

## **IFBB POSE ART OFFICIAL RULES**

### **Article 1. Nature of the Competition Category**

The International Federation of Fitness and Bodybuilding (IFBB) officially announces the creation of the IFBB Pose Art category.

IFBB Pose Art introduces an innovative concept that places body expression, creativity, musicality and the art of posing as central elements of competition, redefining the traditional approach to physique assessment in our sport.

This competition represents a natural evolution of the sport, respecting its classical roots and projecting bodybuilding and fitness into the future.

### **Article 2. Principle of Evaluation**

In the IFBB Pose Art competition, physique will not be evaluated based on muscle mass, size, definition, or body proportions. The evaluation will focus exclusively on the athlete's ability to communicate through movement and the art of posing.

### **Article 3. Judging Criteria**

The judges will evaluate the following aspects:

1. Body expression and communication skills.
2. Technical quality of the pose and transitions.
3. Choreography and creativity.
4. Rhythm, musicality and synchronization.
5. Stage presence, elegance and professionalism.

### **Article 4. Basic Regulations**

1. There will be no divisions by weight, height or muscle level.
2. Optional categories may be established: Junior, Senior, Master (+40) and Novices.
3. The duration of the routine should be between 60 and 90 seconds.
4. The music will be of free choice, as long as it does not contain offensive content.
5. Individual, mixed pair and team presentations will be allowed.

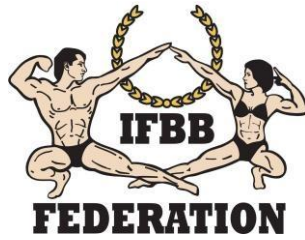
### **Article 5. Competition Format**

The competition will take place in three phases:

Phase 1 – Technical Round: Short routine of 30 to 45 seconds.

Phase 2 – Free Routine: Complete artistic routine of 60 to 90 seconds.

Phase 3 – Artistic Pose-Off (Final): Guided improvisation with surprise music.



## Article 6. Scoring System

The final classification will be determined by the weighted sum of the scores obtained in all phases of the competition.

