



**INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS (IFBB)**

**IFBB RULES  
SECTION 2: MEN'S BODYBUILDING**

**2014 EDITION**

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## Article 1 – Introduction

Men's Bodybuilding was officially recognized as a sport discipline in the modern version by the 1970 IFBB International Congress in Belgrade, Yugoslavia. Women's Bodybuilding was officially recognized as a sport discipline by the 1982 IFBB International Congress in Brugge, Belgium, and was cancelled by the 2013 IFBB International Congress in Marrakesh, Morocco, being replaced by Women's Physique division.

### 1.1 General:

The IFBB Rules for Men's Bodybuilding consist of regulations, policies, directives and decisions intended to guide the IFBB and its Members in the administration of the sport of Men's Bodybuilding.

### 1.2 Rules:

Certain administrative and technical rules that appear in Section 1: General Rules are the same for Men's Bodybuilding and therefore, are not repeated in this section.

## Article 2 – Responsibilities of Organizers to Athletes and Delegates

### 2.1 Responsibilities

The Organizer of a World Championships will undertake to cover the cost of double-occupancy accommodations and meals (breakfast, lunch and dinner) for athletes and delegates as follows:

1. World Men's Bodybuilding Championships (and IFBB International Congress):  
For five days (four nights) according to the following scale:

- a. Three or more competitors - Two delegates
- b. One or two competitors - One delegate

**Note 1:** *The maximum allowable number of A-team competitors per National Federation may not exceed the number of categories open at these Championships, with a maximum of two competitors allowed to compete in any one category.*

**Note 2:** *The maximum allowable number of A-team competitors per National Federation in any one discipline may not exceed the number of categories in that discipline.*

**Note 3:** *A maximum of nine competitors are permitted in the A-team (**nine male bodybuilders**) and will be accepted per National Federation with a maximum of two competitors allowed to compete in any one category.*

**Note 4:** *Each National Federation may enter a B-team. The maximum allowable number of competitors in the B-team shall not exceed those in the A-team. Detailed information regarding the A-Team and B-Team competitors is available in Section 1: General Rules, Article 9.3.*

**Note 5:** *Delegates without athletes will have to pay for the Full Package Special Rate.*

**Note 6:** *Upon agreement between the IFBB and the Organizer, one additional category may be opened for competition.*

2. In Senior Men's Bodybuilding, each National Federation may enter:

- a. An A-team of up to a maximum of nine competitors, with a maximum of two competitors allowed to compete in any one category.
- b. A B-team of up to a maximum of nine competitors, with a maximum of two competitors allowed to compete in any one category.

3. World Juniors and Masters Bodybuilding and Fitness Championships:  
For four days (three nights) according to the following scale:

- a. Three or more competitors - Two delegates

b. One or two competitors - One delegate

**Note 1:** *The maximum allowable number of A-team competitors per National Federation may not exceed the number of categories open at these Championships, with a maximum of two competitors allowed to compete in any one category.*

**Note 2:** *A maximum allowable number of A-team competitors per National Federation in any one discipline may not exceed the number of categories in that discipline.*

**Note 3:** *A maximum of twenty four competitors in A-team (two female junior fitness, one male junior fitness, two female junior bodyfitness, two female junior bikini fitness, two male junior bodybuilders, one male junior classic bodybuilder, one male junior physique, eight male master bodybuilders, two male master classic bodybuilders, two female master bodyfitness, one female master bikini fitness) will be accepted per National Federation with a maximum of two competitors allowed to compete in any one category.*

**Note 4:** *Each National Federation may enter a B-team. The maximum allowable number of competitors in the B-team shall not exceed those in the A-team, except for the masters categories, where the number of B-team competitors is unlimited. Detailed information regarding the A-Team and B-Team competitors is available in Section 1: General Rules, Article 9.3.*

**Note 5:** *Delegates without athletes will have to pay for the Full Package Special Rate.*

**Note 6:** *Upon agreement between the IFBB and the Organizer, additional categories may be opened for competition.*

4. In Junior Men's Bodybuilding (age 16-23 years), each National Federation may enter:
  - a. An A-team of up to a maximum of two competitors, with a maximum of two competitors allowed to compete in any one category.
  - b. A B-team of up to a maximum of two competitors, with a maximum of two competitors allowed to compete in any one category.

5. In Master Men's Bodybuilding (age over 40 years), each National Federation may enter an A-team of up to a maximum of eight competitors, with a maximum of two competitors allowed to compete in any one category. The number of B-team competitors is unlimited.

### **Article 3 – Categories**

#### **3.1 Categories:**

Bodybuilding competition at the World Championships is open in the following categories:

- |                        |                        |
|------------------------|------------------------|
| a. Flyweight           | Up to and incl. 60 kg  |
| b. Bantamweight:       | Up to and incl. 65 kg  |
| c. Lightweight:        | Up to and incl. 70 kg  |
| d. Welterweight:       | Up to and incl. 75 kg  |
| e. Light-Middleweight: | Up to and incl. 80 kg  |
| f. Middleweight        | Up to and incl. 85 kg  |
| g. Light-Heavyweight:  | Up to and incl. 90 kg  |
| h. Middle-Heavyweight: | Up to and incl. 95 kg  |
| i. Heavyweight:        | Up to and incl. 100 kg |
| j. Super-Heavyweight:  | Over 100 kg            |

**Note 1:** *Upon agreement between the IFBB and the Organizer, one additional category may be opened for competition.*

3.2 There are two categories in junior men's world-level bodybuilding competition, currently as follows:

- 16 to 23 years of age inclusive:
  - a. Lightweight: Up to and incl. 75 kg
  - b. Heavyweight: Over 75 kg

3.3 There are eight categories in master men's world-level bodybuilding competition, currently as follows:

- 40 to 49 years of age inclusive:
  - a. Lightweight: Up to and incl. 70 kg
  - b. Middleweight: Up to and incl. 80 kg
  - c. Light-Heavyweight: Up to and incl. 90 kg
  - b. Heavyweight: Over 90 kg
- 50 to 59 years of age inclusive:
  - a. Middleweight: Up to and incl. 80 kg
  - b. Heavyweight: Over 80 kg
- 60 to 64 years of age inclusive:
  - One open category
- 65 years of age and older:
  - One open category

#### **Article 4 – Rounds**

##### 4.1 Rounds:

Men's Bodybuilding will consist of the following four rounds:

1. Prejudging: Elimination Round (Four Mandatory Poses)
2. Prejudging: Round 1 (Four Mandatory Poses and Comparisons of Seven Mandatory Poses)
3. Finals: Round 2 (Seven Mandatory Poses and Posedown)
4. Finals: Round 3 (Free Posing Routines – 60 sec.)

#### **Article 5 – Prejudging: Elimination Round**

##### 5.1 General:

A time-table for prejudging in each category should be published after the Official Athlete Registration. In order to give themselves time to warm up and change into their posing attire, competitors should be in the backstage warm-up area at least 45 minutes prior to the start time of the judging of their category. All competitors will be solely responsible for ensuring that they are present and prepared to compete when their category is called onstage failing which they may be eliminated from the competition.

##### 5.2 Elimination Round Procedures:

An Elimination Round will be held when there are more than 15 competitors in a category. The Elimination Round will be carried out as follows:

1. The entire line-up is brought onstage, in numerical order and in a single line or two lines, if necessary.
2. The line-up is divided into two equal-size groups and is positioned onstage so that one group is to the left of the stage; the other group is to the right of the stage. The center portion of the stage is left open for comparison purposes.
3. In numerical order, and in groups of not more than eight competitors at a time, each group is directed to the center-stage area to perform the following four Mandatory Poses:

- a. Front double biceps;
- b. Side chest;
- c. Back double biceps;
- d. Abdominals and thighs.

*Note 1: Detailed description of the Men's Bodybuilding mandatory poses is provided in **Appendix 1 to this Section.***

*Note 2: Competitors will not chew gum or candy while onstage.*

**Note 3:** *Competitors will not drink water or any other liquids while onstage.*

4. On completion of four mandatory poses, the entire line-up is reformed into a single line, in numerical order, before exiting the stage.

## **Article 6 – Prejudging: Posing Attire for All Rounds**

6.1 The posing attire must meet the following guidelines:

1. Competitors will wear one-coloured, opaque posing trunks which are clean and decent. The colour, fabric, texture and style of the trunks will be left to the competitor's discretion. The trunks will cover a minimum of  $\frac{3}{4}$  of the gluteus maximus. The front area must be covered and the side of the trunks should be 1 cm in width at a minimum. The use of padding anywhere in the trunks is prohibited.

2. Except for a wedding ring, competitors will not wear footwear, glasses, watches, bangles, pendants, necklaces, bracelets, earrings, wigs, distracting ornamentation or artificial aids to the figure.

3. The use of props during the Prejudging or Finals presentation is strictly prohibited.

6.2 The IFBB has banned all tans and bronzers that can be wiped off. 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 provided that it is applied at least twenty-four hours prior to the Prejudging. 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 coloring are prohibited whether applied as part of a tanning lotion or applied separately.

6.3 The excessive application of oil on the body is strictly prohibited; however, body oils and moisturizers may be used in moderation.

6.4 Implants or fluid injections to change the natural shape of any part or muscle of the body are strictly prohibited and may result in disqualification of the competitor.

6.5 The IFBB Chief Official, or a delegated representative, will have the right to determine if a competitor's attire meets an acceptable standard of taste and decency and, eventually, recommend the athlete to change the attire, if it doesn't meet the IFBB standards.

## **Article 7 – Prejudging: Assessing and Scoring of the Elimination Round**

7.1 Assessment of the Elimination Round:

The same criteria used in judging Round 1 (see Article 10) will be used in judging of the Elimination Round.

1. At this time, the judges will be assessing the overall physique for the degree of proportion, symmetry, muscle size and quality (density, separation, definition) as well as

skin tone. The scoring for the Elimination Round will proceed as follows:

## 7.2 Scoring of the Elimination Round

The scoring for the Elimination Round is carried out as follows:

1. If there are more than 15 competitors, the judges will select the top 15 by placing an "X" beside their numbers, using Form 1, entitled "Elimination Round (Judges)".
2. Using Form 2, entitled "Elimination Round (Statisticians)", the statisticians will transcribe the judge's selections onto this sheet and will then tally the judge's scores to select the top 15 competitors.
3. If there is a tie between two or more athletes at the 15th place, the tied athletes will be brought back onstage, and will once again be directed through the four mandatory poses for the purpose of breaking the tie.
4. Only the top 15 competitors will advance to Semifinals (Round 1).

## **Article 8 – Prejudging: Presentation of Round 1 (Comparisons in Mandatory Poses)**

Round 1 may not be held if there are 6 or less competitors in a category. Decision will be made by the Chief Judge and will be announced after the Official Athlete Registration.

8.1 Round 1 will proceed as follows:

1. All 15 semifinalists will be called onstage as a group in a single line and in numerical order.
2. The line-up will be divided into two equal-size groups and will be positioned onstage so that one group is to the left of the stage; the other group is to the right of the stage. The center portion of the stage will be left open for comparison purposes.
3. In numerical order, and in groups of no more than eight competitors at a time, each group will be directed to center-stage area to perform the following initial four Mandatory Poses:
  - a. Front double biceps
  - b. Side chest
  - c. Back double biceps
  - d. Abdominal and thighs

This initial grouping of competitors and performance of the four Mandatory Poses is intended to assist the judges in determining which competitors will take part in the comparisons of the seven Mandatory Poses. Detailed description of the Men's Bodybuilding Mandatory Poses is provided in **Appendix 1** to this Section.

4. All judges will be asked now to submit individual propositions for the first comparison of the top five athletes to the IFBB Chief Judge. Chief Judge will analyze propositions submitted by all of the panel judges and, based on them, he will form the first comparison with competitors most often proposed by the panel judges, what means that these competitors are the best in the line-up. The number of athletes to be compared will be determined by the Chief Judge but no less than three and no more than eight competitors will be compared at any one time. Then the judges may be asked to submit individual propositions for the second comparison

of the next five athletes, included competitors placing in the middle of the group. Then the third comparison will be formed by the IFBB Chief Judge, with competitors to be placed in the rearmost part of the group of 15 semifinalists.

All competitors will be called out one time at least. The total number of comparisons will be decided by the IFBB Chief Judge.

5. All comparisons will be carried out center-stage.
6. In Round 1 individual comparisons, formulated by the IFBB Chief Judge, competitors are directed to perform the following seven Mandatory Poses:
  - a. Front double biceps
  - b. Front lat spread
  - c. Side chest
  - d. Back double biceps
  - e. Back lat spread
  - f. Side triceps
  - g. Abdominals and thighs
7. Upon completion of the last comparison, all competitors will return to a single line-up, in numerical order, before exiting the stage.

## **Article 9 – Prejudging: Scoring of Round 1**

### **9.1 Scoring of Round 1:**

The scoring for Round 1 will proceed as follows:

1. Using Form 3, entitled “Judge’s Individual Placings (Prejudging)”, each judge will award each competitor an individual placing from 1 to 15, ensuring that no two or more competitors receive the same placing. The judges may use Form 4, entitled “Judge’s Personal Notes” to record their assessment about each competitor.
2. The statisticians will collect Form 3 from the judges and will then transcribe each judge’s placings onto Form 5, entitled “Score Sheet (Statisticians)”. They will then discard two highest and two lowest scores (if nine judges) or one highest and one lowest (if less than nine judges) for each competitor, and will add up the remaining scores to produce a “Round 1 Subscore” and a “Round 1 Place”. The competitor with the lowest subscore is awarded 1st place while the competitor with the highest subscore is awarded 15th place.
3. Should a tie occur in the “Round 1 Subscore”, the tie will be broken using the “Relative Placement” method.  
*Note: The Relative Placement Method procedure:  
 Each individual judge’s scores for the tied athletes will be compared on a column-by-column basis with a dot being placed on top of the number for the athlete with the lower placing. All nine regular panel judge’s scores will be included in the tie breaking calculations. The number of dots will be tallied for each of the tied athletes. The athlete with the greater number of dots will be declared the winner of the tie and will then receive the better placing.*
4. The scores for the Prejudging will be used to place the top 15 competitors from 1st place to 15th place. The top 6 competitors from the Prejudging will advance to the Finals and will start the Finals with zero points.
5. The top 6 finalists will be announced just after the Prejudging.

## **Article 10 – Assessing of the Elimination Round, Round 1 and Round 2**



## (Comparisons in Mandatory Poses)

### 10.1 General:

When assessing a competitor's physique, a judge should follow a routine procedure which will allow a comprehensive assessment of the physique as a whole. During the comparisons of the mandatory poses, the judge should first look at the primary muscle group being displayed. The judge should then survey the whole physique, starting from the head, and looking at every part of the physique in a downward sequence, beginning with general impressions, and looking for muscular bulk, balanced development, muscular density and definition.

The downward survey should take in the head, neck, shoulders, chest, all of the arm muscles, front of the trunk for pectorals, pec-delt tie-in, abdominals, waist, thighs, legs and calves and feet. The same procedure for back poses will also take in the upper and lower trapezius, teres and infraspinatus, erector spinae, the gluteus group, the leg biceps group at the back of the thighs and calves and feet.

A detailed assessment of the various muscle groups should be made during the comparisons, at which time it helps the judge to compare muscle shape, density, and definition while still bearing in mind the competitor's overall balanced development. The comparisons of the Mandatory Poses cannot be overemphasized as these comparisons will help the judge to decide which competitor has the superior physique from the standpoint of muscular bulk, balanced development, muscular density and definition.

### 10.2 Assessing the Male Physique:

In assessing prejudging, overall shape and that of the various muscle groups is important. The judge should favour competitors with a harmonious, classical physique. The judge should look for good posture and athletic bearing, correct anatomical structure (including body framework, broad shoulders, high chest, correct spinal curves, limbs and trunk in good proportion, straight legs, not bandy or knock-kneed).

The judge should also look for good skin tone with an absence of surgical or other scars, spots, acne or tattoos, which the IFBB considers as a skin blemish, tidily dressed hair, well-shaped feet, and toes. When having difficulty in placing two or more competitors who seem to be on the same level, the judge should look for faults in those aspects listed above which will help to differentiate among the competitors.

Detail description of the men's Mandatory Poses may be found in **Appendix 1** to this Section.

## Article 11 – Finals

### 11.1 The procedures for the Finals:

The top 6 athletes from the Prejudging advance to the Finals, which consists of two rounds as follows:

1. Round 2: Mandatory Poses and Posedown
2. Round 3: Posing Routines

11.2 The attire for Round 2 will conform to the same criteria as for Round 1 (see Article 6).

**Note:** Competitors may use a different trunks than in Round 1; however, they must still conform to the standards of taste and decency as described in Article 6.

## Article 12 – Finals: Presentation of Round 2 (Mandatory Poses and Posedown)

### 12.1 Presentation of Round 2:

The procedures for Round 2 will be as follows:

1. The top 6 finalists will be brought onstage in a single line and in numerical order. Each

finalist will be introduced by number, country and name.

2. The top 6 finalists will perform the 7 Mandatory Poses, as a group and at the same time, in the middle of the stage. After the 7th pose, the Chief Judge will reverse the order of the competitors and will repeat the seven Mandatory Poses once again. This part of Round 2 will be scored.

3. As soon as the Mandatory Poses are completed, the IFBB Chief Judge will call for a 30- to 60-second Posedown to music of the Organizer's choice. This part of Round 2 will not be scored.

4. After the Posedown, the top 6 finalists are reformed into a single line, in numerical order, before exiting the stage.

5. Detailed description of Mandatory Poses is provided in **Appendix 1** to this Section.

### **Article 13 – Finals: Scoring of Round 2**

#### 13.1 Scoring of Round 2:

The scoring for Round 2 will proceed as follows:

1. The judges, using Form 6, entitled "Judge's Individual Placings (Finals)", and using the same criteria for judging as used during the Prejudging, will place the competitors from 1st to 6th, giving no two athletes the same placing.

2. The statisticians will collect Form 6 from the judges and will then transcribe each judge's placings onto Form 5, entitled "Score Sheet (Statisticians)". They will then discard two highest and two lowest scores (if nine judges) or one highest and one lowest (if less than nine judges) for each competitor, and will add up the remaining scores. These scores **will be multiplied by 2** and will be recorded in the column marked "Round 2 Subscore". Points from the Prejudging (Round 1) are not taken into consideration in the Finals. Each competitor begins the Finals with "zero points".

3. Ties in the "Round 2 Subscore" need not be immediately broken, as the "Round 2 Subscore" will be added to the "Round 3 Subscore" to produce a "FINAL SCORE".

### **Article 14 – Finals: Assessing of Round 2**

#### 14.1 Assessing of Round 2

The same criteria used in judging Round 1 (see Article 10) will be used in this round. More details in **Appendix 1** to this Section. However, the judges must be mindful of the fact that a competitor may present a different condition in the Finals compared to the Prejudging. Therefore, judges must ensure that this round is judged from a "fresh" perspective, ensuring that all competitors receive fair assessment based upon their body condition in this round.

### **Article 15 – Finals: Presentation of Round 3 (Posing Routines)**

#### 15.1 Procedures:

Round 3 will immediately follow Round 2. Round 3 will proceed as follows:

1. Each of the top 6 finalists, in numerical order, will perform an individual posing routine to music of his choice, up to a maximum of 60 seconds. This round will be scored.

2. The use of props is prohibited.

3. The attire for Round 3 is posing trunks, which must conform to the same criteria as for the other rounds (see Article 6).

### **Article 16 - Finals: Scoring of Round 3**

16.1 The scoring for Round 3 will proceed as follows:

1. Using Form 6, entitled "Judge's Individual Placings (Finals)", each judge will mark the competitors in placings of 1 through 6, and will not give more than one athlete the same placing.
2. The judges may use Form 4, entitled "Judge's Personal Notes", to write notes about the athletes.
3. The statisticians will collect Form 6 from the judges and will then transcribe the judge's placings onto Form 5, entitled "Score Sheet (Statisticians)", under the Finals section, Round 3. They will then discard two highest and two lowest scores (if nine judges) or one highest and one lowest (if less than nine judges) for each competitor, will add up the remaining five scores and will write the total under the column marked "Round 3 Subscore".
4. They will then add the "Round 2 Subscore" and the "Round 3 Subscore" to produce a "FINAL SCORE". Points from the Prejudging (Round 1) are not taken into consideration in the Finals. Each competitor begins the Finals with "zero points". They will then record a placing for each competitor under the column marked "FINAL PLACE". The competitor with the lowest "FINAL SCORE" is awarded 1st place while the competitor with the highest "FINAL SCORE" is awarded 6th place.
5. Ties in the "Round 3 Subscore" need not be immediately broken, as the "Round 3 Subscore" will be added to the "Round 2 Subscore" to produce a "FINAL SCORE".
6. Should a tie occur in the "FINAL SCORE", the tie will be broken using the Round 2 Subscores. If a tie still exists, the "Relative Placement Method" will be used and the athlete's "Round 2 Subscore" (see Article 9, point 3).

### **Article 17 – Finals: Assessing of Round 3**

17.1 Round 3 will be assessed using the following criteria:

1. In the Finals, the judges will be assessing each competitor on how well they display their physique to music. The judge will look for a smooth, artistic, and well-choreographed routine which may include any number of poses; however, the mandatory poses must be included. The competitor must also include intermittent pauses so as to display the muscular development of his physique. "Moon" poses and pulling the posing attire so as to display the top inside of the quadriceps or the gluteus maximus shall be strictly forbidden.
2. The judges are reminded that, during this round, they are judging 50% physique and 50% routine.

### **Article 18 – Finals: The Awarding Ceremony**

18.1 Awarding Ceremony:

The top 6 finalists will be called onstage to take part in the award ceremony. The Master of Ceremonies will announce the number, name and country of the competitor in 6th place and will continue to the competitor in the 1<sup>st</sup> place.

The President of the IFBB, or the top IFBB official at the contests, accompanied by the other official(s) invited by him to take part in this Ceremony, will present the IFBB Medals and/or trophies to the winners.

The national anthem (short version) of the country of the 1st place winner will be played immediately following his receipt of the 1st place award(s).

After the national anthem, the finalists are obliged to remain onstage for a brief period of time for photographic purposes, and to follow the IFBB Chief Judge or Stage Director

commands. During the Awarding Ceremony, competitors are not allowed to display their country's flag.

Competitors are expected to accept their places, medals and/or awards and to take part in the Awarding Ceremony to its end (photo session). Competitor, who ostentatiously manifests his disapproval and/or leave the stage prior to the end of the Awarding Ceremony, may be disqualified.

Detailed description of the Awarding Ceremony is available in Section 1: General Rules, Article 16.

### **Article 19 – Overall Category and Award**

19.1 The Overall Category will proceed as follows:

1. Immediately following the Awarding Ceremony for the last Men's Bodybuilding category, the nine category winners will be brought onstage in numerical order and in a single line,
2. The IFBB Chief Judge will direct the competitors through the 7 Mandatory Poses performed at the center of the stage, in numerical order and then in the reverse order. Comparisons of competitors may be performed, if needed.
3. On completion of the mandatory poses, the competitors exit the stage.
4. The judges will use Form 6, entitled "Judge's Individual Placings (Finals)". Each judge will award each competitor an individual placing from 1st to 9th, ensuring that no two or more competitors receive the same placing.
5. Using Form 5, entitled "Score Sheet (Statisticians)", with nine judges, two highest and two lowest scores will be discarded. The remaining scores will be added to produce an "Overall Category Score" and an "OVERALL CATEGORY PLACE".
6. Should a tie occur in the "Overall Category Score", the tie will be broken using the "Relative Placement" method to the scores of this category (see Article 9, point 3).
7. The "Overall Champion" will be announced and the IFBB Overall Trophy will be presented to him by the IFBB President or top IFBB official at the contest. The trophy will be supplied by the organizing National Federation.

### **Article 20 – Teams Classification Results and Awards**

20.1 Best National Teams:

The Best National Teams scoring includes the A-team competitors only. Detailed procedure of the Teams Classification calculations is available in Section 1: General Rules, Article 18.

The chief delegates or team managers of the top 3 countries will accept the awards on behalf of their countries.

Publication of the Final Results – according to Section 1: General Rules, Article 18.

## **APPENDIX 1:**

### **DETAILED DESCRIPTION OF THE SEVEN MANDATORY POSES**

#### **1.1 MEN'S MANDATORY POSES:**

##### **1. Front Double Biceps (see Figure 1)**

Standing face front to the judges, with one leg 40-50 cm forward and to the side, the competitor will raise both arms to shoulder level and bend them at the elbows. The hands should be clenched and turned down so as to cause a contraction of the biceps and forearm muscles, which are the main muscle groups that are to be assessed in this pose.

In addition, the competitor should attempt to contract as many other muscles as possible as the judges will be surveying the whole physique, from head to toe.

The judge will first survey the biceps muscles looking for a full, peaked development of the muscle, noting whether or not there is a defined split between the anterior and posterior sections of the biceps, and will continue the head-to-toe survey by observing the development of the forearms, deltoids, pectorals, pec-delt tie-ins, abdominals, thighs, and calves. The judge will also look for muscle density, definition, and overall balance.

## **2. Front Lat Spread (see Figure 2)**

Standing face front to the judges, with the legs and feet in-line and up to 15 cm apart, the competitor will place the open hands, or clenched fists, against, or gripping, the lower waist or obliques and will expand the latissimus muscles. At the same time, the competitor should attempt to contract as many other frontal muscles as possible. It shall be strictly forbidden for the competitor to pull up on the posing trunks so as to show the top inside of the quadriceps.

The judge should first see whether the competitor can show a good spread of the latissimus muscles, thereby creating a V-shaped torso. Then the judge should continue with the head-to-foot survey, noting first the general aspects of the physique and then concentrating on the more detailed aspects of the various muscle groups.

## **3. Side Chest (see Figure 3)**

The competitor may choose either side for this pose, in order to display the “better” arm. He will stand with his left or right side towards the judges and will bend the arm nearest the judges to a right-angle position, with the fist clenched and, with the other hand, will grasp the wrist. The leg nearest the judges will be bent at the knee and will rest on the toes. The competitor will then expand the chest and by upward pressure of the front bent arm and contract the biceps as much as possible. He will also contract the thigh muscles, in particular, the biceps femoris group, and by downward pressure on his toes, will display the contracted calf muscles.

The judge will pay particular attention to the pectoral muscles and the arch of the rib cage, the biceps, the leg biceps and the calves, and will conclude with the head-to foot examination. In this pose the judge will be able to survey the thigh and calf muscles in profile, which will help in grading their comparative development more accurately.

## **4. Back Double Biceps (see Figure 4)**

Standing with his back to the judges, the competitor will bend the arms and wrists as in the Front Double Biceps pose, and will place one foot back, resting on the toes. He will then contract the arm muscles as well as the muscles of the shoulders, upper and lower back, thigh and calf muscles.

The judge will first survey the arm muscles and then do the head-to-foot survey, during which there are more muscle groups to look at than in all of the other poses. This includes the neck, deltoids, biceps, triceps, forearm, trapezius, teres, infraspinatus, erector spinae, external obliques, latissimus dorsi, gluteus, thigh biceps, and calves. This pose, probably more than the others, will help the judge to determine the quality of the competitor's muscle density, definition, and overall balance.

## **5. Back Lat Spread (see Figure 5)**

Standing with his back to the judges, the competitor will place his hands on his waist with his elbows kept wide, with the legs and feet in-line and up to 15 cm apart. He will then contract the latissimus dorsi as wide as possible. The competitor should make an effort to display the opposite calf to that which was displayed during the back double biceps pose

so the judge may assess both calf muscles equally. It shall be strictly forbidden for the competitor to pull up on the posing trunks so as to show the gluteus maximus muscles.

The judge will look for a good spread of the latissimus dorsi, but also for good muscle density and will again conclude with the head-to-foot survey.

#### **6. Side Triceps (see Figure 6)**

The competitor may choose either side for this pose so as to show the “better” arm. He will stand with his left or right side towards the judges and will place both arms behind his back, either linking his fingers or grasping the front arm by the wrist with his rear hand. The leg farthest to the judges will be bent at the knee and the foot resting on the toes. will rest flat on the floor. The competitor will exert pressure against his front arm, thereby causing the triceps muscle to contract. He will also raise the chest and contract the abdominal muscles as well as the thigh and calf muscles.

The judge will first survey the triceps muscles, and conclude with the head-to-foot examination. In this pose, the judge will be able to survey the thigh and calf muscles in profile, which will help in grading their comparative development more accurately.

#### **7. Abdominals and Thighs (see Figure 7)**

Standing face front to the judges, the competitor will place both arms behind the head and will place one leg forward or will keep the legs and feet in-line and up to 15 cm apart (optionally). He will then contract the abdominal muscles by “crunching” the trunk slightly forward. At the same time, he will contract the thigh muscles of the leg(s).

The judge will survey the abdominal and thigh muscles, and then conclude with the head-to-foot examination.

## **APPENDIX 2**

### **PICTURES OF THE SEVEN MANDATORY POSES**