



BBSA/IFBBSA

CRITERIA

MENS WHEELCHAIR

BODYBUILDING

2024



MEN'S WHEELCHAIR BODYBUILDING

The wheelchair division can be included due to popularity. Please request more details, should your province want to host this division. For the sake of training, the divisions and criteria will be available in this manual.

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 CRITERIA FOR THIS DIVISION

All athletes must be **permanently** bound to a wheelchair. They may not leave their chairs at any time – on or off the stage. If the athlete is capable of standing at **any** stage, he does **not** qualify for this division.

The athlete must be paralyzed from the hips down. It is also required that the athlete has a doctors' certificate confirming this. The doctor's practice number must be present on the certificate and **MUST BE A VALID PRACTICE NUMBER.**

The following will be taken into consideration

- Hair well styled.
- Face clean.
- The condition of the skin and skin tone – overall tightness.
- The athlete's ability to present himself with confidence.
- The upper body physique should be at a level of overall muscle tone achieved through gym training.
- The muscle groups should have a round and firm appearance with a small amount of body fat.
- The physique should be neither excessively muscular nor excessively lean.

Categories

There is only **one open category** available for Men's Wheelchair Bodybuilding.

The standard attire and wheelchair requirements for the athletes in the wheelchair division

- All athletes will be expected to wear a black, loose-fitting, long training pants which is clean and decent.
- Athletes to wear black sport shoes.
- Except for a wedding ring, competitors will not wear glasses, watches, pendants, earrings, wigs, distracting ornamentation or artificial aids to the figure. No jewellery will be allowed. Implants or fluid injections causing the change of the natural shape of any other parts or muscles of the body are strictly prohibited and may result in disqualification of the competitor.
- Headgear are generally prohibited but if it is required by the official rules of the country represented by a competitor or due to the religious principles observed by a competitor, a small, tight cap with no vizor may be used. This cup should be shown at the official athlete registration and approved by the designated IFBB official.
- The use of props is strictly prohibited.

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- The upper body of the athlete should be tanned with a tan/bronzer that doesn't rub off as per IFBB requirements. No excessive application of oil is allowed.
- It is preferable to be in a wheelchair where the back support can fold down to expose most of the back area.
- The wheelchair must be a **plain standard** wheelchair; no wheelchair that has been altered with lights or any other trimmings will be allowed.
- No gloves can be worn while onstage.
- While performing compulsory poses, there must be no restrictions with regard to the handles of the wheelchair (as per pictures in appendix 2 below).

Rounds

There are two rounds: Round one – 7 compulsory poses and round two – maximum of 60 seconds free posing routine. In Round 1 individual comparisons, formulated by the IFBB Head Judge, competitors are directed to perform the following seven Mandatory Poses:

- a. Front double biceps
- b. Front lat spread
- c. Side chest
- d. Back double biceps
- e. Back lat spread
- f. Side triceps
- g. Abdominals

Upon completion of the last comparison, all competitors will return to their places in a line-up and will stay on the stage.

Round Two

Each of the athletes, in numerical order, will perform an individual posing routine to music of his choice, up to a maximum of **60 seconds**. This round will be scored. The use of props is prohibited. The attire for Round 3 is training pants, which must conform to the same criteria as for the other rounds (see Article 6).

Judges assessment

Assessing the Male Physique:

When assessing a competitor's upper body, a judge should follow a routine procedure which will allow a comprehensive assessment of the upper body as a whole. During the comparisons of the mandatory

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poses, the judge should first look at the primary muscle group being displayed. The judge should then survey the whole upper body, starting from the head, and looking at every part of the physique in a downward sequence, beginning with general impressions, and looking for muscular bulk, balanced development, muscular density and definition. The downward survey should take in the head, neck, shoulders, chest, all of the arm muscles, front of the trunk for pectorals, pec-delt tie-in, abdominals and waist. The same procedure for back poses will also take in the upper and lower trapezius, teres and infraspinatus, erector spinae. A detailed assessment of the various muscle groups should be made during the comparisons, at which time it helps the judge to compare muscle shape, density, and definition while still bearing in mind the competitor's overall balanced development. The comparisons of the Mandatory Poses cannot be overemphasized as these comparisons will help the judge to decide which competitor has the superior physique from the standpoint of muscular bulk, balanced development, muscular density and definition. In assessing prejudging, overall shape and that of the various muscle groups is important. The judge should favour competitors with a classic upper body. The judge should look for good posture and athletic bearing, correct anatomical structure (including body framework, broad shoulders, high chest, correct spinal curves, limbs and trunk in good proportion).

The judge should also look for good skin tone with an absence of surgical or other scars, spots, acne or tattoos, which the IFBB considers as a skin blemish, tidily dressed hair. When having difficulty in placing two or more competitors who seem to be on the same level, the judge should look for faults in those aspects listed above which will help to differentiate among the competitors.

The judges will be assessing each competitor on how well they display their physique to music. The judge will look for a smooth, artistic, and well-choreographed routine which may include any number of poses; however, the mandatory poses must be included.

The judges are reminded that, during this round, they are judging 50% physique and 50% routine.







DETAILED DESCRIPTION OF THE WHEELCHAIR BODYBUILDING SEVEN MANDATORY POSES

1. Front Double Biceps (see Figure 1)

Sitting on his wheelchair, face front to the judges, 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 upper body, from head to hips.

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 and abdominals. The judge will also look for muscle density, definition, and overall balance.

2. Front Lat Spread (see Figure 2)

Sitting on his wheelchair, face front to the judges, 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. The judge 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-hips survey, noting first the general aspects of the physique and then concentrating on the more detailed aspects of the various muscle groups.

3. Side Chest (see Figure 3)

Sitting on his wheelchair, the competitor may choose either side for this pose, in order to display the “better” arm. He will sit 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 competitor will then expand the chest and by upward pressure of the front bent arm and contract the biceps as much as possible. The judge will pay particular attention to the pectoral muscles and the arch of the rib cage, the biceps, and will conclude with the head-to-hips examination.

4. Back Double Biceps (see Figure 4)

Sitting on his wheelchair, with his back to the judges, the competitor will bend the arms and wrists as in the Front Double Biceps pose. He will then contract the arm muscles as well as the muscles of the shoulders, upper and lower back. The judge will first survey the arm muscles and then do the head-to-hips 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 and latissimus dorsi. 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 (see Figure 5)

Sitting on his wheelchair, with his back to the judges, the competitor will place his hands on his waist with his elbows kept wide. He will then contract the latissimus dorsi as wide as possible. The judge will look for a good spread of the latissimus dorsi, but also for good muscle density and will again conclude with the head-to-hips survey.

6. Side Triceps (see Figure 6)

The competitor may choose either side for this pose so as to show the “better” arm. Sitting on his wheelchair, with his left or right side towards the judges, he will place both arms behind his back, either linking his fingers or grasping the front arm by the wrist with his rear hand. 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.

The judge will first survey the triceps muscles and conclude with the head-to-hips examination.

7. Abdominals (see Figure 7)

Sitting on his wheelchair, face front to the judges, the competitor will place both arms behind the head. He will then contract the abdominal muscles by “crunching” the trunk slightly forward. The judge will survey the abdominal muscles, and then conclude with the head-to-hips examination.

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