INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS (IFBB)

IFBB RULES
SECTION 9: MEN'S PHYSIQUE

2021 EDITION

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SECTION 9: MEN'S PHYSIQUE

Article 1: Introduction 3
Article 2: Responsibilities of Organizers to Athletes and Delegates 3
Article 3: Categories 4
Article 4: Rounds 4
Article 5: Prejudging: Elimination Round 4
Article 6: Posing Attire for All Rounds 5
Article 7: Prejudging: Assessing and Scoring of the Elimination Round 6
Article 8: Prejudging: Presentation of Round 1 (Quarter Turns) 6
Article 9: Prejudging: Scoring of Round 1 7
Article 10: Assessing of the Elimination Round, Round 1 and Round 2 (Comparisons in Quarter Turns) 8
Article 11: Finals 8
Article 12: Finals: Presentation of Round 2 8
Article 13: Finals: Scoring of Round 2 9
Article 14: Finals: Assessing of Round 2 9
Article 15: Finals: The Awarding Ceremony 9
Article 16: Finals: Overall Category and Award 9
Article 17: Finals: Teams Classification Results and Awards 10
Appendix 1: Detailed Description of the Men's Physique Quarter Turns 10
Appendix 2: How to Assess Men's Physique Quarter Turns 11
Appendix 3: How to Perform and Assess Men's Physique Individual Presentation 12
Appendix 4: Photos of Men's Physique Quarter Turns 12

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Article 1 - Introduction

Men's Physique was officially recognized as a new sport discipline by the IFBB Executive Council and IFBB International Congress on November 11th, 2012, Guayaquil, Ecuador. The Men's Physique division is aimed at men who prefer to develop a less muscular, yet athletic and aesthetically pleasing physique.

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

1.2 Rules:
Certain administrative and technical rules that appear in Section 1: General Rules are the same for Men's Physique 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 Bodybuilding 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 Bodybuilding Championships and IFBB International Congress (included Men's Bodybuilding, Men's Classic Bodybuilding, Men's Games Classic Bodybuilding, Men's Classic Physique, Men's Physique, Muscular Men's Physique):
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: *A maximum allowable number of participating competitors per National Federation is unlimited.*
Note 2: *Delegates without athletes will have to pay for the Full Package Special Rate.*
Note 3: *Upon agreement between the IFBB and the Organizer, one additional category may be opened for competition.*

2. World Juniors 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: *A maximum allowable number of participating competitors per National Federation is unlimited.*
Note 2: *Delegates without athletes will have to pay for the Full Package Special Rate.*
Note 3: *Upon agreement between the IFBB and the Organizer, one additional category may be opened for competition.*

3. World 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: *A maximum allowable number of participating competitors per National Federation is unlimited.*
Note 2: *Delegates without athletes, extra delegates and supporters will have to pay for the Full Package Special Rate.*
Note 3: *Upon agreement between the IFBB and the Organizer, one additional category may be opened for competition.*

Article 3 - Categories
3.1 There are six categories in **Senior Men's Physique**, currently as follows:

a. Class A: Up to & including 170 cm
b. Class B: Up to & including 173 cm
c. Class C: Up to & including 176 cm
d. Class D: Up to & including 179 cm
e. Class E: Up to & including 182 cm
f. Class F: Over 82 cm

3.2 There is one open category in **Muscular Men's Physique**.

Note: *Muscular men's physique category is intended for competitors with* ***slightly*** *bigger muscularity than accepted in the regular men's physique.*

3.3 There are the following categories in **Junior Men's Physique,** currently as follows:

- 16 to 20 years of age inclusive:
  a. One open category

- 21 to 23 years of age inclusive:
  a. Class A: Up to & including 174 cm
  b. Class B: Up to & including 178 cm
  c. Class C: Over 178 cm

3.4 There are three categories in **Master Men's Physique**, currently as follows:

a. Class A: Age 40-44: one open class
b. Class B: Age 45-49: one open class
c. Class C: Age 50 and over: one open class

3.5 A category can only be run if there are not less than 5 athletes. If less than 5 athletes, categories will be combined wherever possible. In case of categories with less than 5 competitors, no titles and medals will be awarded (*more details in General Rules, Article 11.41*).

3.6 Crossovers: Men's Physique competitors may also participate in the Men's Fitness division at the same contest, if they meet specific requirements obligatory in that division.

Article 4 - Rounds
4.1 Men's Physique consists of the following three rounds:

1. Prejudging: Elimination Round (Four Quarter Turns)
2. Prejudging: Round 1 (Quarter Turns, Comparisons in Quarter Turns)
3. Finals: Round 2 (Individual Presentation and Quarter Turns x 2)

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. If necessary, IFBB Chief Judge may decrease the number of competitors qualifying to the Semifinals to 10 or increase this number to 17. In such cases an elimination round will be held when there are more than 10 and 17 competitors accordingly. Decision will be made and announced after the Official Athletes Registration.

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 ten competitors at a time, each group is directed to the center-stage area to perform the four quarter turns.

4. The IFBB Chief Judge or Stage Director will direct the competitors through the four quarter turns, which are:

a. Quarter Turn Right
b. Quarter Turn Back
c. Quarter Turn Right
d. Quarter Turn Front

Note 1: *Detailed description of the Men's Physique quarter turns provided in* ***Appendix 1*** *to this Section****.***

Note 2: *Competitors will not chew gum or any other products while onstage.*

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

5. An athlete, who despite being pre-warned by the IFBB Chief Judge, performs quarter turns or stands in the line-up incorrectly, will be given a Yellow Card. If continues to do so, he will be moved one place down in the results of that round.

Performing Quarter Turn Front and Quarter Turn Back, the *latissimus dorsi* muscles should be exposed in a natural way, without maximum contraction presented by bodybuilders.

6. On completion of the quarter turns the entire line-up is reformed into a single line, in numerical order, before exiting the stage.

Article 6 – Prejudging and Finals: Attire for All Rounds

6.1 The attire for the Elimination Round and other Rounds (board shorts) will conform to the following criteria:

1. Competitors will wear an opaque, loose-fitting board shorts which are clean and decent. The colour and fabric of the shorts will be left to the competitor's discretion. Shorts may have geometric patterns and motives, but no inscriptions and cambered ornamentation. The shorts will cover the whole upper leg, down the upper point of the knee (patella). The use of padding anywhere in the trunks is prohibited.

2. No tight, lycra style shorts are allowed.

3. Personal sponsors logos are not permitted on the shorts, however a manufacturer's logo such is accepted.

4. Except for a wedding ring, competitors will not wear footwear, glasses, watches, earrings, wigs, jewellery, distracting ornamentation or artificial aids to the figure. Implants or fluid injections causing the change of the natural shape of any other parts or muscles of the body are strictly prohibited and may result in disqualification of the competitor.

5. Headgears are generally prohibited but if it is required by the official rules of the country represented by a competitor or due to the religious principles observed by a competitor, a small, tight cap with no vizor, may be used. This cup should be shown at the Official Athlete Registration and approved by the designated IFBB official.

6.2 The use of tans and bronzers that can be wiped off is not allowed. 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. 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, regardless of who applied them on the competitor's body.

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 The IFBB Chief Judge, or a delegated by him official, will have the right to make decision if a competitor's attire meets the criteria established in the Rules and an acceptable standard of aesthetics. The athlete may be disqualified if the attire doesn't meet them.

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 contours and quality (density, bodyfat level) as well as skin tone. The scoring for the Elimination Round will proceed as follows:

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

1. If there are more than 15 competitors, the judges shall select the top 15 by placing an "X" beside their numbers, using Form 1, entitled "Elimination Round (Judges)". IFBB Chief Judge decides if the Elimination Round will be necessary.

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 fighting to enter the top 15, the tied athletes will be brought back onstage, and will once again be directed through the four mandatory poses to break the tie.

4. The top 15 competitors will advance to Round 1. If necessary, IFBB Chief Judge may decrease the number of competitors qualifying to the Semifinals to 10 or increase this number to 17. In such cases an elimination round will be held when there are more than 10 and 17 competitors accordingly. Decision will be made and announced after the Official Athletes Registration.

Article 8 - Prejudging: Presentation of Round 1 (Quarter Turns)
Round 1 may not be held if there are 7 or less competitors in a category. Decision will be made by the Chief Judge and will be announced after the Official Athlete Registration and will be included in the Running Order.

8.1 Round 1 will proceed as follows:

1. All semifinalists will be called onstage as a group in a single line and in numerical order. If time permits, each semifinalist will be introduced by number, name, and country. Decision will be made by the Chief Judge, who will inform the Master of Ceremony or the Announcer.

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 ten competitors at a time, each group will be directed to center-stage area to perform four quarter turns. Performing quarter turns competitors stay motionless.

4. This initial grouping of competitors, and performance of the four quarter turns, is intended to assist the judges in determining which competitors take part in the comparisons of the quarter turns. Detailed description of the Men's Physique quarter turns is provided in **Appendix 1** to this Section.

5. All judges submit their individual propositions for the first comparison of the top five athletes to the IFBB Chief Judge. Based on them, the Chief Judge will form the first comparison. The number of athletes to be compared will be determined by the Chief Judge but no less than three and no more than ten 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. The IFBB Chief Judge will form the second and the next comparisons till all competitors will be compared at least once. The total number of comparisons will be decided by the IFBB Chief Judge.

6. All individual comparisons are to be carried out center-stage.

7. On completion of the last comparison, the entire line-up is reformed into a single line, in numerical order, before exiting the stage.

Article 9 - Prejudging: Scoring of Round 1
9.1 The scoring of Round 1 is carried out as follows:

1. Using Form 3, entitled "Judge's Individual Placings (Prejudging)", each judge will award each competitor an individual placing from 1st to the last, 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 the last 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 better placing. All nine regular panel judge's scores (except alternative judges) 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 the last 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 Four Quarter Turns)

10.1 All rounds are assessed using the following criteria:

1. Muscularity and body condition
The judge should first assess the overall male athletic appearance of the physique. This assessment should begin at the head and extend downwards, taking the whole physique into account. The assessment, beginning with the general impression of the physique, should take into consideration the condition of the skin and skin tone and also the hair. Judges will be looking for fit contestants who display proper shape and body proportions, combined with balanced muscularity and overall condition.
The judges are reminded that extreme muscularity and definition should be marked down. How to assess the Men's Physique quarter turns is explained in **Appendix 2** to this Section.

2. Stage Presence and Personality
Judges are looking for the contestant with the best stage presence and poise, who can successfully convey his personality to the audience and the athlete's ability to present himself onstage with confidence.

Article 11 - Finals:
11.1 The procedures for the Finals:
The top 6 athletes from the Prejudging advance to the Finals, which consists of a single round:
1. Round 2: Individual Presentation and Quarter Turns.

11.2 The attire for Round 2 is the same like in Round 1.
Note: *Competitors may use a different shorts that 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
12.1 Presentation of Round 2:
The procedures for Round 2 will be as follows:

1. The top 6 finalists will be called on stage, one by one, and will be introduced by number, name and country, individually and in numerical order and will walk to the front and centre of the stage. They will perform four quarter turns, with optional pose of hand in pocket or on hip, four fingers at the front of the body, finishing facing the judges. The competitor will then proceed to one side of the stage as directed by the IFBB Chief Judge or Stage Director. How to perform and assess the Men's Physique Individual Presentation is explained in **Appendix 3** to this Section.

2. The top 6 finalists will be directed to the center of the stage, in a single line and in numerical order.

3. The IFBB Chief Judge or Stage Director will direct the competitors, as a group, through the four quarter turns in numerical order and then in the reverse order.

4. The detailed description of quarter turns is provided in **Appendix 1** to this Section.

5. On completion of the quarter turns, the competitors exit the stage.

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 the 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 five scores and will write the total under 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. Should a tie occur in the "Round 2 Subscore", the tie will be broken using the "Relative Placement" method applied to the athlete's "Round 2 Subscore" (see Article 9, Point 3).

Article 14 - Finals: Assessing of Round 2
14.1 Assessing of Round 2
Round 2 is assessed using the same criteria as detailed in Article 10 (Assessing of Round 1). More details in **Appendix 1** to this Section.
The judges must ensure that this round is judged from a "fresh" perspective, ensuring that all competitors receive fair assessment based upon their body condition presented in this round.

Article 15 – Finals: The Award Ceremony
15.1 The Award 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 1st 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/her 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 16 – Overall Category and Award
16.1 In Men's Physique the Overall Category is conducted in:

a. Senior Men's Physique (for a maximum of six champions)
b. Junior Men's Physique (for a maximum of four champions)
c. Masters Men's Physique (for a maximum of three champions)

Note: *The Muscular Men's Physique category winner will not participate in the Senior Men's Physique Overall Category.*

16.2 The Overall Category will proceed as follows:

1. Immediately following the Awarding Ceremony for the last Men's Physique category, all category winners, except Muscular Men's Physique, will be brought onstage in numerical order and in a single line, wearing their board shorts.

2. The IFBB Chief Judge will direct the competitors through the four quarter turns performed at the center of the stage, in numerical order and then in the reverse order.

3. On completion of the quarter turns, 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 last, 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 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 17 – Teams Classification Results and Award
17.1 Best National Teams:
The Best National Teams scoring includes:

- Top 4 Men's Physique athletes at the World Bodybuilding Championships
- World Junior Championships: *
  -- Top 1 from the Junior Men's Physique 16-20 years old category
  -- Top 2 from the Junior Men's Physique 21-23 years old categories
- Top 2 Master Men's Physique athletes at the World Masters Championships

*- *If categories are combined, the best teams scoring includes as many top competitors as the number of categories.*

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 19.**

APPENDIX 1: DESCRIPTION OF THE MEN'S PHYSIQUE FOUR QURTER TURNS
An athlete, who despite being pre-warned by the IFBB Chief Judge, performs quarter turns or stands in the line-up incorrectly, will be given a Yellow Card. If continues to do so, he will be moved one place down in the results of that round. Performing each quarter turn, competitors will stand motionless. Performing Quarter Turn Front and Quarter Turn Back, the *latissimus dorsi* muscles should be exposed in a natural way, without maximum contraction presented by bodybuilders.

Front position:
Erect, tense stance, head and eyes facing the same direction as the body, one hand resting on the hip, with four fingers at the front of the body, and one leg slightly moved to the side. Second hand hanging down along the body, slightly out of to the side, elbow slightly bent, with open palm and straight, aesthetically configured fingers. Knees unbent, abdominal and latissimus dorsi muscles slightly contracted, head up. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

Quarter Turn Right:
Competitors will perform the first quarter turn to the right. They will stand left side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Left hand resting on the left hip, right arm holds down and slightly to the front from the centerline of the body, elbow slightly bent, with open palm and straight, aesthetically configured fingers. Left leg (nearest the judges) slightly bent in the knee, resting flat on the floor. Right leg (farthest to the judges) bent in the knee, with foot moved back and resting on the toes.

Quarter Turn Back:
Erect, tense stance, head and eyes facing the same direction as the body, wone hand resting on the hip, with four fingers at the front of the body, second hand hanging down along the body, slightly out of to the side, elbow slightly bent, with open palm and straight, aesthetically configured fingers and one leg slightly moved back and to the side, resting on the toes. Latissimus dorsi muscles slightly contracted, head up.

Quarter Turn Right:
Competitors will perform the next quarter turn to the right. They will stand right side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Right hand resting on the right hip, left arm holds down and slightly to the front from the centerline of the body, elbow slightly bent, with open palm and straight, aesthetically configured fingers. Right leg (nearest the judges) slightly bent in the knee, resting flat on the floor. Left leg (farthest to the judges) bent in the knee, with foot moved back and resting on the toes.

APPENDIX 2:
HOW TO ASSESS THE MEN'S PHYSIQUE QUARTER TURNS

With the exception of the upper legs, which are covered by board shorts, the assessment should take the whole physique into account. The assessment, beginning with a general impression of the physique, should take into consideration the hair; the overall body development and shape; the presentation of a balanced, proportionally and symmetrically developed physique; the condition of the skin and the skin tone; and the athlete's ability to present himself with confidence and elegance.
The judges should favour competitors with a harmonious, proportional, classical male physique, good posture, correct anatomical structure (including body framework, correct spinal curves, limbs and trunk in good proportion, straight legs, not bandy or knock- kneed). Vertical proportions (legs to upper body length) and horizontal proportions (hips and waist to shoulder width) are ones of the key factors.

The physique should be assessed as to its level of overall body density, achieved through athletic endeavors and diet. The body parts should have a nice and firm appearance with a decreased amount of body fat but should have a "softer" and "smoother" look than in bodybuilding. The physique should neither be excessively muscular nor excessively lean and should be free from deep muscle separation and/or sharp striations. Physiques that are considered too muscular, too hard, too dry or too lean must be marked down.

The assessment should also take into consideration the tone of the skin. The skin tone should be smooth and healthy in appearance. The hair should complement the "Total Package" presented by the athlete.

The judge's assessment of the athlete's physique should include the athlete's entire presentation, from the moment he walks onstage until the moment he walks offstage. At all times, the Men's Physique competitor must be viewed with the emphasis on a "healthy and fit" physique, in an attractively presented, impressive "Total Package".

Judges are reminded that this is not a bodybuilding contest. The competitors should have shape to their muscle but not the separation, definition, very low bodyfat level, dryness or hardness that are seen at bodybuilding competitions. Any competitor who exhibits these features is to be marked down.

APPENDIX 3:
HOW TO PERFORM AND ASSESS MEN'S PHYSIQUE INDIVIDUAL PRESENTATION

The Men's Physique Individual Presentation is performed in the following manner:
- The competitor will walk to the center of the stage, will stop and perform front stance, with optional pose of hand in pocket or on hip, finishing facing the judges.

- The competitor will then turn to his right and perform the left side stance.
- The competitor will then turn to his right and perform back stance.
- The competitor will then turn to his right and perform the right side stance.
- The competitor will then turn to his right and perform the front position.

The competitor will then walk to the line-up in the rear part of the stage.

The judges will be assessing each competitor on how well they display their physique in move. Competitors shall be assessed on whether or not they carry themselves in a graceful manner while walking to the stage. The pace, the elegance of moves, gestures, "showmanship", personality, charisma, stage presence, as well as a natural rhythm should play a part in the final placing of each competitor.

APPENDIX 4:
PHOTOS OF THE MEN'S PHYSIQUE QUARTER TURNS