



**INTERNATIONAL FITNESS & BODYBUILDING FEDERATION**

## **IFBB FEDERATION RULES SECTION 14: MEN'S FIT-MODEL DIVISION**

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## **Article 1 - Introduction**

Men's Fit-Model category was officially recognized as a new sport discipline by the IFBB Executive Council and IFBB Congress on November 6<sup>th</sup>, 2015, in Benidorm, Spain.

### 1.1 General:

Whenever possible, all the IFBB World Championships, including men, women, juniors, seniors and masters as well as the IFBB Annual Congress should be organized together as one big international event.

The IFBB Rules for Men's Fit-Model consist of regulations, policies, directives and decisions intended to guide the IFBB and its Members in the administration of the sport of Men's Fit-Model.

### 1.2 Rules:

Certain administrative and technical rules that appear in Section 1: General Rules are the same for Men's Fit-Model 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 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 Fit-Model Championships (included Women's and Men's Fit-Model):  
For three days (two 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 Categories:

Men's Fit-Model competition at the World Championships is open in the following categories:

1. There are three categories in **Men's Fit-Model** world-level competitions, currently as follows:
  - a. Class A: Up to and incl. 176 cm
  - b. Class B: Up to and incl. 183 cm
  - c. Class C: Over 183 cm

Except of the World and Continental Championships, a category can only be run if there are not less than 3 athletes. If less than 3 athletes, categories will be combined wherever possible. Masters categories will not be combined.

At the World and Continental Championships 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.

## **Article 4 - Rounds**

4.1 Men's Fit-Model will consist of the following four rounds:

1. Prejudging – Elimination Round (Quarter Turns, gymnastic shorts)
2. Prejudging – Round 1 (Quarter Turns, Comparisons, gymnastic shorts)
3. Prejudging – Round 2 (Quarter Turns, Comparisons, casual sport wear)
4. Finals – Round 3 (Quarter Turns, gymnastic shorts)
5. Finals – Round 4 (Individual Presentation, casual sport wear)

## **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 (left side to the judges)
  - b. Quarter Turn Back (back to the judges)
  - c. Quarter Turn Right (right side to the judges)
  - d. Quarter Turn Front (front to the judges)

**Note 1:** Detailed description of the Men's Fit-Model quarter turns is 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. 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**

### 6.1 Attire for Elimination Round, Round 1 and Round 3:

The attire for Elimination Round, Round 1 and Round 3 will conform to the following criteria:

1. Competitors will wear any one-colour, opaque gymnastic shorts, with at least 15 cm

high sides, covering the whole gluteus maximus and all frontal area but allowing to display the upper legs, barefoot. No ornaments in the attire will be permitted. The use of padding anywhere in the trunks is prohibited.

2. Except for a wedding ring, competitors will not wear footwear, glasses, watches, necklaces, earrings, wigs, distracting ornamentation or artificial aids to the figure.

3. 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 visor, may be used. This cap should be shown at the Official Athlete Registration and approved by the designated IFBB official.

4. The attire will be inspected during the Official Athlete Registration.

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 Implants or fluid injections causing the change of the natural shape of any part or muscle of the body are strictly prohibited and may result in disqualification of the competitor.

6.5 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 standards of aesthetics. The athlete may be disqualified if the attire doesn't meet them.

## **Article 7 – Prejudging: 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 (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 the judges will perform a reassessment of the four quarter turns 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.

8.1 Round 1 will proceed as follows:

1. The entire line-up is brought onstage, in numerical order and in a single line. 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 the four quarter turns. Performing each quarter turn, competitors will stand 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 Fit-Model 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. In Round 1 individual comparisons, formulated by the IFBB Chief Judge, competitors are directed to perform the four Quarter Turns as described in Art. 5, point 5.2.
8. 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 1 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. Ties in the "Round 1 Subscore" need not be immediately broken, as the "Round 1 Subscore" will be added to the "Round 2 Subscore" to produce a "PREJUDGING SCORE" and "PREJUDGING PLACE".

4. The top 6 competitors from the Prejudging will advance to the Finals and will start the Finals with zero points. If there are 7 athletes in a category, the Chief Judges may decide to perform the finals only. Decision will be made and announced after the Official Athletes Registration.

### **Article 10 – Assessing of the Elimination Round, Round 1 and Round 3**

10.1 All the above mentioned rounds are assessed using the following criteria:

1. A judge should first assess the overall appearance of a competitor, including the whole physique. Then, the assessment should take into account: the overall body development and shape; balanced, proportionally and symmetrically developed, complete physique; the condition of the skin and the skin tone; the hair and handsomeness; the athlete's ability to present himself with confidence and the general impression made by the competitor.
2. The body parts should have a nice appearance. The physique should neither be excessively muscular nor excessively lean. Physiques that are considered too muscular or too lean must be marked down.
3. 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.
4. 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 Fit-Model competitor must be viewed with the emphasis on a "healthy and elegant" physique, in an attractively presented "Total Package".

### **Article 11 – Prejudging: Presentation of Round 2**

11.1 The entire line-up is brought onstage, in numerical order and in a single line. 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.

1. 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.
2. 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 the three poses. Performing each position, competitors will stand motionless.
3. This initial grouping of competitors, and performance of the three quarter turns (**no back pose**), 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 Fit-Model quarter

turns is provided in **Appendix 1** to this Section.

4. 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.

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

6. In Round 1 individual comparisons, formulated by the IFBB Chief Judge, competitors are directed to perform the four Quarter Turns as described in Art. 5, point 5.2.

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

7. The attire for Round 2 and 4 will be a casual sport wear, included a fitness style jacket, worn directly on the body, unbuttoned, showing the front of the trunk and abdominal section and full length jeans pants, with no shoes.

8. Except for a wedding ring, competitors will not wear footwear, glasses, watches, necklaces, earrings, wigs, distracting ornamentation or artificial aids to the figure.

9. The use of props during all rounds is prohibited.

## **Article 12 – Prejudging: Scoring of Round 2**

12.1 The scoring for Round 2 will proceed as follows:

5. 1. Using Form 3, entitled “Judge’s Individual Placings (Prejudging)”, each judge will award each competitor an individual placing from 1 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.

6. 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 2 Subscore” and a “Round 2 Place”. The competitor with the lowest subscore is awarded 1st place while the competitor with the highest subscore is awarded the last place.

7. Ties in the “Round 2 Subscore” need not be immediately broken, as the “Round 2 Subscore” will be added to the “Round 1 Subscore” to produce a “PREJUDGING SCORE” and “PREJUDGING PLACE”.

8. Should a tie occur in the “PREJUDGING SCORE”, the tie will be broken using the “Relative Placement Method” and “Round 1 Subscores”.

9. **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.*

10. The top 6 competitors from the Prejudging will advance to the Finals and will start the Finals with zero points.

11. The top 6 finalists will be announced just after the Prejudging.

### **Article 13 – Prejudging: Assessing of Round 2**

#### 13.1 Assessment of Round 2:

All competitors must present themselves in a sport manner, with elegance, confidence and sophistication. Judges will be evaluating the attire and how well it suits the competitor (e.g. fit, color, style) as well as the competitor's on-stage presentation.

### **Article 14 - Finals: Procedures and Attires**

#### 14.1 The procedures for the Finals:

The top 6 athletes from the Prejudging advance to the Finals, which consists of two rounds:

1. Finals – Round 3 (Individual Presentation plus Quarter Turns, shorts)
2. Finals – Round 4 (Individual Presentation, casual sport wear)

11.2 The attire for Round 3 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 15 - Finals: Presentation of Round 3**

#### 15.1 Presentation of Round 3:

The procedures for Round 3 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 center of the stage. They will perform three quarter turns (**no back pose**), with optional pose of hand in pocket or on hip, 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 asses the Men's Fit-Model 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 three quarter turns (**no back pose**) 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 16 - Finals: Scoring of Round 3**

#### 16.1 Scoring of Round 3:

The scoring for Round 3 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 the last, 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 3 Subscore". Points from the Prejudging (Round 1 and 2) are not taken into consideration in the Finals. Each competitor begins the Finals with "zero points".

3. Ties in the "Round 3 Subscore" need not be immediately broken, as the "Round 3 Subscore" will be added to the "Round 4 Subscore" to produce a "FINAL SCORE".

### **Article 17 - Finals: Assessing of Round 3**

#### 17.1 Assessing of Round 3

Round 3 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 18 – Finals: Presentation and Outfit of Round 4**

18.1 The top 6 finalists will be called on stage, one by one, in numerical order and will present themselves in a casual sport wear performing the T-walking:

- The competitor will walk to the center of the stage, will stop and perform front stance.
- The competitor will then turn to his right and walk 5 steps towards the side of the stage, will stop and perform front stance.
- The competitor will then turn top his right, walk 10 steps to the other side of the stage, will stop and perform front stance.
- The competitor will then walk to the line-up in the rear part of the stage.

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

2. The IFBB Chief Judge will direct the competitors, as a group, through the three quarter turns (**no back pose**) in numerical order and then in the reverse order.

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

4. The attire for Round 4 will be the same as for Round 2: casual sport wear (see Article 11.1).

### **Article 19 – Finals: Scoring of Round 4**

19.1 The scoring for Round 4 will proceed as follows:

1. The judges, using Form 6, entitled "Judge's Individual Placings (Finals)", will place the competitors from 1st to the last, 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 4 Subscore".

3. The statisticians will then add the "Round 4 Subscore" to "Round 3 Subscore" to produce a "FINAL SCORE" and "FINAL PLACE". Points from the Prejudging (Round 1

and 2) are not taken into consideration in the Finals. Each competitor begins the Finals with “zero points”. The competitor with the lowest “FINAL SCORE” is awarded 1st place while the competitor with the highest “FINAL SCORE” is awarded last place.

5. Should a tie occur in the “Round 4 Subscore”, the tie need not be immediately broken as the “Round 4 Subscore” must be added to the “Round 3 Subscore” to produce a “FINAL SCORE”.

6. Should a tie occur in the “FINAL SCORE”, the tie will be broken using the the “Relative Placement” method and the athlete’s “Round 3 Subscore” will be used (see Article 12, point 1).

#### **Article 20 – Finals: Assessing of Round 4**

20.1 Round 4 is assessed using the same criteria as detailed in Article 13 (Assessing of Round 2). 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 21 – Finals: The Award Ceremony**

21.1 The Award Ceremony

The top 6 finalists will be called onstage to take part in the award ceremony, wearing their casual sport attire. 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 1<sup>st</sup> 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 22 – Overall Category and Award**

22.1 The Overall Category will proceed as follows:

1. Immediately following the Award Ceremony for the last Men’s Fit-Model category, the category winners will be brought onstage in numerical order and in a single line, wearing their **casual sport attire**.
2. The IFBB Chief Judge will direct the competitors through the three quarter turns (**no back pose**) performed at the center of the stage, in numerical order and then in the reverse order.
3. On completion of the three quarter turns (**no back pose**), 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, 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” to this category.

7. The “Overall Winner” 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 23 – Teams Classification Results and Award**

#### **23.1 Best National Teams:**

The Best National Teams scoring includes:

- Top 2 Men’s Fit-Model athletes at the World Fit-Model 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 FIT- MODEL QUARTER TURNS**

### **Front position:**

Erect, tense stance, head and eyes facing the same direction as the body, with one hand resting on the hip, with four fingers (except the thumb) placed on the front of the hip, and one leg slightly moved to the side. Second hand hanging down along the body, slightly out of to the side, elbow slightly bent, thumbs and fingers together, palms facing the body, hand slightly cupped. 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, with four fingers (except the thumb) placed on the front of the hip, right arm hold down and slightly to the front from the centerline of the body, elbow slightly bent, with thumbs and fingers together, palms facing the body, hand slightly cupped. 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, with one hand resting on the hip, with four fingers (except the thumb) placed on the front of the hip, second hand hanging down along the body, slightly out of to the side, elbow slightly bent, with thumbs and fingers together, palms facing the body, hand slightly cupped 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, with four fingers (except the thumb) placed on the front of the hip, left arm hold down and slightly to the front from the centerline of the body, elbow slightly bent, with thumbs and fingers together, palms facing the body, hand slightly cupped. 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 FIT- MODEL QUARTER TURNS**

With the exception of the upper part of the thighs, 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 shape and body lines; 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 body parts should have a nice and firm appearance with a decreased amount of body fat. 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 Fit-Model competitor must be viewed with the emphasis on a "healthy and proportional" physique, in an attractively presented, impressive "Total Package".

## **APPENDIX 3: HOW TO PERFORM AND ASSESS MEN'S FIT-MODEL INDIVIDUAL PRESENTATION (ROUND 3)**

The Men's Fit-Model Individual Presentation in Round 2 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.
- 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, according to the Stage Director's directive.

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 moving on 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: HOW TO PERFORM AND ASSESS MEN'S FIT- MODEL INDIVIDUAL PRESENTATION IN ROUND 4**

Male fit-models are encouraged to look relaxed and smile. Have fun with the audience and judges as much as possible. Try to keep the posing relaxed. You should be displaying a relaxed look. Each pose should be kept for 2-3 seconds to allow the judges to assess a competitor. Running around the stage is not recommended. Competitors should select poses which suit their body type. Transitions between poses should be smooth and graceful. Under no circumstances bend over when turning to the back. Have a theme or motif to your posing by being a little creative. The outfits are meant to highlight individuality and character of competitors. Hair should be well presented and suit well fitting to their body type.

The judges are watching to see the way the outfits are worn, as well as the personality displayed. It is the competitor and not the outfit that is being judged, however these costumes can add to the score by making a competitor impressive and memorable to judges. Confidence, charisma, a good attitude, as well as looking at ease on stage are all vital. Proper muscle tone, posture and symmetry, attractive, marketability, and even a contestant's outfit selection are also taken into consideration.

Athletes may add a trademark wave to their walk. Judged for their overall appearance, as well as poise, confidence and outfit, contestants must be comfortable on stage, should enjoy being in the spotlight, and should let their personalities shine through.

#### **APPENDIX 5: PHOTOS OF THE MEN'S FIT-MODEL ATTIRE**

**Men 1:** Men Fit-Model attire to Elimination Round, Round 1 and Round 3.



**Men2:** Men Fit-Model outfit to Round 2 and 4.

- a. Front Stand (front to the judges)
- b. Quarter Turn Right (left side to the judges)
- c. Turn Right (right side to the judges)
- d. Quarter Turn Front (front to the judges)

**NO BACK POSE !!!**

