



BBSA/IFBBSA

CRITERIA

MEN'S BODYBUILDING

2024



MEN'S BODYBUILDING

This discipline recognized by the IFBB to be included into the Senior Men World Championship Internationally. Bodybuilding responds to the increasing worldwide demand for men to develop a muscular, yet athletic and aesthetically pleasing physique.

The athlete should present himself in a healthy, fit, athletic looking muscular physique, in an attractively presented total package. There are no weight versus height restrictions in bodybuilding, unlike in Classic Bodybuilding and Classic Physique. Bodybuilders should still represent a healthy, aesthetically pleased, balanced physique.

Crossovers: Men's Bodybuilding competitors may also participate in **Games Bodybuilding** and **Classic Bodybuilding** and **Classic Physique** at the same contest if they meet specific requirements and bodyweight / body height limits obligatory in each of those divisions. With the Cross Overs these will not happen at Novice or intermediate shows. They will happen at Provincial shows, Promotor shows, Private shows, National Shows and International shows.

IMPORTANT NOTICE: When an athlete does not adhere to the Head Judges reprimand to correct their wrongs based on the IFBB rules, he/she will receive a yellow card warning. If the athlete still does not adhere to the Head Judges reprimand to correct their wrongs based on the IFBB rules after receiving the yellow card warning, a red card will be issued by the Head Judge, which will result in the athlete losing a placing.

The following will be taken into consideration

- Overall muscle tone achieved through athletic endeavours.
- Overall male athletic appearance of the physique.
- The presentation of a balanced, symmetrically developed physique.
- Muscle shape, density and definition while still bearing in mind overall balanced development.
- Tightness and tone of the skin – the skin should be smooth and healthy in appearance.
- A clean-cut pleasing to the eye look.
- **NO RUB OFF TAN ALLOWED**

General

The following divisions are available for the junior men:

Junior men

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

- 16 to 20 years of age inclusive (optionally): One open category

- 21 to 23 years of age inclusive (optionally):

a: Lightweight: Up to/including 75kg

b: Heavyweight: Over 75kg

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Senior men

There are nine 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
- Middleweight– Up to and including 80kg
- Middleweight– Up to and including 85g
- Light heavyweight– Up to and including 90kg
- Light heavyweight– Up to and including 95kg
- Heavyweight– Up to and including 100kg
- Super heavyweight– Over 100kg

The following divisions are available for masters' men on World-level competitions:

Masters men

- 40 to 44 years of age inclusive:

- a. Lightweight: Up to and incl. 70 kg
- b. Middleweight: Up to and incl. 80 kg
- c. Light-Heavyweight: Up to and incl. 90 kg
- d. Heavyweight: Over 90 kg

- 45 to 49 years of age inclusive:

- a. Lightweight: Up to and incl. 70 kg
- b. Middleweight: Up to and incl. 80 kg
- c. Light-Heavyweight: Up to and incl. 90 kg
- d. Heavyweight: Over 90 kg

- 50 to 54 years of age inclusive:

- a. Middleweight: Up to and incl. 80 kg
- b. Heavyweight: Over 80 kg

- 55 to 59 years of age inclusive:

- a. Middleweight: Up to and incl. 75 kg
- b. Heavyweight: Over 75 kg

- 60 years of age and over:

- a. One open category

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Attire

Competitors will wear 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 5 cm in width at a minimum. The use of padding anywhere in the trunks is prohibited.

There are seven compulsory poses for the men:

Rounds

There are two rounds for this category: Quarter turns/mandatory poses, and a routine round.

Round One

Quarter turns and mandatory compulsory poses. Both will be done in the same manner as in the bodybuilding divisions. The line-up of athletes will be brought onto the stage in numerical order and in a single line. Athletes will stand facing the judges. If there are more than six athletes, the line-up will then be divided into two groups. One line up will move to the back row and the front row will begin with the quarter turns. Each turn is held for 30 seconds. The front row then moves to the back and the back row moves forward – they present their quarter turns.

Mandatory poses consist of the following:

- Front double bicep
- Front lat spread
- Side chest
- Back double bicep
- Back lat spread
- Side triceps
- Abdominal and thigh

Round Two

This is a posing routine round. The maximum length is 60 seconds. The presentation of the routine should be with a view towards the display of muscularity, definition, style, personality, athletic co-ordination and overall performance. Judges will look for a smooth, artistic and well-choreographed routine.

The competitor must intermittently include all seven mandatory compulsory poses, to display the muscular development of his physique – this must be included into his routine. Therefore, athletes will perform their posing round during pre-judging as the routine round will be judged. Judges will only complete their judging scores after the completion of round two.

Lying flat on the posing platform, “moon” poses and pulling the attire to display the top inside of the quadriceps or the gluteus max is prohibited.

VERY IMPORTANT: THE ATHLETE'S FEET MUST REMAIN ON THE FLOOR AT ALL TIMES DURING THE ROUTINE. ONE FOOT IS ALLOWED TO BE LIFTED BUT NOT BOTH AS IN A HAND STAND OR SUMMERSAULT AS THIS WILL RESULT IN IMMEDIATE DISQUALIFICATION!

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Judges assessment of rounds

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

** 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 routines.

- 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.

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PLEASE NOTE: QUARTER TURNS FOR MEN'S BODYBUILDING, MEN'S CLASSIC BODYBUILDING AND MEN'S CLASSIC PHYSIQUE ARE THE SAME: FOR MEN'S BODYBUILDING THE ATTIRE MUST BE 5CM ON THE SIDES

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.

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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.

MANDATORY POSES INSTRUCTION



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DETAILED DESCRIPTION OF THE SEVEN MANDATORY POSES

MEN'S MANDATORY POSES:

1. **Front Double Biceps:** Standing face front to the judges, with one leg slightly moved 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 bicep 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.
2. **Front Lat Spread (see Figure 2)** Standing face front to the judges with the legs and feet in-line and up to 15cm apart, the competitor will place the open hands, or clenched fists, against, or gripping, the lower waist or obliques and will expand the latissimus muscles. At the same time the competitor should attempt to contract as many other frontal muscles as possible. It shall be strictly forbidden for the competitor to pull on the posing trunks so as to show the top inside of the quadriceps. The judges should first see whether the competitor can show a good spread of the latissimus muscles, thereby creating a V-shaped torso. Then the judge should continue with the head-to-foot survey, noting first the general aspects of the physique and then concentrating on more detailed aspects of the various muscle groups.
3. **Side Chest:** 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.
4. **Back Double Biceps (see Figure)**
4. **Back Double Biceps:** 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 a 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.
5. **Back Lat Spread -** Standing with his back to the judges, the competitor will place his hands on his waist with his elbows kept wide, with the legs and feet in-line and up to 15cm apart. He will then contract the latissimus dorsi as wide as possible. The competitor should flex both calves while in the rear position. It is strictly forbidden for the competitor to pull up the posing trunks so as to show the gluteus maximus muscles. The judges will look for a good spread of the latissimus dorsi, but also for good muscle density and will conclude with the head-to-foot survey.
6. **Side Triceps:** 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 from the judges will be moved back 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.

7. **Abdominals and Thigh:** The athlete will contract the abdominal muscles by “crunching” the trunk slightly forward and showing a leg forward. At the same time, he 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.



Bodybuilding VS Classic Bodybuilding



Classic Physique

