



## Def.

The Men's Athletic Physique category is aimed at men who prefer to develop a less muscular, yet athletic and aesthetically pleasing physique.

## CATEGORIES



**1**  
Up to &  
including 178 cm

**2**  
Over 178 cm



NOTE: More categories may be added at any time if so decided by the IFBB.

The attire for all rounds is board shorts, which must conform to the following criteria:



No tight, lycra style shorts are allowed.



Personal Sponsors logos are not permitted on the board shorts. However a manufacturers logo such as Nike, Adidas or Billabong are accepted.

Material and colour can be of the athletes personal choice.

Colour at the discretion of the athlete.



No jewellery or other accessories, except for a wedding ring.



No footwear.

## ATTIRE FOR ALL ROUNDS

## FIRST ROUND

### Half Turns - PREJUDGING

#### Assessing This Round

1 - Muscularity and Body Condition  
general impression of the physique: proper shape and symmetry combined with muscularity and overall condition, the condition of the skin and skin tone, the hair and facial features.  
**Extreme muscularity should be marked down.**  
2 - Stage Presence and Personality.

1 - Half Turns **one by one** to the front and center of the stage.



Front Turn



Back Turn



Front Turn

OR...

All Half Turns may be with optional hand in pocket or on hip:



Front Turn



Back Turn



Front Turn

2 - Front & Back Half Turns in groups of not more than five competitors at a time.



3 - Front & Back Half Turns comparisons.



Top 6

## SECOND ROUND

### Half Turns - FINALS

#### Assessing This Round

1 - Muscularity and Body Condition  
general impression of the physique: proper shape and symmetry combined with muscularity and overall condition, the condition of the skin and skin tone, the hair and facial features.  
**Extreme muscularity should be marked down.**  
2 - Stage Presence and Personality.

1 - Half Turns **one by one** to the front and center of the stage.



Front Turn



Back Turn



Front Turn

OR...

All Half Turns may be with optional hand in pocket or on hip:



Front Turn



Back Turn



Front Turn

2 - Front and Back Half Turns for all Top Six at a time.



First, Second, Third, Fourth, Fifth, Sixth place

## AWARD CEREMONY



## RESOURCES

The IFBB rules can be read in PDF format at:

[www.ifbb.com](http://www.ifbb.com)