



# **BBSA/IFBB**

# **CRITERIA**

# **ROUTINE WITH PROPS**

# **MEN**

# **2019**





## **ROUTINE WITH PROPS - MEN**

A new category to be included into the IFBB shows in South Africa. This division will be introduced during the 2010 and 2011 seasons and will be held on a Provincial level.

This is a men's open line up - consisting of a routine round with the use of props. There are no quarter turns or mandatory poses, or comparisons included in this division.

### Criteria

- There is one division and one round only.
- There are no height / weight / age limitations.
- Any male athlete may enter this division (bodybuilders/male fitness athletes/classic bodybuilders/novices).
- Any male athlete in any age group/section may enter this division (juniors, seniors, masters).
- Even though the athlete has competed in one of the standard divisions of a show, he may also compete in this line up as his second entry in the same show if he so chooses. Or, an athlete also has the choice to enter this division as the sole division he participates in at the show.
- The athletes are not judged on the standard criteria for a line up in round one for a weight/height division – they are judged purely on their routine performance. And this is why there are no height /weight /age limitations for this division.

### Presentation

All athletes in the division will be brought onto stage in numerical sequence and will stand in front of the judges for a short while – whilst being introduced by the compere. Athletes will then all leave the stage and return individually for their routines.

### The routine

- The routine is performed to music of choice.
- The routine is for a duration of 90 seconds.
- Props may be used in the routine.
- The routine should be creative, and well-choreographed.
- The athlete may perform his routine in whatever fashion or style he prefers. For example he may add in one or more of the following elements into his routine:
  - o Fitness, elements of strength, elements of flexibility, gymnastics, bodybuilding, any form of dance, movement, and karate sequences, contemporary, aerobics, etc.
- The music, the routine and the props should be cohesive.
- He should also present confidence, showmanship and personality.





### The attire

- Attire will remain completely at the athlete's discretion and choice and he may wear whatever he wishes to tie in with his music / theme / routine.
- He may wear as much or as little attire he wishes - however, the minimum an athlete may wear is the standard posing trunks (no thongs or G-strings will be allowed and all areas must be covered appropriately).
- Athletes may wear makeup and/or accessories applicable to their theme.

### The Judge's assessment

The judge's assessment will be based purely on the overall routine performance meaning that this will be a standard assessment item used for all athletes as per list below)

- |                                 |   |
|---------------------------------|---|
| - Choice of music *             | - Flow of routine with music *                              |
| - Choice of theme *             | - Showmanship *   |
| - Choice of dress *             | - Choreography *  |
| - Gymnastic moves               | - Confidence *  |
| - Gymnastic combinations        | - General body shape *                                      |
| - Acrobatic moves               | - Overall "fitness look" of the athlete *                   |
| - Elements of strength *        | - Posture *   |
| - Elements of flexibility *     | - Poise and grace *   |
| - Elements of any form of dance | - Make up and accessories *                                 |
| - Bodybuilding poses            | - Balance *   |
| - Movement *                    | - Healthy skin tone *                                       |
| - Any sporting sequences        | - Overall presentation *                                    |
| - Speed or tempo of routine *   | - Was the routine a crowd pleaser and was it entertaining * |

