



**INTERNATIONAL FITNESS & BODYBUILDING FEDERATION**

## **IFBB FEDERATION RULES SECTION 8: WOMEN'S PHYSIQUE**

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IFBB FEDERATION

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## **Article 1 - Introduction**

Women's Physique was officially recognized as a new sport discipline by the IFBB Executive Council and IFBB Congress on November 11, 2012 (Guayaquil, Ecuador). The Women's Physique category is aimed at women who prefer to develop a less muscular, yet athletic and aesthetically pleasing physique, unlike former women's bodybuilders.

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

### 1.2 Rules:

Certain administrative and technical rules that appear in the General Rules section are the same for Women'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 the World Championships will undertake to cover the cost of double-occupancy accommodations and meals (breakfast, lunch and dinner) for competitors and delegates as follows:

1. World Fitness Championships (included Women's Acrobatic Fitness, Women Artistic Fitness, Men's Fitness, Women's Physique, Women's Bodyfitness, Women's Bikini, Women's Wellness, Mixed-Pairs Fit-Pairs):

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.

2. 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 Categories:

Women's Physique competition at the World Championships is open in the following categories:

1. There are two categories in Women's Physique world-level competitions, currently as follows:
  - a. Class A: Up to and incl. 163 cm
  - b. Class D: Over 163 cm
2. There is one open category in Master Women's Physique world-level competitions:
  - a. Age 35 years and over
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.  
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:

Women's Physique will consist of the following four rounds:

1. Prejudging – Elimination Round (4 Mandatory Poses)
2. Prejudging – Round 1 (4 Mandatory Poses, comparisons in Quarter Turns and Mandatory Poses)
3. Finals – Round 2 (Quarter Turns, Mandatory Poses, Comparisons 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 ten competitors at a time, each

group is directed to the center-stage area to perform the four mandatory poses.

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

- a. Front Double Biceps (arms at shoulder level, open handed)
- b. Side Chest
- c. Back Double Biceps (arms at shoulder level, open handed)
- d. Side triceps

**Note 1:** Detailed description of the Women's Physique mandatory poses 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. At the completion of the mandatory poses, the entire category will be 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 (Two-Piece Bikini) will conform to the following criteria:

1. The two-piece bikini must be in good taste and styled in a way, as to have a proper and decent fit.
2. The bikini bottom must cover a minimum of  $\frac{1}{2}$  gluteus maximus and all of the frontal area. Strings are strictly forbidden.
3. The colour, fabric, texture and ornamentation of the bikini will be left to the athlete's discretion.
4. No footwear.
5. The attire will be inspected during the official athletes registration.

6.2 The hair may be styled.

6.3 Except for a wedding ring, bracelets and earrings, jewellery will not be worn. Competitors will not wear glasses, watches, wigs or artificial aids to the figure, except breast implants. 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.

6.4 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 and/or cream or applied separately, regardless of who applied them on the competitor's body.

6.5 The excessive application of oil on the body is strictly prohibited; however, body oils and moisturizers may be used in moderation.

6.6 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 Scoring of the Elimination Round.

1. At this time, the judges will be assessing the overall physique for the degree of overall athletic development of the musculature, proportion, symmetry, balance shape and skin tone. Detailed criteria of Women's Physique athletes assessment are provided in Article 10 of this Section.

The scoring for the Elimination Round will proceed as follows:

2. 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.

3. 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.

4. 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.

5. Only 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**

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 Presentation of Round 1

The procedures for Round 1 will be 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 mandatory poses, as described in Article 5.2.

4. This initial grouping of competitors, and performance of the mandatory poses, is intended to assist the judges in determining which competitors will take part in the comparisons that follow.

Detailed description of the Women's Physique mandatory poses provided in

**Appendix 3** 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 will be carried out center-stage.

7. In Round 1 individual comparisons competitors, formulated by the IFBB Chief Judge, are directed to perform the following four Quarter Turns, followed by four Mandatory Poses:

- a. Quarter Turn Right
- b. Quarter Turn Back
- c. Quarter Turn Right
- d. Quarter Turn Front
- e. Front Double Biceps (arms at shoulder level, open handed)
- f. Side Chest
- g. Back Double Biceps (arms at shoulder level, open handed)
- h. Side Triceps

The Detailed description of quarter turns is provided in **Appendix 1** to this Section. The Detailed description of mandatory poses is provided in **Appendix 3** to this Section.

8. Upon completion of the last comparison, all competitors will return to a single lineup, 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 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 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, will add up the remaining five 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 for the athlete’s “Round 1 Subscores”.

**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 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 Quarter Turns and Mandatory Poses)**

10.1 Assessment of Round 1:

Round 1 will be assessed using the following criteria:

1. The judge should first assess the overall female 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 hair and makeup; the overall athletic development of the musculature; the presentation of a balanced, symmetrically developed physique; the condition of the skin and the skin tone; and the athlete's ability to present onstage with confidence.

2. 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 a symmetrical balanced development of all the muscle groups 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, calves and feet. The same procedure for back pose 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, calves, and feet. A detailed assessment of the various muscle groups should be made during the comparisons, at which time the judge has to compare muscle shape, density, and definition while still bearing in mind the competitor's overall balanced development and femininity.

3. The physique should be assessed as to the level of overall muscle tone, achieved through athletic endeavours and diet. The muscle groups should have a round and firm appearance with a small amount of body fat.

4. The assessment should also take into consideration the tightness and tone of the skin. The skin tone should be smooth and healthy in appearance.

5. The judge's assessment of the athlete's physique should include the athlete's entire presentation, from the moment she walks onstage until the moment she walks offstage. At all times the Women's Physique competitor must be viewed with the emphasis on a "healthy, fit, athletic-looking, muscular physique, in an attractively presented "total package".

### **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: Quarter Turns, 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 costume that in Round 1; however, it 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 are 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 four quarter turns and four mandatory poses, as a group and at the same time, in the the center of the stage. After the 4th pose, the Chief Judge will reverse the order of the competitors and will repeat the four quarter turns and the four 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 quarter turns and mandatory poses is provided in **Appendix 1** and **Appendix 3** 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 Round 1, will place the competitors from 1st to 6th, giving no two athletes the same placing.
3. 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".
4. 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:

Round 2 is assessed using the same criteria as detailed in Article 10 (Assessing of Round 1). More details in **Appendix 1** and **Appendix 3** 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 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 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 Women's Physique the Overall Category is conducted in:

- a. Senior Women's Physique (for a maximum of 2 champions).

16.2 The Overall Category will proceed as follows:

1. Immediately following the Award Ceremony for the last Women's Physique category, the two 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 four quarter turns and four mandatory poses performed at the center of the stage, in numerical order and then in the reverse order.

1. On completion of the quarter turns and mandatory poses, the competitors exit the stage.

2. The judges will use Form 6, entitled "Judge's Individual Placings (Finals)" to place each athlete either 1st or 2nd.

3. 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".

4. 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).

5. The "Overall Champion" will be announced and the IFBB Overall Trophy will be presented to her 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 1 Women's Physique athlete at the World Fitness Championships
- Top 1 Master Women's Physique athlete at the World Masters Championships

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 QUARTER TURNS IN A WOMEN'S PHYSIQUE COMPETITION**

### **INTRODUCTION:**

Judges are strongly reminded that they are judging a WOMEN'S PHYSIQUE competition and not former WOMEN'S BODYBUILDING competition. The type of muscularity, vascularity, muscular definition and dryness displayed by Women's Bodybuilding athletes will not be considered acceptable if displayed by a Women's Physique competitor and therefore, must be marked down.

### **GENERAL PRESENTATION:**

Judges are reminded that the competitor's posture and bearing, at all times while onstage, is to be considered. The overall image displayed should demonstrate poise, femininity and self-confidence. This is especially true at all times when the competitor is standing in the line-up and during the comparisons of the quarter turns.

When standing in the line-up the competitors shall be warned against adopting a tense pose, with arms flexed and out to the side, displaying the muscularity.

A relaxed stance in the line-up means that the competitor will stand erect, front to the judges, with arms hanging at the side and feet together. Head and eyes towards the front, shoulders back, chest out, stomach in.

On the IFBB Chief Judge command, competitors standing in the line-up should perform the Front Position.

## **QUARTER TURNS**

### **Front position:**

Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms kept at the side along the centerline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and hold out of the body, hands slightly cupped.

Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

### **Quarter Turn Right (left side to the judges):**

Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, left arm kept slightly back from the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, right arm kept slightly front of the center-line of the body with a

slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the left, with the left shoulder lowered and the right shoulder raised. This is normal and must not be exaggerated.

#### **Quarter Turn Back:**

Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms kept at the side along the centerline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and hold out of the body, hands slightly cupped.

#### **Quarter Turn Right (right side to the judges):**

Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, right arm kept slightly back from the centerline of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, left arm kept slightly front of the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the right, with the right shoulder lowered and the left shoulder raised. This is normal and must not be exaggerated.

## **APPENDIX 2:**

### **ASSESSING OF THE FEMALE PHYSIQUE IN QUARTER TURNS**

The judge should first assess the overall athletic appearance of the physique. This assessment should take the whole physique into account. The assessment, beginning with a general impression of the physique, should take into consideration the hair and makeup; the overall athletic development of the musculature; the presentation of a balanced, symmetrically developed physique; the condition of the skin and the skin tone; and the athlete's ability to present herself with confidence, poise and grace. The physique should be assessed as to its level of overall muscle development, achieved through athletic endeavours and diet. The muscle groups should have a round and firm appearance with a small amount of body fat. The physique should neither be excessively muscular nor excessively lean and should be free from deep muscle separation and/or striations.

Physiques that are considered either too muscular or too lean must be marked down. The assessment should also take into consideration the tightness and tone of the skin. The skin tone should be smooth and healthy in appearance, and without cellulite. The hair and makeup 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 she walks onstage until the moment she walks offstage. At all times, the fitness competitor must be viewed with the emphasis on a "healthy, fit, athletic" physique, in an attractively presented "Total Package".

## **APPENDIX 3:**

### **DESCRIPTION OF MANDATORY POSES IN WOMEN'S PHYSIQUE COMPETITION**

#### **1.1 WOMEN'S MANDATORY POSES:**

##### **1. Front Double Biceps**

Standing front to the judges, with the legs and feet in-line and the right/left leg placed

out to the side, the competitor will raise both arms to shoulder level and bend them at the elbows. The hands should be opened, with fingers directed up. 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 survey the whole physique, from head to toe, by observing the overall body lines and balance, the contours of each body part, achieved by the development of proper muscles, as well as the overall body proportions and symmetry. The judge will also look for muscle density, low body fat level and overall balance.

## **2. Side Chest**

The competitor may choose either side for this pose, in order to display the “better” arm. She will stand left or right side to the judges, with the upper body slightly twisted to the judges, face looking to the judges, stomach in, leg nearest to the judges straight, locked at the knee, moved forward and resting on the toes, leg farthest to the judges slightly bent at the knee, with foot resting flat of the floor, both arms kept slightly front of the body, straight and locked at the elbow, thumb and fingers together, palm facing down and kept together or one over the other.

The competitor will then contract the pectoral muscles, the triceps muscle and the thigh muscles, in particular, the biceps femoris group, and by downward pressure on her toes, will display the contracted calf muscles.

The judge will pay particular attention to the pectoral muscles, the triceps, the leg quadriceps and the calf, 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.

## **3. Back Double Biceps**

Standing with her back to the judges, the competitor will bend the arms as in the Front Double Biceps Pose, keep the hands opened, place one foot back and resting on the toes. She 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 survey the whole physique, from head to toe, by observing the overall body lines and balance, the contours of each body part, achieved by the development of proper muscles, as well as the overall body proportions and symmetry. The judge will also look for muscle density, low body fat level and overall balance.

## **4. Side Triceps**

The competitor may choose either side for this pose so as to show the “better” arm. She will stand with her left or right side towards the judges, face looking to the judges, chest out, stomach in, and will place both arms behind her back, grasping the front arm by the wrist with her rear hand. The arm nearest to the judges will be straight and locked at the elbow, with open hand, thumb and fingers together, palm facing down and in a horizontal position. The competitor will exert pressure against her front arm, thereby causing the triceps muscle to contract. The rear leg will be bent at the knee and the foot will rest flat on the floor. Leg nearest to the judges will be straight, locked at the knee, moved forward and resting on the toes.

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 whole physique in profile, the chest and abdominal contours, the thigh and calf muscles, which will help in grading their comparative development more accurately.

## **APPENDIX 4: PICTURES**



