INTERNATIONAL FITNESS & BODYBUILDING FEDERATION

IFBB FEDERATION RULES

SECTION 2: MEN'S BODYBUILDING

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Article 1 – Introduction
Men's Bodybuilding was officially recognized as a sport discipline in the modern version by the 1970 IFBB International Congress in Belgrade, Yugoslavia. Women's Bodybuilding was officially recognized as a sport discipline by the 1982 IFBB International Congress in Brugge, Belgium, and was cancelled by the 2013 IFBB International Congress in Marrakesh, Morocco, being replaced by Women's Physique division.

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 Bodybuilding consist of regulations, policies, directives and decisions intended to guide the IFBB and its Members in the administration of the sport of Men's Bodybuilding.

1.2 Rules:
Certain administrative and technical rules that appear in Section 1: General Rules are the same for Men's Bodybuilding 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 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, 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.*

2. Junior World 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.*

3. Masters World 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 Categories:
There are nine weight categories and three height categories in **Men's Bodybuilding** world-level competitions, currently as follows:

Weight categories:

a. Bantamweight: Up to and incl. 65 kg
b. Lightweight: Up to and incl. 70 kg
c. Welterweight: Up to and incl. 75 kg
d. Light-Middleweight: Up to and incl. 80 kg
e. Middleweight: Up to and incl. 85 kg
f. Super-Middleweight: Up to and incl. 90 kg
g. Light-Heavyweight: Up to and incl. 95 kg
h. Heavyweight: Up to and incl. 100 kg
i. Super-Heavyweight: Over 100 kg

Height categories:

A. Up to & incl. 170cm
B. Up to & incl. 178cm
C. Over 178cm

Note 1: *Upon agreement between the IFBB and the Organizer, one additional category may be opened for competition.*

3.2 There are the following categories in **Junior Men's Bodybuilding** world-level competition, currently as follows:

- 15 to 20 years of age inclusive:
  a. Lightweight: Up to and incl. 75 kg
  b. Heavyweight: Over 75 kg

- 21 to 23 years of age inclusive:
  a. Lightweight: Up to and incl. 75 kg
  b. Heavyweight: Over 75 kg

3.3 There are fourteen categories in **Master Men's Bodybuilding** world-level competition, currently as follows:

- 40 to 44 years of age inclusive:
  a. Lightweight: Up to and incl. 70 kg

b. Middleweight: Up to and incl. 80 kg
c. Light-Heavyweight: Up to and incl. 90 kg
b. Heavyweight: Over 90 kg

- 45 to 49 years of age inclusive:
d. Lightweight: Up to and incl. 70 kg
e. Middleweight: Up to and incl. 80 kg
f. Light-Heavyweight: Up to and incl. 90 kg
b. Heavyweight: Over 90 kg

- 50 to 54 years of age inclusive:
a. Middleweight: Up to and incl. 80 kg
b. Heavyweight: Over 80 kg

- 55 to 59 years of age inclusive:
a. Middleweight: Up to and incl. 75 kg
b. Heavyweight: Over 75 kg

- 60 to 64 years of age inclusive:
a. One open category

- 65 years of age and over:
a. One open category

3.4 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. Juniors and Masters age divisions 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 Rounds:
Men's Bodybuilding will consist of the following four rounds:

1. Prejudging: Elimination Round (Four Mandatory Poses)
2. Prejudging: Round 1 (Four Mandatory Poses and Comparisons of Seven Mandatory Poses)
3. Finals: Round 2 (Seven Mandatory Poses and Posedown)

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 eight competitors at a time, each group is directed to the center-stage area to perform the following four Mandatory Poses:

a. Front double biceps;
b. Side chest;
c. Back double biceps;
d. Abdominals and thighs.

Note 1: Detailed description of the Men's Bodybuilding mandatory poses 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.*

4. On completion of four mandatory poses, the entire line-up is reformed into a single line, in numerical order, before exiting the stage.

Article 6 – Prejudging: Posing Attire for All Rounds
6.1 The posing attire must meet the following guidelines:

1. Competitors will wear one-coloured, opaque posing trunks which are clean and decent. The colour, fabric, texture and style of the trunks will be left to the competitor's discretion. The trunks will cover a minimum of ¾ of the gluteus maximus. The front area must be covered and the side of the trunks should be 5 cm in width at a minimum. The use of padding anywhere in the trunks is prohibited.
Note 1: *If a contest is held in a country where posing trunks are prohibited, competitors may be obliged to wear gymnastic shorts, with at least 15 cm high sides, covering the whole gluteus maximus and all the frontal area, which are precisely described in the Men Classic Physique Section of the Rules.*

2. Except for a wedding ring, competitors will not wear footwear, glasses, watches, pendants, earrings, wigs, 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.

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 vizor, may be used. This cup should be shown at the Official Athlete Registration and approved by the designated IFBB official.

4. The use of props during the Prejudging or Finals presentation is strictly prohibited.

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 standards 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 size and quality (density, separation, definition) as well as skin tone. The scoring for the Elimination Round will proceed as follows:

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

1. If there are more than 15 competitors, the judges will 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 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 (Comparisons in Mandatory Poses)
Round 1 may not be held if there are 7 or less competitors in a category. Decision will be made by the Chief Judge, will be announced after the Official Athlete Registration and will be included in the Running Order.

8.1 Round 1 will proceed as follows:

All semifinalists will be called onstage as a group in a single line and in numerical order. 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 following initial four Mandatory Poses:

a. Front double biceps
b. Side chest
c. Back double biceps
d. Abdominal and thighs

This initial grouping of competitors and performance of the four Mandatory Poses is intended to assist the judges in determining which competitors will take part in the comparisons of the seven Mandatory Poses. Detailed description of the Men's Bodybuilding Mandatory Poses is provided in **Appendix 1 to** this Section.

3. 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.

4. All comparisons will be carried out center-stage.

5. In Round 1 individual comparisons, formulated by the IFBB Chief Judge, competitors are directed to perform the following seven Mandatory Poses:

a. Front double biceps
b. Front lat spread
c. Side chest
d. Back double biceps
e. Back lat spread
f. Side triceps
g. Abdominals and thighs

6. Upon completion of the last comparison, all competitors will return to a single line- up, in numerical order, before exiting the stage.

Article 9 – Prejudging: Scoring of Round 1
9.1 Scoring of Round 1:
The scoring for Round 1 will proceed 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. 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 all 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 Mandatory Poses)

10.1 General:
When assessing a competitor’s physique, a judge should follow a routine procedure which will allow a comprehensive assessment of the physique as a whole. During the comparisons of the mandatory poses, the judge should first look at the primary muscle group being displayed. The judge should then survey the whole physique, starting from the head, and looking at every part of the physique in a downward sequence, beginning with general impressions, and looking for muscular bulk, balanced development, muscular density and definition.

The downward survey should take in the head, neck, shoulders, chest, all of the arm muscles, front of the trunk for pectorals, pec-delt tie-in, abdominals, waist, thighs, legs and calves and feet. The same procedure for back poses will also take in the upper and lower trapezius, teres and infraspinatus, erector spinae, the gluteus group, the leg biceps group at the back of the thighs and calves and feet.

A detailed assessment of the various muscle groups should be made during the comparisons, at which time it helps the judge to compare muscle shape, density, and definition while still bearing in mind the competitor’s overall balanced development. The comparisons of the Mandatory Poses cannot be overemphasized as these comparisons will help the judge to decide which competitor has the superior physique from the standpoint of muscular bulk, balanced development, muscular density and definition.

In exceptional cases, when the anatomical structure of a competitor drastically differs from the accepted criteria of body condition in the physique sports (extended belly, unnatural shape of muscles, gynecomastia, too high bodyfat level, etc.) the Chief Judge has the right to prevent the athlete from competing or disqualify him in any other moment of his stage presentation.

10.2 Assessing the Male Physique:
In assessing prejudging, overall shape and that of the various muscle groups is important. The judge should favour competitors with a harmonious, classical physique. The judge should look for good posture and athletic bearing, correct anatomical

structure (including body framework, broad shoulders, high chest, correct spinal curves, limbs and trunk in good proportion, straight legs, not bandy or knock- kneed).

The judge should also look for good skin tone with an absence of surgical or other scars, spots, acne or tattoos, which the IFBB considers as a skin blemish, tidily dressed hair, well-shaped feet, and toes. When having difficulty in placing two or more competitors who seem to be on the same level, the judge should look for faults in those aspects listed above which will help to differentiate among the competitors.
Detail description of the men's Mandatory Poses may be found in **Appendix 1** to this Section.

Article 11 – Finals
11.1 The procedures for the Finals:
The top 6 athletes from the Prejudging advance to the Finals, which consists of one round as follows:

1. Round 2: Mandatory Poses and Posedown

11.2 The attire for Round 2 will conform to the same criteria as for Round 1 (see Article 6).
Note: *Competitors may use a different trunks 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 (Mandatory Poses and Posedown)
12.1 Presentation of Round 2:
The procedures for Round 2 will be as follows:

1. The top 6 finalists will be brought onstage in a single line and in numerical order. Each finalist will be introduced by number, country and name.

2. The top 6 finalists will perform the 7 Mandatory Poses, as a group and at the same time, in the middle of the stage. After the 7th pose, the Chief Judge will reverse the order of the competitors and will repeat the seven Mandatory Poses once again. This part of Round 2 will be scored.

3. As soon as the Mandatory Poses are completed, the IFBB Chief Judge will call for a 30- to 60-second Posedown to music of the Organizer's choice. This part of Round 2 will not be scored.

4. After the Posedown, the top 6 finalists are reformed into a single line, in numerical order, before exiting the stage.

5. Detailed description of Mandatory Poses is provided in **Appendix 1** to this Section.

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 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. 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.

Article 14 – Finals: Assessing of Round 2

14.1 Assessing of Round 2

The same criteria used in judging Round 1 (see Article 10) will be used in this round. More details in **Appendix 1** to this Section. However, the judges must be mindful of the fact that a competitor may present a different condition in the Finals compared to the Prejudging. Therefore, judges must ensure that this round is judged from a “fresh” perspective, ensuring that all competitors receive fair assessment based upon their body condition in this round.

Article 15 – Finals: The Awarding Ceremony

15.1 Awarding 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 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 Bodybuilding the Overall Category is conducted in:

a. Senior Men’s Bodybuilding (for a maximum of nine champions)
b. Junior Men’s Bodybuilding (for a maximum of four champions)
c. Master Men’s Bodybuilding (for a maximum of fourteen champions)

16.2 The Overall Category will proceed as follows:

1. Immediately following the Awarding Ceremony for the last Bodybuilding category, all category winners will be brought onstage in numerical order and in a single line.

2. The IFBB Chief Judge will direct the competitors through the 7 Mandatory Poses performed at the center of the stage, in numerical order, in one or two groups if necessary. Comparisons of competitors may be performed, if needed.

3. On completion of the mandatory poses, competitors will perform 30-60 second posedown and then will 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 the scores of 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 Awards

17.1 Best National Teams:

The Best National Teams scoring includes:

- Top 6 Men’s Bodybuilding athletes at the World Bodybuilding Championships
- World Junior Championships:*
  -- Top 1 from the Junior Men’s Bodybuilding 15-20 years old categories
  -- Top 2 from the Junior Men’s Bodybuilding 21-23 years old categories

- World Masters Championships:*
  -- Top 3 from the Master Men’s Bodybuilding 40-44 years old category
  -- Top 3 from the Master Men’s Bodybuilding 45-49 years old category
  -- Top 1 from the Master Men’s Bodybuilding 50-54 years old category
  -- Top 1 from the Master Men’s Bodybuilding 55-60 years old category
  -- Top 1 from the Master Men’s Bodybuilding 60-64 years old category
  -- Top 1 from the Master Men’s Bodybuilding 65 years & over category

**- 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:
DETAILED DESCRIPTION OF THE SEVEN MANDATORY POSES

1.1 MEN’S BODYBUILDING MANDATORY POSES:

1. Front Double Biceps (see Figure 1)

Standing face front to the judges, with one leg 40-50 cm forward and to the side, the competitor will raise both arms to shoulder level and bend them at the elbows. The hands should be clenched and turned down so as to cause a contraction of the biceps and forearm muscles, which are the main muscle groups that are to be assessed in this pose. In addition, the competitor should attempt to contract as many other muscles as possible as the judges will be surveying the whole physique, from head to toe.

The judge will first survey the biceps muscles looking for a full, peaked development of the muscle, noting whether or not there is a defined split between the anterior and

posterior sections of the biceps, and will continue the head-to-toe survey by observing the development of the forearms, deltoids, pectorals, pec-delt tie-ins, abdominals, thighs, and calves. The judge will also look for muscle density, definition, and overall balance.

2. Front Lat Spread (see Figure 2)
Standing face front to the judges, with the legs and feet in-line and up to 15 cm apart, the competitor will place the open hands, or clenched fists, against, or gripping, the lower waist or obliques and will expand the latissimus muscles. At the same time, the competitor should attempt to contract as many other frontal muscles as possible. It shall be strictly forbidden for the competitor to pull up on the posing trunks so as to show the top inside of the quadriceps.

The judge should first see whether the competitor can show a good spread of the latissimus muscles, thereby creating a V-shaped torso. Then the judge should continue with the head-to-foot survey, noting first the general aspects of the physique and then concentrating on the more detailed aspects of the various muscle groups.

3. Side Chest (see Figure 3)
The competitor may choose either side for this pose, in order to display the “better” arm. He will stand with his left or right side towards the judges and will bend the arm nearest the judges to a right-angle position, with the fist clenched and, with the other hand, will grasp the wrist. The leg nearest the judges will be bent at the knee and will rest on the toes. The competitor will then expand the chest and by upward pressure of the front bent arm and contract the biceps as much as possible. He will also contract the thigh muscles, in particular, the biceps femoris group, and by downward pressure on his toes, will display the contracted calf muscles.

The judge will pay particular attention to the pectoral muscles and the arch of the rib cage, the biceps, the leg biceps and the calves, and will conclude with the head-to foot examination. In this pose the judge will be able to survey the thigh and calf muscles in profile, which will help in grading their comparative development more accurately.

4. Back Double Biceps (see Figure 4)
Standing with his back to the judges, the competitor will bend the arms and wrists as in the Front Double Biceps pose, and will place one foot back, resting on the toes. He will then contract the arm muscles as well as the muscles of the shoulders, upper and lower back, thigh and calf muscles.

The judge will first survey the arm muscles and then do the head-to-foot survey, during which there are more muscle groups to look at than in all of the other poses. This includes the neck, deltoids, biceps, triceps, forearm, trapezius, teres, infraspinatus, erector spinae, external obliques, latissimus dorsi, gluteus, thigh biceps, and calves. This pose, probably more than the others, will help the judge to determine the quality of the competitor’s muscle density, definition, and overall balance.

5. Back Lat Spread (see Figure 5)
Standing with his back to the judges, the competitor will place his hands on his waist with his elbows kept wide, with the legs and feet in-line and up to 15 cm apart. He will then contract the latissimus dorsi as wide as possible. The competitor should make an effort to display the opposite calf to that which was displayed during the back double biceps pose so the judge may assess both calf muscles equally. It shall be strictly forbidden for the competitor to pull up on the posing trunks so as to show the gluteus maximus muscles.

The judge will look for a good spread of the latissimus dorsi, but also for good muscle density and will again conclude with the head-to-foot survey.

6. Side Triceps (see Figure 6)
The competitor may choose either side for this pose so as to show the “better” arm. He will stand with his left or right side towards the judges and will place both arms behind his back, either linking his fingers or grasping the front arm by the wrist with his rear hand. The leg nearest the judges will be bent at the knee and the foot will rest flat on the floor. The leg farthest to the judges will be bent at the knee and the foot resting on the toes. The competitor will exert pressure against his front arm, thereby causing the triceps muscle to contract. He will also raise the chest and contract the abdominal muscles as well as the thigh and calf muscles.

The judge will first survey the triceps muscles, and conclude with the head-to-foot examination. In this pose, the judge will be able to survey the thigh and calf muscles in profile, which will help in grading their comparative development more accurately.

7. Abdominals and Thighs (see Figure 7)
Standing face front to the judges, the competitor will place both arms behind the head and will place one leg forward. He will then contract the abdominal muscles by “crunching” the trunk slightly forward. At the same time, he will contract the thigh muscles of the front leg. The judge will survey the abdominal and thigh muscles, and then conclude with the head-to-foot examination.

APPENDIX 2

PICTURES OF THE SEVEN MANDATORY POSES