



IFBB POSING ART

Article 1. Nature of the Competition Category

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

IFBB Posing Art introduces an innovative concept that places body expression, creativity, musicality, and the art of posing at the center of the competition, redefining the traditional approach to physique evaluation in our sport.

In this category, the physique will be evaluated as an integrated element within the routine as a harmonious whole. The objective is not to win solely based on physique, but on the overall quality of the routine, which must be harmonious, inspiring, and artistically constructed, accompanied by a well-developed physique that complements the presentation.

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

Article 2. Evaluation Principle

In the **IFBB Posing Art** competition, the physique will not be evaluated based on muscular 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

Judges will evaluate the following aspects:

1. Body expression and communication ability.
2. Technical quality of posing 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 muscular level.
2. Optional categories may be established: **Junior, Senior, Master (+40)**.
3. Music is free of choice, provided it does not contain offensive content.
4. Individual, mixed pair, and team presentations will be allowed.

5. The posing trunks or suit used will be the same as in the athlete's original category.

Article 5. Competition Format

The competition will be conducted in three phases:

1. Eliminations and Semifinals:

A short routine of **30 seconds**, selecting **6 athletes** who will advance to the final.

2. Finals: A complete artistic routine of 60 seconds.

3. Pose Down: 60 seconds with music provided by the Technical Committee; this phase will not count toward the final result.

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- If there are more than 15 athletes, the routine may be reduced to 15 seconds during the elimination rounds.
 - If there are more than 20 athletes, they will be divided into several selection groups to facilitate the evaluation process.
 - In **Posing Art exclusive events**, both **male and female categories** will be included.

Article 6. Scoring System

Scores from the different rounds **are not accumulated**.

The **semifinal ranking** will determine the finalists, and the **final ranking** will determine the final placements and awards.

The **Pose Down** will not be scored.

