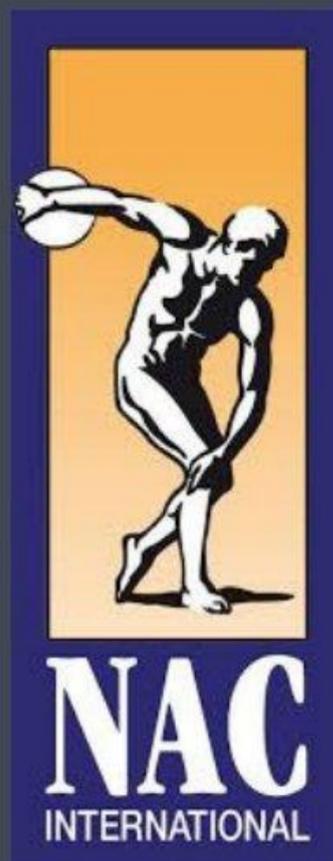


RULES FOR JUDGES AND COMPETITORS



INFORMATION

CLASSES & HOW TO JUDGE

Version 10.25

WWW.NAC-INTERNATIONAL.COM

PRESENTED BY

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HEAD JUDGE

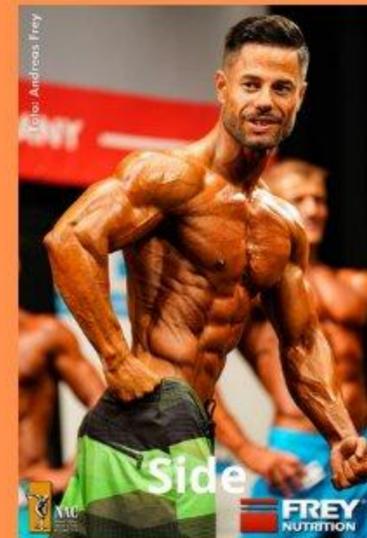
LINE UP ROUND

4 Quarter turns

One hand at the hip

One leg slightly moving to the side

Face to the judges



Mens Physique

WEIGHT LIMITED CLASS IN BEACH SHORTS

(NO SPONSOR LOGO)

Class Criteria

Height-weight-limited category (height in cm - 100 +2 kg = maximum weight)

Competition wear: knee long beach short (no sponsor-logo allowed)

Rounds: line up only (4 quarter turns)

General directions:

Proportions (shoulder-waist-relation), symmetry and definition of muscles, athlete's presentation and look

Classes: open class

Note: if there are more than 15 competitors registered, it is to be split in 2 classes by height



Classes : 1 Open class (optional be splited in 2 height classes if more than 15 Competitors registered)

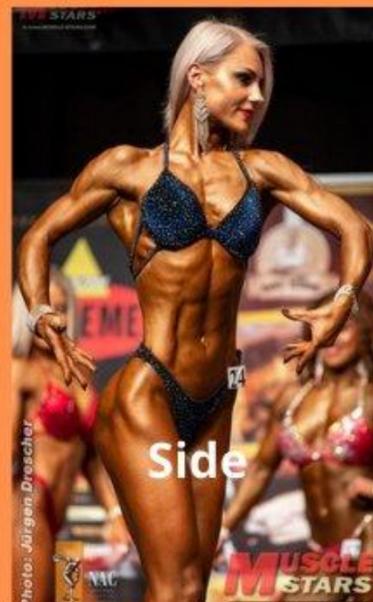
1 Masters class 40+ will be held when 6 or more Competitors are registered

LINE UP ROUND

Competition starts with a stagewalk following 4 quarter turns in the Line Up straight legs straight head

Bikini Shape

WOMAN CLASS



Competition wear: posing bikini (no G-string allowed), color of bikini/shoes and heel height of choice

Rounds: line up only (4 quarter turns)

General directions:

feminine and attractive look, well balanced proportions (shoulder-waist-relation). Shoulders, glutes and abs should be dominating the scoring. Muscle mass and extreme definition is not requested. The athlete's presentation must be reflected in the scoring.

Note: extreme definition – such as cuts in glutes and triceps - must result in a placing down

Classes: 1. Bikini Shape 2. Bikini Shape Masters **35 +**

Classes : 1. Bikini-Shape 2. Bikini-Shape Masters 35 +

LINE UP ROUND

Presentation starts with a stagewalk
frontpose
right side - backpose - left side - front position

BIKINI WELLNESS

WOMAN CLASS



- No weight limit
- Posing Bikini
 - Color of the Bikini is free of choice
 - High Heels height and form free choice
 - Legs and glutes should be dominating
 - The presentation should be positive
 - Shoulders and Upper Body can be more than Bikini Shape
- The presentation is also a dominant factor in the scoring

Notes :

Extreme Definition or
vascularity are not a part of this class

Classes : 1 Open Class

LINE UP ROUND

Front and Back



COMPARISON ROUND



Double biceps Side chest Side triceps



Rear double biceps Abdominals and thighs

Figure

WOMAN CLASS

Class Criteria
No weight limitation



Competition wear: posing bikini (no G-string allowed), color of bikini/shoes and heel height of choice

Rounds: line up (front and back) and comparison (5 poses), optional: free posing routine (max. 60 seconds, no costumes allowed)

General directions:

Proportions (shoulder-waist-relation), symmetrical development, presentation of line up and comparison poses, femininity

Note: maximum muscle definition is NOT the main criteria for scoring

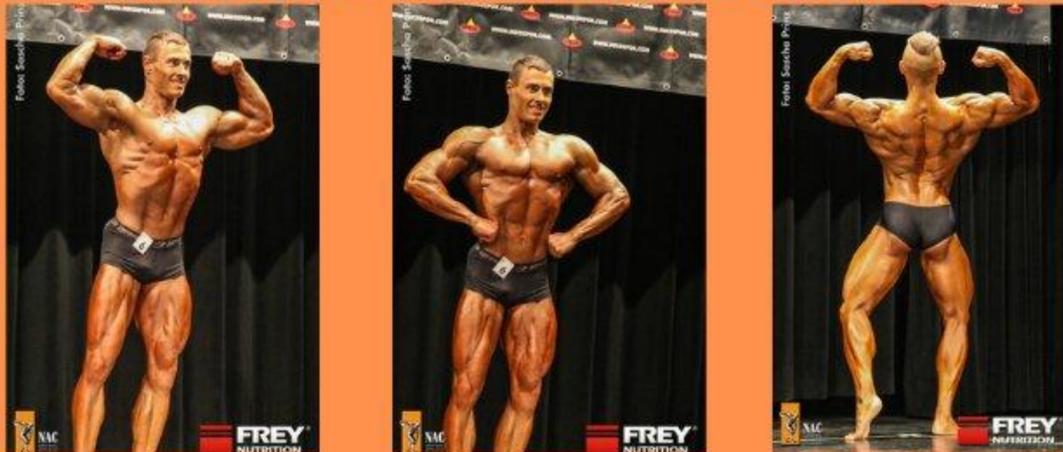
Class Woman Figure

LINE UP ROUND

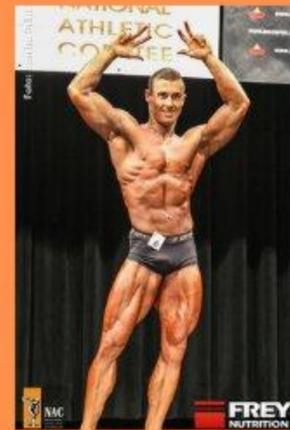
Front and Back



COMPARISON ROUND



Double biceps Lat spread Rear double biceps



Side chest Abdominals and tights Free choice classic pose

Mens Classic Physique

MENS CLASS WEIGHT LIMITED

Class Criteria

Height-weight-limited category by the following formulas for maximum weight:

Up to and including 170 cm: height in cm -100 +4 kg

Up to and including 179 cm: height in cm -100 +6 kg

Up to and including 189 cm: height in cm -100 +8 kg

Over 190 cm: height in cm -100 +10 kg

Competition wear: unicolor posing shorts, side length 10- 12 cm (no sponsor-logo allowed)

Rounds: line up (front and back) and comparison (6 poses, no most muscular!), optional: free posing routine (max. 60 seconds, no costumes allowed)

General directions:

Symmetry and proportions (shoulder-waist-relation), presentation and muscular definition

Note: maximum definition is one important criteria but not the only one!

Its possible to compete in 2 classes



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

LINE UP ROUND

Front and Back



COMPARISON ROUND



Double biceps Lat spread Side chest Side triceps



Rear double biceps Rear Lat spread Abdominals and thighs

Classes : 1 Open Class

Miss Physique

WOMAN CLASS
NO WEIGHT LIMIT

Class Criteria

Competition wear: posing bikini (no G-string allowed), color of bikini of choice, no shoes

Rounds: line up (front and back) and comparison (7 poses), optional: free posing routine (max. 60 seconds, no costumes allowed)

General directions:

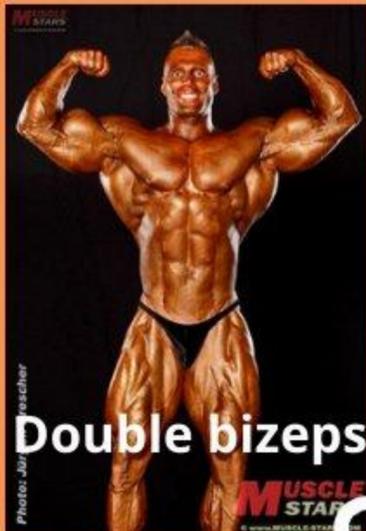
Symmetry and proportions (shoulder-waist-relation), maximum muscle definition, balanced muscle mass, presentation



LINE UP ROUND



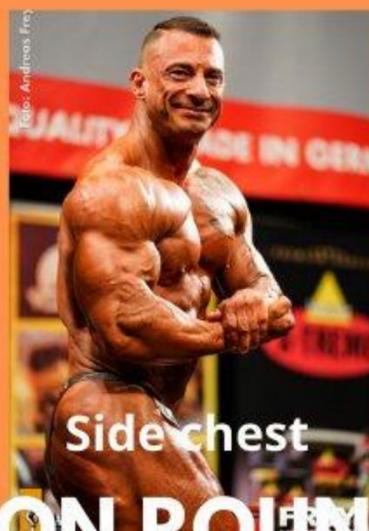
Front and Back



Double biceps



Lat spread



Side chest



Side triceps

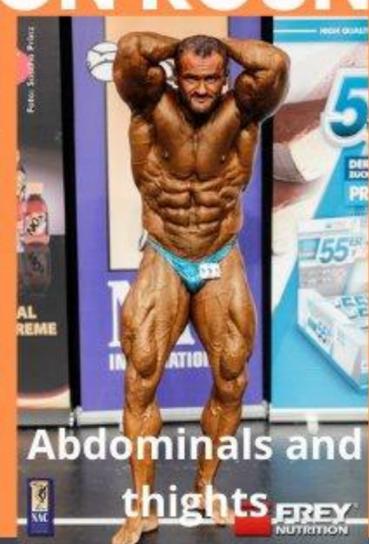
COMPARISON ROUND



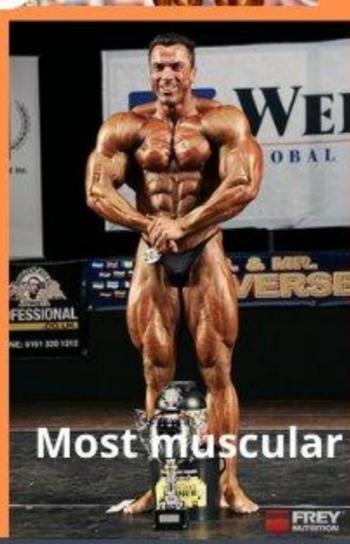
Rear double biceps



Rear lat spread



Abdominals and thighs



Most muscular

Bodybuilding Men

Criteria:

No weight limit

Competition wear: posing slip

Rounds: line up (front and back) and comparison (8 poses), optional: free posing routine (max. 60 seconds, no costumes allowed)

General directions:

Symmetry and proportions (shoulder-waist-relation), maximum muscle mass, definition and presentation

Classes: Juniors (including the year the athlete turns 23 yo)

Men 4 up to and including 165 cm

Men 3 up to and including 172 cm

Men 2 up to and including 179 cm

Men 1 180 cm and over

Masters 40+ (begins then year the athlete turns 40 yo)

Masters 50+ (begins then year the athlete turns 50 yo)

Masters 60+ (begins then year the athlete turns 60 yo)

Masters 70+ (optional class)

Competing in two classes is possible



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
Masters begins when the athlete is 70/60/50/40 Junior ends at the 23 rd birthday

LINE UP ROUND

MIXED PAIRS COUPLES



COMPARISON ROUND



Double biceps - Lat spread - Side chest - Side triceps



Rear double biceps - Rear lat spread - Abdominals and thighs

Judging

The overall score is composed of two judging rounds:

Judging Round 1 – Comparison Round (50% of the total score)

Line-up in front and back view

Presentation of the mandatory poses:

- Front and Back Double Biceps
- Front and Back Lat Spread
- Side Chest Pose
- Side Triceps Pose
- Abdominals and Thighs Pose (front)

Judging Round 2 – Routine (50% of the total score)

Free routine with a duration of 60 seconds

Joint, choreographed presentation of the pair

In case of a tie, the routine will be the decisive judging round for final placement.

Competition Attire

- Women: Posing bikini
- Men: Posing trunks
- No shoes
- No costumes or additional accessories are permitted

General Judging Criteria

Definition: This category features one male and one female athlete presenting together on stage, performing mandatory poses and a joint routine.

Judging Focus:

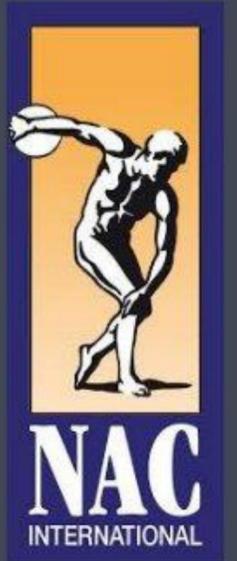
- Overall appearance as a team
- Harmony and synchronization
- Aesthetics and body lines
- Combined fitness level and stage presentation
- Individual physical quality of each partner

1 OPEN CLASS MIXED PAIRS / COUPLES



NAC INTERNATIONAL

41 NATIONS WORLDWIDE



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Int. Headjudge

Secretary

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NAC INTERNATIONAL 41 NATIONS - WORLDWIDE

INT.CHAMPIONSHIPS - JUDGING RULES & PROCEDURE



NAC International - RULES FOR JUDGES AND COMPETITORS
05.09.2020

International championships- judging rules and procedures

1. The top 15 judges of the last NAC International championships (World's & Universe) are automatically "active judges".
2. "Reserve judges" may not be top 15 of the last NAC International championships.
3. "Trainee judges" do not have to have experience at a prior NAC International championship.
4. Every judge must be at his assigned seat on time. While judging, there is absolutely no use of smartphones, taking pictures of athletes or talking.

Note: Do not waste time and concentration on writing your personal scoring sheet. Instead, take a picture of it.

5. Every scoring sheet must be legibly signed by the judge.

6. Scoring in line up round:
Mark your top 10 athletes of the class on your scoring sheet.
7. First scoring in comparison round: Athletes are called out in a group of 4-6, solely by their competitor's number. Score your top 6 athletes and hand your selection of the top 6 of the class to the Head judge or speaker immediately.
8. Final scoring: evaluated by the previous scorings, the first callout are the top 6 athletes - the second callout are the places 7 - 10. If a scoring is close or a tie, the Head judge can call out a further comparison. Finally note your results (1st - 10th place only) on the scoring sheet.
9. Athletes, who are not on stage on time or leaving the stage, are disqualified immediately. Please mark the competitor's number with a ZERO on your scoring sheet.
10. NAC Internationals' judging procedure protects the competitors health by avoiding countless and senseless comparisons. It also makes judging more professional and fair, preventing personal, national or monetary interests becoming a factor. The results are democratic decisions of all judges.

It's a sport – let's keep it fair!

