



BBSA/IFBBSA

CRITERIA

MUSCULAR MENS

PHYSIQUE

2024



MUSCULAR MEN'S PHYSIQUE

The Muscular Men's Physique category is aimed at men who prefer to develop a muscular, yet athletic and aesthetically pleasing physique. The main difference between Muscular Men's Physique and Athletic Physique is that the muscular physique athletes carry slightly more muscle, but not as much muscle as a bodybuilder. The Muscular Men's Physique is intended for athletes who want to develop a fuller physique but not along the lines of the Men's Bodybuilding division.

There is one open category in World-level Muscular Men's Physique competitions. **NOTE: Muscular men's physique category is intended for competitors with slightly bigger muscularity than accepted in regular men's physique. This category winner doesn't take part in the Men's Physique Overall category.**

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

- Hair well styled.
- Face clean – no facial hair.
- The condition of the skin and skin tone – overall tightness.
- The athlete's ability to present himself with confidence.
- The physique should be at a level of overall muscle tone achieved through athletic endeavours.
- The muscle groups should have a round and firm appearance with a small amount of body fat.
- The physique should be neither excessively muscular not excessively lean.
- At all times the male fitness competitor will be viewed with the emphasis on a "healthy, fit, athletic looking physique in an attractively presented total package".
- **NO RUB OFF TAN ALLOWED**

Categories:

There are the following categories available in Junior Muscular Men's Physique:

- 16 – 20 years of age inclusive: One open category
- 21 – 23 years of age inclusive:
 - a. Up to/including 174cm
 - b. Up to/including 178cm
 - c. Over 178cm

There are two category available in the Senior Muscular Men's Physique:

- a. Up to/including 179cm
- b. Over 179cm

There are 3 categories available in the Master Muscular Men's Physique:

- a. 40 – 44 years: One open class
- b. 45 – 49 years: One open class
- c. 50 years and over: One open class

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Attire

The attire for all rounds is board shorts, **the same for both rounds**, which must conform to the following criteria:

- Competitors will wear an opaque, loose-fitting board shorts which are clean and decent. The colour and fabric of the shorts will be left to the competitor's discretion. Shorts may have geometric patterns and motives, but no inscriptions and cambered ornamentation. The shorts will cover the whole upper leg, down the upper point of the knee (patella). The use of padding anywhere in the trunks is prohibited.
- No tight, lycra style shorts are allowed.
- Personal sponsors logos are not permitted on the shorts; however a manufacturer's logo such is accepted.
- Except for a wedding ring, competitors will not wear footwear, glasses, watches, earrings, wigs, jewellery, distracting ornamentation or artificial aids to the figure. 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.
- Headgears 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 tans and bronzers that can be wiped off is not allowed. If the tan comes off by simply wiping, the athlete will not be allowed to enter the stage. Artificial body colouring and self-tanning products may be used. Professional competition tanning methods (airbrush tanning, cabin spray tanning) may be used if applied by the professional companies and qualified personnel. 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.
- The excessive application of oil on the body is strictly prohibited; however, body oils and moisturizers may be used in moderation.
- The IFBB Head Judge, or a delegated by him official, will have the right to make decision if a competitor's attire meets the criteria established in the Rules and an acceptable standard of aesthetics. The athlete may be disqualified if the attire does not meet them.

Rounds

Muscular Men's Athletic Physique will consist of the following round:

- Quarter tuns

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Judges assessment:

When assessing the muscular men's physique, be aware of the development within the shoulders area (deltoid heads) and the arms (biceps) there must be a balance between these muscle groups with no one muscle group overpowering the other, in other words balance between muscle groups. The physique will have separation between muscle groups but no striation of any of the muscle groups, you are looking for clean sharp separation between these various muscle groups. The back will have development of the various muscle groups but no thickness in these muscles as would be the case with the bodybuilders so a flatter more separated appearance of these muscles.

The lat will have a wide flier and strong taper into a small waist, the intercostal and serratus muscles will stand proud with the abdominal muscles being thick in development. Look for balance between the muscle groups and the proportions of these muscle groups, they all need to look in proportion with no one muscle group overpowering the next.

Take into account the hair and facial features and the overall package being displayed on stage with clean cut lines, this will complete the total package. This category is aimed at athletic physique athletes that would normally not place well in the men's athletic physique division, yet they don't carry as much muscle mass as a bodybuilder. The muscular men's physique athlete must still have a narrow waist, with no distinct 'thick' muscles.

With the exception of the upper legs, which are covered by board shorts, the assessment should take the whole physique into account. The assessment, beginning with a general impression of the physique, should take into consideration the hair; the overall body development and shape; the presentation of a balanced, proportionally and symmetrically developed physique; the condition of the skin and the skin tone; and the athlete's ability to present himself with confidence and elegance.

The judges should favour competitors with a harmonious, proportional, classical male physique, good posture, correct anatomical structure (including body framework, correct spinal curves, limbs and trunk in good proportion, straight legs, not bandy or knock-kneed). Vertical proportions (legs to upper body length) and horizontal proportions (hips and waist to shoulder width) are ones of the key factors.

The physique should be assessed as to its level of overall body density, achieved through athletic endeavours and diet. The body parts should have a nice and firm appearance with a decreased amount of body fat but should have a "softer" and "smoother" look than in bodybuilding. The physique should neither be excessively muscular nor excessively lean and should be free from deep muscle separation and/or sharp striations. Physiques that are considered too muscular, too hard, too dry or too lean must be marked down.

The assessment should also take into consideration the tone of the skin. The skin tone should be smooth and healthy in appearance. The hair should complement the "Total Package" presented by the athlete.

The judge's assessment of the athlete's physique should include the athlete's entire presentation, from the moment he walks onstage until the moment he walks offstage. At all times, the competitor must be viewed with the emphasis on a "healthy and fit" physique, in an attractively presented, impressive "Total Package".

Judges are reminded that this is not a bodybuilding contest. The competitors should have shape to their muscle but not the separation, definition, very low bodyfat level, dryness or hardness that are seen at bodybuilding competitions. Any competitor who exhibits these features is to be marked down.

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DESCRIPTION OF THE MUSCULAR MEN'S PHYSIQUE FOUR QUARTER TURNS

An athlete, who despite being pre-warned by the IFBB Head Judge, performs quarter turns or stands in the line-up incorrectly, will be given a Yellow Card. If continues to do so, he will be given a Red Card and will be moved one place down (for each of the Red Cards received).

Front position:

Erect, tense stance, head and eyes facing the same direction as the body, one hand resting on the hip, with four fingers at the front of the body, and one leg slightly moved to the side. Second hand hanging down along the body, slightly out of to the side, elbow slightly bent, with open palm and straight, aesthetically configured fingers. Knees unbent, abdominal and latissimus dorsi muscles slightly contracted, head up.

Quarter Turn Right:

Competitors will perform the first quarter turn to the right. They will stand left side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Left hand resting on the left hip, right arm hold down and slightly to the front from the centre line of the body, elbow slightly bent, with open palm and straight, aesthetically configured fingers. Left leg (nearest the judges) slightly bent in the knee, resting flat on the floor. Right leg (farthest to the judges) bent in the knee, with foot moved back and resting on the toes.



Quarter Turn Back:

Erect, tense stance, head and eyes facing the same direction as the body, wone hand resting on the hip, with four fingers at the front of the body, second hand hanging down along the body, slightly out of to the side, elbow slightly bent, with open palm and straight, aesthetically configured fingers and one leg slightly moved back and to the side, resting on the toes. Latissimus dorsi muscles slightly contracted, head up.

Quarter Turn Right:

Competitors will perform the next quarter turn to the right. They will stand right side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Right hand resting on the right hip, left arm hold down and slightly to the front from the centre line of the body, elbow slightly bent, with open palm and straight, aesthetically configured fingers. Right leg (nearest the judges) slightly bent in the knee, resting flat on the floor. Left leg (farthest to the judges) bent in the knee, with foot moved back and resting on the toes.





Muscular Men's Physique VS Men's Physique

Men's Physique

Muscular Men's Physique

