

Rules and Regulations – Bodybuilding

ATTIRE

Men: 1-piece posing suit (one solid color at prejudging)

Women: 2-piece posing suit (one solid color at prejudging)

***No G-string or Thongs accepted. Props allowed only at Finals.**

DIVISIONS

OPEN

Men:

- Lightweight 156 lbs and under
- Middleweight 157 lbs to 172 lbs
- Light Heavyweight 173 lbs to 189 lbs
- Heavyweight 190 lbs and above

Women:

- Lightweight 112 lbs and under
- Middleweight 113 lbs to 122 lbs
- Heavyweight 123 lbs and above

Masters:

- Men 40 to 49
- Men 50 and above
- Women 40 and above

NOVICE

Men:

- Overall Novice Winner will have the Option to compete for their Pro Card in the Open Division on Saturday.
- Lightweight 172 lbs and under
- Middleweight 173 lbs to 190 lbs
- Heavyweight 191 lbs and above

Women:

- Overall Novice Winner will have the Option to compete for their Pro Card in the Open Division on Saturday.
- Lightweight 118 lbs and under
- Heavyweight 119 lbs and above

TEENS

Men:

- 13 to 19 yrs old

Women:

- 13 to 19 yrs old

PROFESSIONAL

Men:

- One Class

Women:

- One Class

CROSS-OVERS

Crossovers are allowed only from Masters to Open, Teens to Novice, or Masters to Novice.

NOVICE ELIGIBILITY

Competitor has not placed in the top 3 in an Open Division in any organization.

Competitor has not won 1st place in a Novice Division in any organization.

PRE-JUDGING

For each class, competitors are brought out as a group and asked to do quarter turns to the right and execute a series of mandatory poses, which will be directed by the Head Judge.

MANDATORY POSES

FRONT DOUBLE BICEPS

Competitors should stand on two feet and have upper arms out to the sides parallel to the floor, with elbows bent at approximately 90-degrees with forearms parallel to torso. Legs, lats, chest, abdominals, and arms should be flexed.

FRONT LAT SPREAD

Competitors should stand on two feet and grasp the waist with closed hands and spread elbows to flare lats showing maximum width. Legs, lats, and should be flexed.

SIDE CHEST

Competitors should stand on foot farthest from the front of the stage with front leg bent and on toe to show the calf and leg biceps. The front arm should be bent at approximately 90-degrees with the rear hand gripping at the wrist. The chest should be lifted and the abdominals pulled in tightly.

SIDE TRICEPS

Competitors should stand in the leg position similar to the side chest pose, with the frontal arm hanging alongside the body, grasped at the waist by the rear hand from around the lower back. The triceps should be tightened, shoulders, chest and abs flexed, along with the legs and calves being flexed as well.

REAR DOUBLE BICEPS

This pose is exactly as the frontal version except that the competitor must bring the leg of choice toward the judges and the spike the foot to show the calf and leg biceps development. The competitors should not lean too forward towards the rear of the stage, nor should they lean too far backward towards the judges.

REAR LAT SPREAD

Competitors should face the rear of the stage with calf of choice spiked toward the judges, and grasp the waist with closed hands and spread elbows to flare the lats. Hamstrings and glutes should be flexed, with the emphasis on showing the judges the width of the back(V-taper) as well as detail in the lats, teres major, rhomboids and trapezius, erectors and rear deltoids.

ABDOMINAL & THIGHS

The competitors must stand facing the judges with one leg extended slightly forward, and with hands clasped behind the head. The abdominals must be fully flexed, with the air expelled, with the legs and chest also tight.

MOST MUSCULAR

This pose will be required only for the men. The competitors must stand with one leg slightly extended toward the judges, and assume a favorite of the following most muscular poses. Either the “crab”, hands on hips or partial crab (with one hand behind back) variations may be used. Side most muscular poses are not permitted unless instructed by the Head Judge.

OPTIONAL POSES

The judging panel may request additional poses depending on necessity. These may include **Side Hamstring Curl & Flexed, Stand on Calves Pose, Side Serratus, Quad Extended and Flexed.**

JUDGING CRITERIA

During the Pre-judging, the judges are looking at size of the muscle (in relation to the competitors skeletal structure), shape, hardness, separations, tone, and definition. They are also looking at execution of poses, stage presence and confidence.

The best physique on stage may not win if it is not displayed properly. Each competitor should practice the mandatory poses to ensure they are executed properly.

NIGHT SHOW

POSING ROUTINE & MUSIC

Competitors must bring a high quality CD (maximum 60 seconds for Novice & 90 seconds for Open Competitors) with only their posing music on it. Competitors must ensure that a second CD is brought as a backup. Music must not contain in appropriate, lewd or offensive language. **This is a part of the scoring and should never be taken lightly.** The Pre-judging is where most of the scoring takes place, however if there is a tie or it's close the night show can be a big deciding factor.

OVERALL COMPARISONS

If the division has more than one class, the winners of each class will be compared in the same fashion as Pre-judging to determine the Overall Winner.

PROPS

Props are allowed. Prop set up and tear down must be quick, not to take away from the flow of the show.