire for both round one and two stays the same.
- No wipe off tan/bronzers will be allowed. Artificial body colouring and self-tanning products may be used provided that it is applied at least twenty-four hours prior to the pre-judging. Professional companies may be used to apply tan/bronzers. Sparkles, glitter, shiny metallic pearls or gold colouring are prohibited whether applied as part of a tanning lotion or applied separately, regardless of who applied them on the competitor's body.
- Excessive application of oil on the body is strictly prohibited however body oils and moisturizers may be used in moderation.
- The IFBB Chief Judge or delegated judge/s will have the right to make the decision if a competitor's attire meets the criteria.
- Music must be handed in prior to the start of the pre-judging. The posing routine will be included in the pre-judging as the routine should include the compulsory poses, line in the classic bodybuilding division.

### Judge's Assessment

- Attire must be matching and complimentary which enhances 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 trunks or bikini.
- Judges will be assessing the overall physique of both partners for the degree of proportion, symmetry, muscle size and quality (density, separation) as well as skin tone.





- The couple will also be assessed 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. Physiques should match, harmonize and complement each other. Physiques should also be balanced on both partners.
- When similar poses and limb movements are used by the two partners, as in the compulsory poses, higher placings 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.
- During the routine round, judges should take note of the following:
  - o How well each pair display their physiques to the music.
  - o Look for smooth, artistic and well-choreographed routines which may include a number of poses.
  - o The mandatory poses for mixed pairs must be included in the posing routine.
  - o Couples must also include intermittent pauses so as to display the muscular development of their physiques.
  - o "Moon" poses and pulling the posing attire so as to display the top inside of the quadriceps or the glutes shall be strictly forbidden.
  - o During the routine round, judges will be judging 50% physique and 50% routine.
- 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.
- Look out for physiques that are markedly dissimilar and unbalanced.
- Pairs must be able to move, blend and work together as one unit.
- Routines must be presented as polished and entertaining to the choice of music, where each athlete moves together as one with smooth transitions between poses. Routines must be creative at an equal, steady tempo/speed.
- **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 called "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.

## 1.1 MIXED-PAIRS MANDATORY POSES:

### 1. Front Double Biceps

**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, 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 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 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.









