

# RULES FOR JUDGES AND COMPETITORS



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**PRESENTED BY**

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**NAC INTERNATIONAL**  
**HEAD JUDGE**

## **INFORMATION**

## **CLASSES & HOW TO JUDGE 2020**

# LINE UP ROUND

4 Quarter turns

One hand at the hip

One Leg slightly moving to the side

Face to the judges



Front



Side



Back



Side

# Mens Physique

## WEIGHT LIMITED CLASS IN BEACH SHORTS

( NO SPONSOR LOGO )

### Class Criteria

Height / weight limitation

( size -100 +2 Kg is the maximum weight )

Competition wear Beach Shorts knee length

Line up round = 100 % of the judging

### General Directions

Proportions ( waist to shoulders )

Symmetry of the muscles

Definition of the muscles

Presentation and the look of the athlete



**Classes : 1 Open class ( to be split in 2 height classes if more than 15 Competitors registered )**

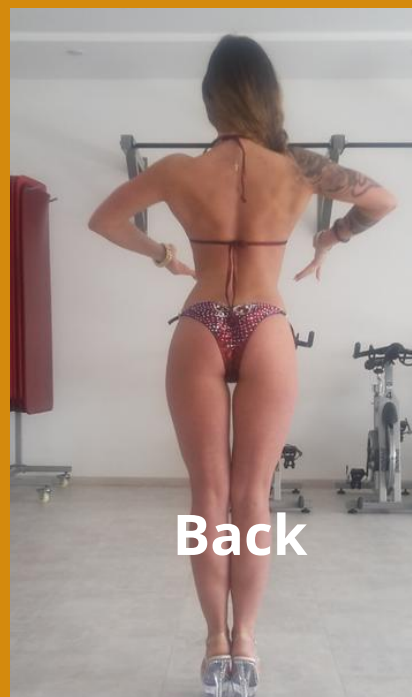


# LINE UP ROUND

4 Quarter turns

Straight legs

Straight head



## Bikini Shape

### WOMAN CLASS

#### Class Criteria

Competition wear : Posing Bikini ( No G-string )

High Heels - free choice of color and height

Only line up round = 100 % of the judging

#### General Directions

Feminine and attractive look , well balanced proportions ( waist to shoulders ) shoulders, glutes and abs should be dominating the scoring at the comparison

In general the stage presentation of the competitor is also very important in this class

Muscle mass and extreme definition is not requested

Cuts in glutes and triceps as an example is placing down the competitor



Classes : 1. Bikini-Shape 2. Bikini-Shape Masters + 30

# LINE UP ROUND

Front and Back



# COMPARISON ROUND



Double biceps Side chest Side triceps



Rear double biceps Abdominals and tights

# Figure

## WOMAN CLASS

### Class Criteria

Height / weight limited

( height x 90 % = max. weight in kg )

2 Rounds Line Up and Comparison round

Posing round is a choice free round ( 60 sec.)

Competition wear : High Heels, posing bikini ( no G-String )

### General Directions

Physical proportions, Symmetrical development, shoulder and waist proportion, presentation of the line up and comparison poses , femininity, maximal Muscular Definition is not the mayor judging criteria !



Classes : 1. Figure 2. Figure Masters + 40



# LINE UP ROUND

Front and Back



## COMPARISON ROUND



Double biceps



Lat spread



Rear double biceps



Side chest    Abdominals and thighs



Free choice classic pose

# Mens Classic Physique

MENS CLASS  
WEIGHT LIMITED

## Class Criteria

Weight limited height / weight formula

Up and Included to 170 cm Size-100 + 4 Kg

Up and Included to 179 cm size -100 + 6 Kg

Up and Included to 189 cm size -100 + 8 Kg

Up 190 cm size -100 + 10 Kg

Competition wear : Posing shorts uni color  
sidewide 10-12 cm

2 Rounds - line up and comparison round ( 5  
poses + 1 classic pose -no most muscular )  
posing round is a free choice round ( 60 sec.)

## General Directions

Symmetry, proportion, shoulder to waist  
balance,  
presentation, max. muscular definition is  
important but not the only judging criteria !



**Classes : 1. Masters + 40    2. Class II up and included 175 cm    3. Class I 176cm and over**

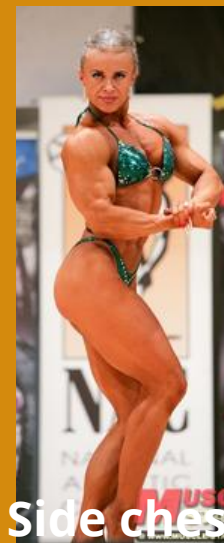


# LINE UP ROUND

Front and Back



## COMPARISON ROUND



Rear double biceps Rear Lat spread Abdominals and thighs

Classes : Open Class

# Miss Physique

WOMAN CLASS  
NO WEIGHT LIMIT

## Class Criteria

2 rounds line up and comparison ( 7 poses )

Free choice posing round ( max.60 sec. )

Competition wear : No shoes, posing bikini ( no G-string )

2 rounds line up and comparison ( 7 poses )

## General Direction

Symmetry, shoulder to waist proportions, maximum muscle definition, balanced musculomass, presentation





# LINE UP ROUND



Front and Back



Double biceps



Lat spread



Side chest



Side triceps



Rear double biceps



Rear lat spread



Abdominals and thighs



Most muscular

# Bodybuilding Men

## NO LIMITED WEIGHT CLASSES

### Class Criteria

Weight is not limited

Competition wear : posing slip

2 Rounds line up and comparison ( 8 Poses )

Free choice posing round (max. 60 Sec.)

### General Directions

Symmetry, proportion, shoulder to waist, maximum mass, muscularity, definition and presentation



**Classes :** Masters +60/ Masters +50/ Masters+40/ Juniors/ Men 4 -up to 165 cm/ Men 3 - up to 172 cm/ Men 2 - up to 179 cm/ Men 1 - 180cm and over  
The Year of birth in the passport decides in which class the athlete competes. Masters begins in the year when the athlete is 60/50/40 or 23 (Junior )



# NAC INTERNATIONAL

## 41 NATIONS WORLDWIDE



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President

General Secretary

Int.Headjudge

### ■ INT.JUDGING COMMITTEE

Int. Headjudge

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Reserve Judges

Trainee Judges

### ■ INT.CHAMPIONSSHIPS

WORLDS

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### ■ INT. PRO AM OPEN CHAMPIONSHIPS

FREY OPEN

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# NAC INTERNATIONAL 41 NATIONS - WORLDWIDE

## INT.CHAMPIONSHIPS - JUDGING RULES & PROCEDURE



1. Active Judges are automaticly the top 15 Judges of the last NAC International Championships ( Worlds or Universe )
2. Reserve Judges may be a not top 15 Judge of the last NAC International Championships
3. Trainee Judges may be a first time Judge for a NAC International Championships
4. A Judge must be at the right time on his place or he will be replaced. He can not make pictures, use a smartphone or talk with other Judges during the judging
5. The Judge has to signed readable his scoring sheet
6. The scoring starts with the - line up - in this round you should mark your top ten athletes. Exception is the Bikini-Shape or the Mens Physique Class . The Judges select here their individual top 6 competitors on the comparison sheet and give it to the Headjudge or Speaker
7. The second round - comparison - starts with a short comparison round in groups of 4-6 athletes ,not selected, in following the running number - now the judges have to select on the comparison sheets their top 6 athletes and give them to the Headjudge or Speaker
8. The first callout are the top 6 - the second callout are the place 7 - 10 . If a scoring is close or a tie , the Headjudge can callout a 3rd comparison. Finally the Judges placing their results 1.- 10th place on the scoring sheet. The Judges is not allowed to make a handmade copy of his scoring sheet, the full concentration should be at the judging , if needed he can make a short smartphone pic of it
9. Athletes who leaving the stage or are to late on stage are disqualified and the judge can not score him - the competitor number on the scoring sheet must be marked with a zero
10. The NAC International judging procedure saves the health of the competing athlete from countless, senseless comparisons. It also makes the judging more serious and fair against personal, national or monetary interesets . The result is a democratic decision of all judges. Its a sport and should be fair !

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# FAIR PLAY BODYBUILDING