



BBSA/IFBBSA

CRITERIA

MENS FITNESS

2025

This complete document remains the property and copyright of the BBSA/IFBB SOUTH AFRICA. Any portion of this document used elsewhere without permission may lead to legal action.



MEN'S FITNESS

Men's Fitness was officially recognized as a new sport discipline by the IFBB Executive Council and IFBB Congress on November 27, 2005 (Shanghai, China), after World Cups held in 2003, 2004 and 2005.

Crossovers: Men's Fitness competitors may also participate in **Men's Physique** and **Bodybuilding** at the same contest if they meet specific requirements in that division. 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

- 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**

There are the following categories are available:

- There is one open category in Men's Fitness on World-level competitions
- There are two categories available in the Junior Men's Fitness competitions, which are as follow:
 - 16 – 20 years of age inclusive: One open category
 - 21 – 23 years of age inclusive: One open category

Attire for routine round

- Competitors may dress as they deem appropriate in order to perform their routines, except as detailed below.
- Gymnastic shorts, with at least 15 cm high sides, covering the whole gluteus maximus and all of the frontal area, are the minimum wear.
- Colour, material, texture shall be at the discretion of the competitor.
- Sport footwear may be worn, at the discretion of the competitor.
- Except for a wedding ring, jewellery and other accessories may not be worn.

This complete document remains the property and copyright of the BBSA/IFBB SOUTH AFRICA. Any portion of this document used elsewhere without permission may lead to legal action.



- Competitors may wear sponsorship logos on their routine attire, the dimensions of which will not exceed 4 cm X 8 cm.
- Provided Point 2 is respected, a competitor may remove an article of clothing (e.g. coat, jacket, shirt, pants) if the removal of said article is performed in a tasteful manner, which is one that does not give the impression of a strip act.
- The routine attire will be inspected during the Official Athlete Registration and backstage before the competitor is allowed onstage. If the routine attire does not meet IFBB standards, the competitor will be given five (5) minutes to comply, failing which the competitor will be disqualified.
- National Federations and head delegates are responsible for making sure that their fitness athletes are fully aware of the IFBB Rules as detailed in this Section.
- Any questions concerning posing attire must be brought to the attention of the IFBB Chief Official or IFBB Chief Judge during the Official Athlete Registration.

Attire for quarter turns

Competitors will wear a one-colour, any colour, opaque gymnastic shorts, with at least **15 cm** high sides, covering the whole gluteus maximus and all of the frontal area but allowing to display the upper legs. No ornaments in the attire will be permitted. The use of padding anywhere in the trunks is prohibited. The colour, fabric, texture and style of the trunks will be left to the competitor's discretion. The trunks will cover the whole of the gluteus maximus. The whole of the front area must be covered. These posing trunks will be worn for both rounds. Except for a wedding ring, competitors will not wear footwear, glasses, watches, necklaces, earrings, wigs, distracting ornamentation or artificial aids to the figure.

Rounds

- Routine round (which will be performed first)
- Quarter turns

Routine Round

The athlete will present a routine with a view towards style, tempo, strength, flexibility, personality, athletic coordination, technical difficulty and overall performance. Judges shall also look for competitors who perform strength and flexibility moves, as well as gymnastic moves. The routine may include aerobics, dance, gymnastics or other demonstrations of athletic talent. There are no more required moves. The length of the routine shall be up to a maximum of **90 seconds**.

Judges assessment of routine round

Each athlete will be brought onto the stage individually to perform a fitness routine. Judges will assess the routine with a view towards style, personality, athletic coordination, and overall performance. Judges shall also look for competitors who perform strength and flexibility moves, as well as gymnastics moves. The routine may also include aerobics, dance, or any other demonstrations of athletic talent.

- The judges are reminded that during this round, they are only judging the fitness routine and not the physique. Look for flow in the routine.
- Look for showmanship.

This complete document remains the property and copyright of the BBSA/IFBB SOUTH AFRICA. Any portion of this document used elsewhere without permission may lead to legal action.



- Ensure that the athlete has included all of the movement requirements - and has executed them well – as well as has there been flow in the routine from one movement to the next without the routine looking out of place.
- Assess choreography and use of interpretation.
- Does the attire match the music and routine theme?
- Is he confident?
- Is he graceful?
- Look at the athletes' lines and balance in performance.
- Were you entertained?
- Do not consider an aerobic routine as a fitness routine.
- Statisticians will collect all judges' scores after the completion of this round.

The routine should include:

Elements of strength - the straddle hold, leg extension hold and one arm push-ups. Gymnastics movements such as front and back flips, handsprings and cartwheels are not considered strength moves – however, to incorporate them into the routine will show overall creativity and difficulty.

Elements of flexibility - high kicks, side splits and/or front splits must be included. The number of flexible moves and degree of difficulty will be taken into consideration.

Speed - the tempo of the routine demonstrates a degree of cardiovascular fitness, stamina and endurance.

Elements of power – dynamic elements like high jumps, front and back flips, handsprings, aerial cartwheels, aerial walkovers, round offs, split leaps, windmills, flares, spins. These movements require perfect technique and should be taking into account assessing the difficulty of the routine.

Judges assessment of quarter turns

The athletes will enter the stage in numerical order and stand in a single line. If there are six athletes or more, they will be divided into two equal lines and each of the lines will then have a turn to do the following:

- The athletes will perform their quarter turns holding each side for 30 seconds.
- The judges will then submit their request for comparisons. The comparisons may be two athletes or three athletes at a time. Each judge must put in at least one request for comparison, and each athlete must have at least one call out for comparisons.
- The comparisons will be carried out centre stage. All other athletes will be divided to stand in the background on the left and on the right leaving the middle of the stage clear for the athletes performing their comparisons to not have athletes directly behind them to distract the judges.
- The judge should first assess the overall male athletic appearance of the physique. This assessment should begin at the head and extend downwards, taking the whole physique into account. The assessment should take into consideration the hair, facial features, overall athletic development, condition of skin and skin tone, and the athletes overall ability to present himself with confidence.
- The physique should be assessed as to the overall level of 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 neither be excessively muscular nor excessively lean.
- At all times the male fitness competitor must be viewed with the emphasis on a “healthy, fit, athletic looking physique in an attractively presented package”.

Judges are reminded that they are judging the physique package.

This complete document remains the property and copyright of the BBSA/IFBB SOUTH AFRICA. Any portion of this document used elsewhere without permission may lead to legal action.

Judges are reminded that the competitor's posture and bearing, at all times while onstage, is to be considered. The overall image displayed should demonstrate elegance and self-confidence. This is especially true at all times when the competitor is standing in the line-up and during the comparisons of the quarter turns.

When standing freely in the line-up, the competitors shall be warned against adopting a tense pose, like during performing of the quarter turns, displaying the muscularity. A semi-relaxed stance in the line-up means that the competitor will:

- Stand erect, front to the judges, with arms hanging at the side and feet together

MEN'S FITNESS

QUARTER TURNS



QUARTER TURNS

Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

Front Position:

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 at the side along the centre line of the body, elbows slightly bent,

thumbs and fingers together, palms facing the body and hold out of the body to show the shape of the upper body but with no exaggeration, hands slightly cupped.



Quarter Turn Right (left side to the judges):

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 hold down 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.

Quarter Turn Back:

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, back muscles slightly contracted to show the shape of the upper body, both arms kept at the side along the centre line of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and hold out of the body to show the shape of the trunk but with no exaggeration, hands slightly cupped.

Quarter Turn Right (right side to the judges):

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 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 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 right, with the right shoulder lowered and the left shoulder raised. This is normal and must not be exaggerated.







Bodybuilding VS Classic Bodybuilding VS Classic Physique VS Fitness

Bodybuilding

VS

Classic Bodybuilding



Classic Physique

VS

Fitness

