



Rules for Judges & Competitors



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Categories



Master Class 2 Over 50

Master Class 1 Over 40

Juniors

Ms. Shape

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

- under 23 years of age

Ms. Shape

- bikini (prejudging), evening dress (finals)

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 and 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

- one Class

Men Body

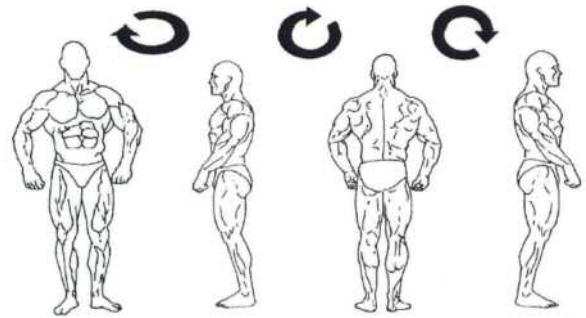
- Class 3: up to and including 1,72m
- Class 2: 1,73m up to and including 1,79m
- Class 1: over 1,79m

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)



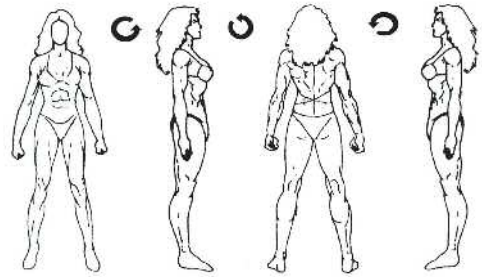
Most Muscular
(bodybuilding only)

3. Round (only top six)

- Individual routine (max. 60 seconds.)

Judging Criteria

Ms. Shape

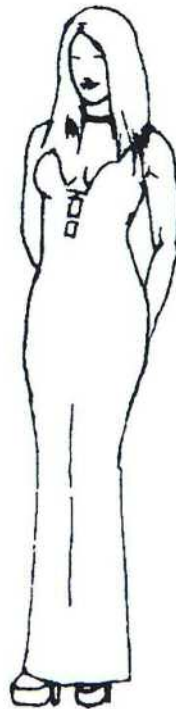


1. Round (75%)

1. - line up
2. - Symmetry & proportion

2. Round (25%)

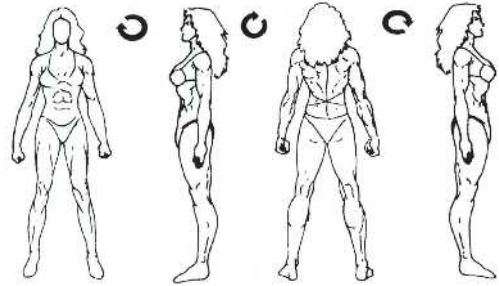
- Evening dress



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)



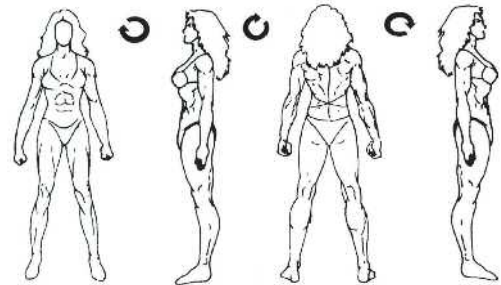
abdominals and thighs
(arms behind the head)

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