



Rules for Judges & Competitors

September 2018 V1.0



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Categories



Master Class 2 Over 50

Master Class 1 Over 40

Juniors

Ms. Shape

Ms. Fitness

Mr. Athletic Class 2

Mr. Athletic Class 1

Ms. Figure Class Over 40

Ms. Figure

Ms. Physique

Men Body Class 3

Men Body Class 2

Men Body Class 1

Class Criteria

Masters

- Class 2: 50 years old and over
- Class 1: 40 to 49 years old

Juniors

- 23 years and under

Ms. Shape

- Shape (prejudging)

Ms. Fitness

- one Class

Mr. Athletic

- Class 2: up to and including 1,75m
- Class 1: over 1,75m

The classifications for Mr. Athletic are based on 3 height/weight formulas:

- up to and including 170 cm:
height - 100 + 2 kg = maximum weight
- 171 cm up to and including 180 cm:
height - 100 + 3 kg = maximum weight
- over 180 cm:
height - 100 + 4 kg = maximum weight

Ms. Figure

- Over 40: 40 years old and over
- Ms. Figure

In case there are at least 6 competitors under 1,63m & 6 competitors over 1,63m, the category Ms. Figure can be divided into Class 2 (up to an including 1,63m) & Class 1 (over 1,63m).

The classifications for Ms. Figure are based on a height/weight formula:

- 90 percent of (height - 100) = maximum weight
- Example: 1,58 m = 52,2 kg
- 1,73 m = 65,7 kg

Ms. Physique in Board Shorts

- one Class

Men Body

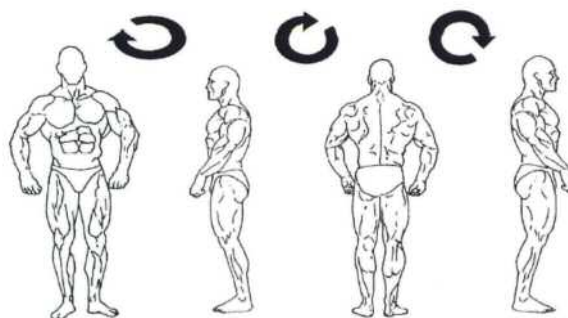
- Class 3: up to and including 1,72m
- Class 2: 1,73m up to and including 1,79m
- Class 1: over 1,79m

Judging Criteria

Masters, Juniors, Mr. Athletic, Men Body

1. Round (50 %)

- line up



2. Round (50 %)

- Comparisons



Front Double Biceps



front lat spread



side chest (any side)



side triceps (any side)



rear double biceps
(showing one calf)



rear lat spread
(showing one calf)



abdominals and thighs
(arms behind the head)



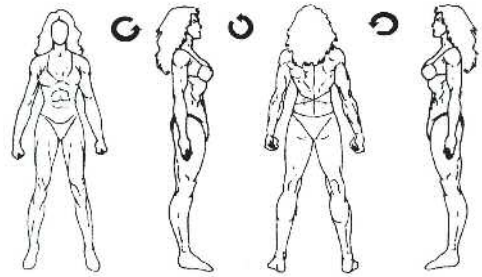
Most Muscular
(bodybuilding only)

3. Round (only top six)

- Individual routine (max. 60 seconds.)

Judging Criteria

Ms. Shape



1. Round (75%)

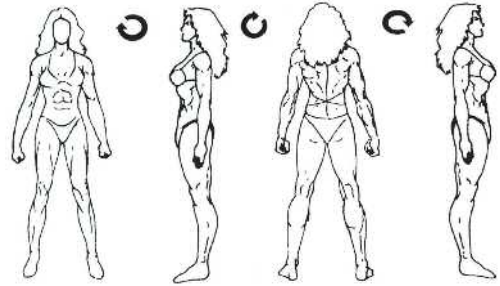
1. - line up

2. - Symmetry & proportion

Judging Criteria

Ms. Fitness

1. Round (50%) - line up



2. Round (50%) - Individual routine (max. 90 seconds.)

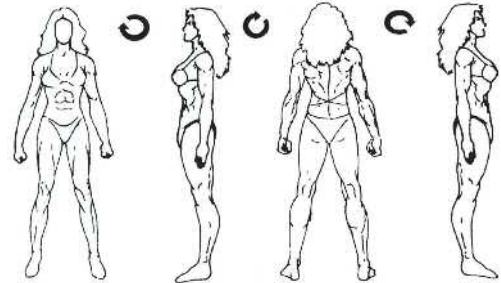


Judging Criteria

Ms. Figure

1. Round (50%)

- line up



2. Round (50%)

- Comparisons



front double biceps



side chest (any side)



side triceps (any side)



rear double biceps
(showing one calf, open hands)



abdominals and thighs
(arms behind the head)

3. Round (only top six)

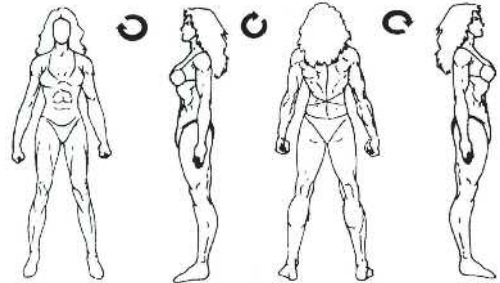
- Individual routine (max. 60 seconds.)

Judging Criteria

Ms. Physique

1. Round (50%)

- line up



2. Round (50%)

- Comparisons



front double biceps



front lat spread



side chest (any side)



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 (max. 60 seconds.)

General Judging Criteria

Men Categories:

Muscular development, muscular proportions, symmetry of development, muscular definition

Ms. Figure:

Physical proportions, symmetrical development, muscular tone, posing routine, femininity

Ms. Physique:

Muscular development, muscular proportions, symmetry of development, muscular definition

Ms. Fitness:

Muscular tone, physical proportions, athletic ability, beauty, elegance, presentation, femininity

Language

The language used by the head judge during the contest will be English.