Rules for Judges and Competitors

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Categories

Master Class 2 over 50
Master Class 1 over 40
Juniors
Miss Shape
Miss Shape over 30
Men's Physique
Mr. Athletic Short
Mr. Athletic Tall
Miss Figure over 40
Miss Figure
Miss Body
Men Body Class 4
Men Body Class 3
Men Body Class 2
Men Body Class 1
Mixed Pairs
Overall

Class Criteria

Masters Class
Class 2: 50 years and older
(including the calendar year, the athlete reaches the age of 50)
Class 1: 40 to 49 years old
(including the calendar year, the athlete reaches the age of 40)

Juniors
up to age 23
(including the calendar year, the athlete reaches the age of 23)

Miss Shape & Miss Shape over 30

Men's Physique (weightlimit size – 100 = max.weight)

Mr. Athletic
- Short: up to and including 1,75m
- Tall: must be over 1,75m

The Classifications for Mr. Athletic are based on a height/weight formula:

Up to 170 cm + 2 kg = Maximum Weight
Up to 180 cm + 3 kg = Maximum Weight
Over 180 cm + 4 kg = Maximum Weight

Miss Figure over 40
- 40 years and older

Miss Figure

The Classifications for Miss Figure are based on a height/weight formula:

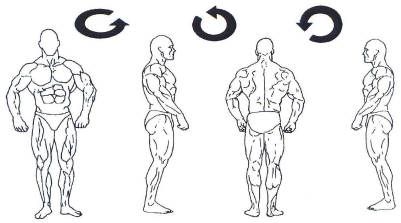
Height – 100 and then 90% = competionsweight

Miss Body
- one class

Men Body
- Class 4: up to and including 1,65m
- Class 3: over 1,65m up to and including 1,72m
- Class 2: over 1,72m up to and including 1,79m
- Class 1: over 1,79m

Judging Criteria

Masters, Juniors, Mr. Athletic, Men Body



1. Round 50%
- line up
- symmetry & proportion

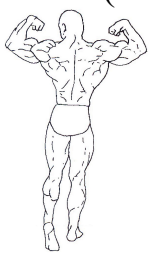
2. Round 50%
- comparisons

Front Double Biceps

Front Lat Spread

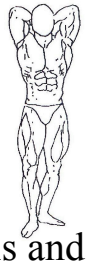
Side Chest (any side)

Triceps (any side)



Rear Double Biceps
(showing one calf)

Rear Lat Spread
(showing one calf)



Abdominals and Thighs
(arms behind the head)

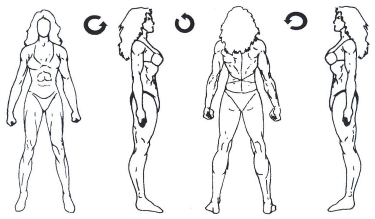
Most Muscular
(**not Mr. Athletic**)

3. Round (only top six)
- individual routine (60 sec.)

Judging Criteria

Miss Shape

1. Round 100%
- line up
- symmetry & proportion



Judging Criteria

Men's Physique

1. Round 100%

- line up
- symmetry & proportion

Competitors have to wear opaque, loose-fitting board Shorts with knee-length which are clean and decent. The colour and fabric of the shorts are left to the competitor's choice.

front & back position:

Erect, tense stance, head and eyes facing the same direction as the body, with one hand resting on the hip and one leg slightly moved to the side.

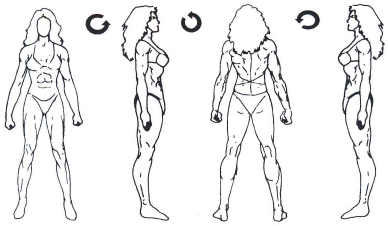
side position:

Erect, tense stance, head and eyes facing the same direction as the body, with one hand resting on the hip, second hand hanging down along the body.

Judging Criteria

Miss Figure

1. Round
- line up
- symmetry & proportion



2. Round
- comparisons

Front Double Biceps

Side Chest (any side)

Rear Double Biceps
(showing one calf)

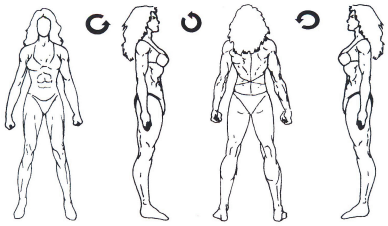
Triceps (any side)

Abdominals and Thighs
(arms behind the head)

3. Round (only top six)
- individual routine (60 sec.)

Judging Criteria

Miss Body



1. Round
- line up
- symmetry & proportion

2. Round
- comparisons

Front Double Biceps

Front Lat Spread

Side Chest (any side)

Triceps (any side)

Rear Double Biceps
(showing one calf)

Rear Lat Spread
(showing one calf)

Abdominals and Thighs
(arms behind the head)

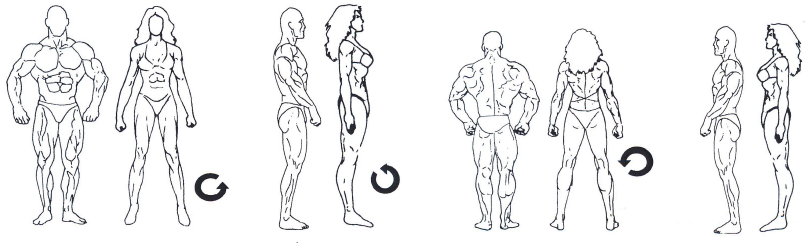
3. Round (only top six)
- individual routine (60 sec.)

Judging Criteria

Mixed Pairs

1. Round

- line up

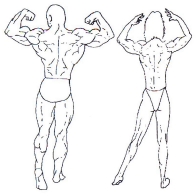


2. Round

- comparisons

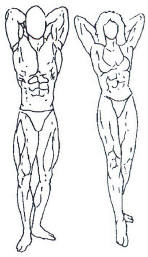
Front Double Biceps

Side Chest (any side)



Rear Double Biceps
(showing one calf)

Triceps (any side)



Abdominals and Thighs
(arms behind the head)

3. Round

- individual routine (60 sec.)

General Judging Criteria

Men Categories:
Muscular development, muscular proportions, symmetry of development, muscular definition.

Miss Figure:
Physical proportions, symmetrical development, muscular tone, posing routine, femininity

Miss Body:
Muscular development, muscular proportions, symmetry of development, muscular definition.

Miss Shape:
Feminine and attractive sportive female athletes, well balanced and trained Muscle mass and an extremely defined physique is not requested

Language

The language used by the headjudge/speaker during the competition is English.