



MEN'S FIT CATEGORY

A proposal for male athletes
MARCH, 2026

The IFBB introduces a new division called Men's Fit, aimed at athletes who are beginning in the sport and wish to compete in a more accessible division in terms of physical development.

This new category will allow participants to:

- Compete at a level consistent with their stage of progress.
- Gain confidence and competitive experience before advancing to other divisions.
- Encourage greater participation and talent development within the IFBB.
- Benefit from independent and innovative judging criteria.

The creation of this division will strengthen the progression pathway for new athletes by providing a clear entry point into the sport. It is also ideal for starting a competitive career, with the possibility of remaining in this division within the International Federation of Fitness and Bodybuilding.

Note 1: A maximum allowable number of participating competitors per National Federation is unlimited.

Note 2: Upon agreement between the IFBB and the Organizer, one additional category may be opened for competition.

GUIDELINES

Attire:

- Short shorts of any color, with a minimum side length of 15 cm and it should cover the whole gluteus maximus and all the frontal area but allowing to display the upper legs. No ornaments in the attire will be permitted. The use of padding anywhere in the trunks is prohibited. Elastic waistband and opaque fabric.



- 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.
- 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.

- The use of props during the Finals presentation is strictly prohibited.
- The use of tans and bronzers that can be wiped off is not allowed. Artificial body coloring 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.
- 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.

Mandatory poses (quarter turns + front and back double biceps):

- **Front position:** facing forward, arms slightly away from the body at the sides, knees unbent, stomach in, chest out, shoulders back, head up, elbows slightly bent, hands clenched into fists and feet together.
- **Back position:** facing backward, arms slightly away from the body, knees unbent, stomach in, chest out, shoulders back, head up, elbows slightly bent, palms facing the body and hands clenched into fists and feet together.
- **Side positions:** head and eyes facing the same direction as the body, knees together and unbent, heels together, stomach in, chest out, shoulders back, head up, arms slightly away from the body, front arm slightly back from the center-line of the body, rear arm slightly bent at the elbow to the front of the body, palm facing the direction of the body, hand clenched into a fist, hand clenched into a fist.



- **Front double biceps:** Standing face front to the judges, with one leg slightly moved 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.



• **Back double biceps:** Standing 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.



JUDGING CRITERIA

- Emphasis is placed on overall physical condition and balance rather than extreme size or excessively low levels of body fat. This must be the result of healthy training and natural, balanced eating habits. The judges will be assessing the overall male athletic appearance of the physique for the degree of proportion, symmetry, body contours and the general impression of the physique.
- The evaluation must consider the physique as a whole. Starting from the general impression, judges will assess the presentation of a balanced physique, skin condition and tone, as well as the athlete's ability to present themselves confidently on stage.
- As an essential part of judging, judges will pay particular attention to the development and "**X-shape**" of the physique: broad shoulders, a narrow waist, defined abdominals, and well-developed legs, including calf development. In short, **the silhouette predominates in the judging process.**
- A bodyweight limits are established according to the athletes' height:

- Up to & including **162 cm** → Max Weight [kg] = (Height [cm] – 100) – 2 kg
- Up to & including **165 cm** → Max Weight [kg] = (Height [cm] – 100) – 1 kg
- Up to & including **168 cm** → Max Weight [kg] = (Height [cm] – 100) + 0 kg
- Up to & including **171 cm** → Max Weight [kg] = (Height [cm] – 100) + 1 kg
- Up to & including **175 cm** → Max Weight [kg] = (Height [cm] – 100) + 2 kg
- Up to & including **180 cm** → Max Weight [kg] = (Height [cm] – 100) + 4 kg
- Up to & including **188 cm** → Max Weight [kg] = (Height [cm] – 100) + 5 kg
- Up to & including **196 cm** → Max Weight [kg] = (Height [cm] – 100) + 6 kg
- **Over 196 cm** → Max Weight [kg] = (Height [cm] – 100) + 7 kg

COMPETITION PROCEDURES

ELIMINATION ROUNDS:

1. If more than 17–18 athletes compete, the entire line-up is brought onstage, in numerical order and in a single line or two lines, if necessary.
2. 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 Quarter Turns and Mandatory Poses:
 - a. Front position
 - b. Front double biceps
 - c. Quarter turn right (left side to the judges)
 - d. Quarter turn right (back to the judges)
 - e. Back double biceps
 - a. Quarter turn right (right side to the judges)
 - b. Quarter turn right (front to the judges)
3. On completion of the Quarter Turns and Mandatory Poses, the entire line-up is reformed into a single line, in numerical order, before exiting the stage.

Note 1: Competitors will not chew gum or any other products while onstage.

Note 2: Competitors will not drink any liquids while onstage.

4. 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.

SEMIFINALS:

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.

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 six competitors** at a time, each

group will be directed to center-stage area to perform the four quarter turns and the two double biceps poses (front and back), in the same order like in the Elimination Round.

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.

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

6. 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.

FINALS:

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. The competitors will then proceed to one side of the stage as directed by the IFBB Chief Judge or Stage Director.

2. Each of the top 6 finalists, in numerical order, will perform an individual presentation, up to a maximum of 15 seconds, including free poses, presenting himself in a sport manner, with elegance and confidence. The competitor will then proceed to opposite side of the stage as directed by the Stage Director.

3. The top 6 finalists will be directed to the center of the stage, in a single line and in numerical order. The IFBB Chief Judge will direct the competitors, as a group, through the four quarter turns and two double biceps poses in numerical order and then in the reverse order.

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

5. 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.