



INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS (IFBB)

**IFBB RULES
SECTION 11: MIXED-PAIRS**

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Article 1 – Introduction

Mixed-Pairs was officially recognized as a sport discipline by the 1983 IFBB International Congress in Singapore as a bodybuilding Mixed-Pairs; however, the 2013 IFBB International Congress in Marrakesh, Morocco, finally cancelled women's bodybuilding as an IFBB sport discipline, so nowadays IFBB Mixed-Pairs category is open for athletes representing other sport divisions (see Art. 3).

1.1 General:

The IFBB Rules for Mixed-Pairs consist of regulations, policies, directives and decisions intended to guide the IFBB and its Members in the administration of the sport of Mixed-Pairs.

1.2 Rules:

Certain administrative and technical rules that appear in Section 1: General Rules are the same for Mixed-Pairs 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's 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 mixed-pairs 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 is one open category in Mixed-Pairs world-level competitions. A mixed-pair may be composed of male bodybuilder or male classic bodybuilder or male classic physique competitor with Women's Physique category athlete. Participation of female bodyfitness or acrobatic fitness athletes is also possible; however, they must take into account that their physique will be assessed according to the Women's Physique category criteria.

3.2 If less than 5 couples, no titles and medals will be awarded.

Article 4 – Rounds

4.1 Rounds:

Mixed-Pairs will consist of the following four rounds:

1. Prejudging: Elimination Round (Five Mandatory Poses)

2. Prejudging: Round 1 (Five Mandatory Poses and Comparisons of five Mandatory Poses).
3. Prejudging: Round 2 (Free Posing Routines – 90 sec.)
4. Finals: Round 3 (Five Mandatory Poses and Posedown)
5. Finals: Round 4 (Free Posing Routines – 90 sec.)

Article 5 – Prejudging: Elimination Round

5.1 General:

A time-table for prejudging should be published after the Official Athlete Registration. In order to give themselves time to warm up and change into their posing attire, couples should be in the backstage warm-up area at least 45 minutes prior to the start time of the judging of their category. All couples 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 mixed-pairs in a category. . If necessary, IFBB Chief Judge may decrease the number of pairs 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 pairs accordingly. Decision will be made and announced after the Official Athletes Registration.

The Elimination Round will be carried out as follows:

1. All Mixed-Pairs in the category will be 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 3 couples at a time, each group is directed to the center-stage area to perform the following five Mandatory Poses:
 - a. Front double biceps;
 - b. Side chest;
 - c. Back double biceps;
 - d. Side triceps;
 - e. Abdominals and thighs.

Note 1: *Men from the Mixed-Pairs perform the above mentioned Mandatory Poses in the same manner like in Men's Bodybuilding, while women perform these poses in the same style like in Women's Physique. Both partners perform the "Abdominals and thighs" pose in Men's Bodybuilding style. Detailed description of the Mixed-Pairs 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 five 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. Men competitors will wear the same attire like in Men's Bodybuilding: 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 $\frac{3}{4}$ of the gluteus maximus. The front area must be covered, and the side of the trunks should be 1 cm in width at a minimum. The use of padding anywhere in the trunks is prohibited. 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 of the frontal area, which are precisely described in the Men Classic Physique Section of the Rules.
2. Headgears are generally prohibited but if it is required by the official rules of the country represented by a men competitor or due to the religious principles observed by a men 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.
3. Women competitors will wear the same attire like in Women's Physique:
 - The bikini will be plain opaque two-piece in style.
 - The colour, fabric, texture, ornamentation and style of the bikini will be left to the competitor's discretion, except as indicated in the below.
 - The bikini bottom will cover a minimum of $\frac{1}{2}$ of the gluteus maximus and all of the frontal area. The bikini must be in good taste. Strings are strictly prohibited. No footwear.

The attire will be inspected during the Official Athlete Registration.

The rules for posing attire for men and women will also apply for the mixed-pairs, however, preference will be given by the judges for matching and complementary trunks and bikinis which enhance the mixed-pair's physiques and their appearance as a combined unit. Both members of each mixed-pair shall wear the same number pinned to the left side of the trunks or bikini. When only one set of numbers is available, the number should be worn by the men competitor.

4. Except for a wedding ring, men competitors will not wear footwear, glasses, watches, bangles, pendants, necklaces, bracelets, earrings, wigs, distracting ornamentation or artificial aids to the figure. Women competitors may have bracelets and earrings.

5. Except of women's 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. The use of props during the Prejudging or Finals presentation is strictly prohibited.

6.1 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 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 whether applied as part of a tanning lotion or applied separately, regardless of who applied them on the competitor's body.

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

6.3 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 Pair may be disqualified if the attires does not 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.

At this time, the judges will be assessing the overall physique of both partners for the degree of proportion, symmetry, muscle size and quality (density, separation) as well as skin tone. The couple will also be assessed as a unit with particular attention being given to how well their individual physiques complement each other and how well they move in unison.

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 couples, 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 couples.
3. If there is a tie between two or more couples fighting to enter the top 15, the tied couples will be brought back onstage, and the judges will perform a reassessment of the five mandatory poses to break the tie.
4. The top 15 couples will advance to Round 1. If necessary, IFBB Chief Judge may decrease the number of pairs 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 pairs 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 couples 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:

1. All semifinal Mixed-Pairs will be called onstage as a group in a single line and in numerical order. If time permits, each couple will be introduced by number, names, 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 three couples at a time, each group will be directed to center-stage area to perform the following initial five Mandatory Poses:

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

This initial grouping of couples and performance of the five Mandatory Poses is intended to assist the judges in determining which couples will take part in the comparisons of the five Mandatory Poses. Detailed description of the Mixed-Pairs Mandatory Poses is provided in **Appendix 1** to this Section.

4. All judges submit their individual propositions for the first comparison of the top five couples to the IFBB Chief Judge. Based on them, the Chief Judge will form the first comparison. The number of couples to be compared will be determined by the Chief Judge but no less than three and no more than five couples 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 couples, included mixed-pairs placing in the middle of the group. The IFBB Chief Judge will form the second and the next comparisons till all mixed-pairs will be compared at least once. The total number of comparisons will be decided by the IFBB Chief Judge.

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

6. In Round 1 individual comparisons, formulated by the IFBB Chief Judge, couples are directed to perform the five Mandatory Poses.

7. Upon completion of the last comparison, all couples 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 couple an individual placing from 1st to the last, ensuring that no two or more couples receive the same placing. The judges may use Form 4, entitled “Judge’s Personal Notes” to record their assessment about each couple.

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 couple and will add up the remaining scores to produce a “Round 1 Subscore” and a “Round 1 Place”. The couple with the lowest subscore is awarded 1st place while the couple with the highest subscore is awarded the last place.

3. Ties in the “Round 1 Subscore” need not be immediately broken as the “Round 1 Subscore” will be added to the “Round 2 Subscore” to produce a “PREJUDGING SCORE” and

“PREJUDGING PLACE”.

Article 10 – Assessing of the Elimination Round, Round 1 and Round 3 (Comparisons in Mandatory Poses)

10.1 Assessing of mixed-pairs:

The judge will assess each mixed-pair as an entity. Those whose physiques match, harmonize, and complement each other will receive higher places than mixed-pairs whose physiques are markedly dissimilar and unbalanced, as would be the case of a tall ectomorphic man and a short mesomorphic woman, or vice versa.

This factor will continue to be of importance in the second round as well. When similar poses and limb movements are used by the two partners, as in the compulsory poses, higher places will be awarded for greater accuracy in achieving identical lines.

Stage Presentation is of utmost importance, with matched posing costumes and tanning. A good pair presentation can impress the judges on their ability to move, blend and work together as one unit.

Detailed description how to assess comparisons in Mixed-Pairs Mandatory Poses is provided in **Appendix 2** to this Section.

Article 11 – Prejudging: Presentation of Round 2 (Posing Routines)

11.1 Procedures:

Round 2 will immediately follow Round 1. Round 2 will proceed as follows:

1. Each of the semifinal couples, in numerical order, will perform a posing routine to music of their choice, up to a maximum of 90 seconds.
2. The use of props is prohibited.
3. The attires for Round 2 must conform to the same criteria as for the other rounds (see Article 6).

Article 12 – Prejudging: Scoring of Round 2

12.1 The scoring for Round 2 will proceed as follows:

1. Using Form 3, entitled “Judge’s Individual Placings (Prejudging)”, each judge will place the couples from 1st to the last and will not give more than one couple the same placing. . The judges may use Form 4, entitled “Judge’s Personal Notes” to record their assessment about each couple and to write notes about the athletes.
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)”, under Round 2. 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 couple, will add up the remaining five scores to produce a “Round 2 Subscore” and a “Round 2 Place”.
3. They will then add the “Round 1 Subscore” and the “Round 2 Subscore” to produce a “PREJUDGING SCORE” and “PREJUDGING PLACE”.
4. Ties in the “Round 2 Subscore” need not be immediately broken, as the “Round 2 Subscore” will be added to the “Round 1 Subscore” to produce a “PREJUDGING SCORE”.

5. Should a tie occur in the “PREJUDGING SCORE”, the tie will be broken using the “Round 1 Subscores”. If a tie still exists, the “Relative Placement Method” will be used and the couples “Round 1 Subscore”

Note 1: The Relative Placement Method procedure:

Each individual judge’s scores for the tied couples will be compared on a column-by column basis with a dot being placed on top of the number for the couple 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 couples. The couple with the greater number of dots will be declared the winner of the tie and will then receive the better placing.

6. The scores for the Prejudging will be used to place the couples from 1st place to the last place. The top 6 couples from the Prejudging will advance to the Finals and will start the Finals with zero points.

7. The top 6 couples will be announced just after the Prejudging.

Article 13 – Prejudging: Assessing of Round 2

13.1 Round 2 will be assessed using the following criteria:

1. The judges will be assessing each pair on how well they display their physiques to music. The judge will look for a smooth, artistic, and well-choreographed routine which may include any number of poses; however, the Mandatory Poses must be included. The couple must also include intermittent pauses so as to display the muscular development of their physique.

“Moon” poses and pulling the posing attire so as to display the top inside of the quadriceps or the gluteus maximus shall be strictly forbidden. Detailed description how to assess the Mixed-Pairs Posing Routines is provided in **Appendix 2** to this Section.

2. The judges are reminded that, during this round, they are judging 50% physique and 50% routine.

Article 14 - Finals

14.1 The procedures for the Finals:

The top 6 couples from the Prejudging advance to the Finals, which consists of two rounds as follows:

1. Round 2: Mandatory Poses and Posedown
2. Round 3: Posing Routines

14.2 The attire for Round 2 will conform to the same criteria as for Round 1 (see Article 6).

Note: Competitors may use a different attires that in Round 1; however, they must still conform to the standards of taste and decency as described in **Article 6**.

Article 15 – Finals: Presentation of Round 3 (Mandatory Poses and Posedown)

15.1 Presentation of Round 3:

The procedures for Round 3 in the Mixed-Pairs category will be as follows:

1. The top 6 couples will be brought onstage in a single line and in numerical order. Each

finalist will be introduced by number, name and country.

2. The top 6 couples will perform the 5 Mandatory Poses, in groups of three at the same time, in the center of the stage. After the 5th pose, the Stage Director will reverse the order of the couples and the five Mandatory Poses are performed once again. This part of Round 3 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 couples are reformed into a single line, before exiting the stage.

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

Article 16 – Finals: Scoring of Round 3

16.1 Scoring of Round 3:

The scoring for Round 3 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 couples from 1st to last place, giving no two couples 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 couple, and will add up the remaining five scores and will write the total under the column marked "Round 3 Subscore". Points from the Prejudging are not taken into consideration in the Finals. Each couple begins the Finals with "zero points".

3. Ties in the "Round 3 Subscore" need not be immediately broken, as the "Round 3 Subscore" will be added to the "Round 4 Subscore" to produce a "FINAL SCORE".

Article 17 – Finals: Assessing of Round 3

17.1 Assessing of Round 3

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 competitors 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 couples receive fair assessment based upon their body condition in this round.

Article 18 – Finals: Presentation of Round 4 (Posing Routines)

18.1 Procedures:

Round 4 will immediately follow Round 3. Round 4 will proceed as follows:

4. Each of the top 6 couples, in numerical order, will perform a posing routine to music of their choice, up to a maximum of 90 seconds. This round will be scored.

5. The use of props is prohibited.

6. The attires for Round 4 must conform to the same criteria as for the other rounds (see Article 6).

Article 19 - Finals: Scoring of Round 4

19.1 The scoring for Round 4 will proceed as follows:

1. Using Form 6, entitled "Judge's Individual Placings (Finals)", each judge will mark the couples in placings of 1 through 6, and will not give more than one couple the same placing.
2. The judges may use Form 4, entitled "Judge's Personal Notes", to write notes about the athletes and the couples.
3. The statisticians will collect Form 6 from the judges and will then transcribe the judge's placings onto Form 5, entitled "Score Sheet (Statisticians)", under the Finals section, Round 4. 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 couple, will add up the remaining five scores and will write the total under the column marked "Round 4 Subscore".
4. They will then add the "Round 3 Subscore" and the "Round 4 Subscore" to produce a "FINAL SCORE". Points from the Prejudging (Round 1) are not taken into consideration in the Finals. Each couple begins the Finals with "zero points". They will then record a placing for each couple under the column marked "FINAL PLACE". The couple with the lowest "FINAL SCORE" is awarded 1st place while the couple with the highest "FINAL SCORE" is awarded the last place.
5. Ties in the "Round 4 Subscore" need not be immediately broken, as the "Round 4 Subscore" will be added to the "Round 3 Subscore" to produce a "FINAL SCORE".
6. Should a tie occur in the "FINAL SCORE", the tie will be broken using the Round 3 Subscores. If a tie still exists, the "Relative Placement Method" will be used and the couples "Round 3 Subscore" (see Article 12, point 5).

Article 20 – Finals: Assessing of Round 4

20.1 Round 4 will be assessed using the same criteria as for Round 2 (see Article 13); 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 presentation in this round.

More details in **Appendix 2** to this Section.

Article 21 – Finals: The Awarding Ceremony

21.1 Awarding Ceremony:

The top 6 couples will be called onstage to take part in the award ceremony. The Master of Ceremonies will announce the number, names and country of the couple in 6th place and will continue to the couple 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 winning couple will be played immediately following their 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, couples are not allowed to display their country's flag.

Couples are expected to accept their places, medals and/or awards and to take part in the Awarding Ceremony to its end (photo session). Couple, who ostentatiously manifests their 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 22 – Teams Classification Results and Awards

22.1 Best National Teams:

The Best National Teams scoring includes:

- Top 1 Mixed Pair at the World Fitness 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:

DETAILED DESCRIPTION OF THE FIVE MIXED-PAIRS MANDATORY POSES

1.1 MIXED-PAIRS MANDATORY POSES:

1. Front Double Biceps (see Figure 1)

Man: 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.

Woman: 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 (see Figure 2)

Man: 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.

Woman: 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 (see Figure 3)

Man: 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.

Woman: Standing with her back to the judges, the competitor will bend the arms as in the Front 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 (see Figure 4)

Man: 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.

Woman: 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. will be able to survey the thigh and calf muscles.

5. Abdominals and Thighs (see Figure 5)

Man and woman: Standing face front to the judges, the competitor will place both arms behind the head and will place one leg forward or will keep the legs and feet in-line and up to 15 cm apart (optionally). He/she will then contract the abdominal muscles by “crunching” the trunk slightly forward. At the same time, he/she will contract the thigh muscles of the leg(s).

The judge will survey the abdominal and thigh muscles, and then conclude with the head-to-foot examination.

APPENDIX 2 HOW TO ASSESS THE MIXED-PAIRS COMPETITIONS

2.1 HOW TO ASSESS THE MIXED-PAIRS MANDATORY POSES

In mixed-pairs competition, the competitors will be assessed both individually and as a unit with particular attention being given to how well their individual physiques complement each

other and how well they move in unison. The judge will assess each mixed-pair as an entity. Those whose physiques match, harmonize, and complement each other will receive higher places than mixed-pairs whose physiques are markedly dissimilar and unbalanced, as would be the case of a tall ectomorphic man and a short mesomorphic woman, or vice versa.

This factor will continue to be of importance in the second round as well. When similar poses and limb movements are used by the two partners, as in the mandatory poses, higher places will be awarded for greater accuracy in achieving identical lines.

Stage Presentation is of utmost importance, with matched posing costumes and tanning. A good pair presentation can impress the judges on their ability to move, blend and work together as one unit.

Muscle Mass: Competitors must exhibit a similar degree of muscular development, taking into account natural differences in muscle size between man and woman. But heavyweight bodybuilder in pair with bodyfitness woman is not a well-matched couple.

Separation: This factor must be considered in conjunction with muscle mass. Separation is the delineation between the muscle groups of the physique. Excess subcutaneous fatty tissue and/or water under the skin blurs this muscular division resulting in a smooth appearance. A good physique must have muscular mass which is complemented by deep muscular separation.

Definition: Definition is the display of the individual muscles and their details, often calls "striations" or as "ripped" muscles. A physique that has good muscle mass, separation and definition must be scored highly. However, definition that is taken to the point of emaciation, will only reduce mass and fullness and can't be scored highly. Definition will allow competitors to show pure muscle mass, otherwise the muscles appear stringy and flat.

Proportions: A proportional physique includes the genetic component of the competitor: wide shoulders, narrow hips, trim waist and a deep ribcage. Also the length of legs, trunk, midsection, arms and neck, which should be in balance and harmony. The upper body should not be developed to the extent that it overpowers the lower body and vice-versa. All bodyparts should flow in harmony with no bodypart being over developed to the detriment of the others. Faults such as knock-knees, bowed legs, rounded shoulders or any curvature of the spine and other defects of the posture are to be scored down.

Symmetry: Right and left sides of the body should be equally developed, so as to not exhibit visible differences in size, e.g. left and right biceps or shoulders.

2.2 HOW TO ASSESS THE MIXED-PAIRS POSING ROUTINES

Music background for the routine should be delivered either at the Official Registration or prior to the Finals (information will be provided at the Registration). Music background may be delivered on CD, USB or in MP3 format (see in the Inspection Report for a planned competition).

Couples will pose to their own music for a maximum of 90 seconds and present a

polished, entertaining routine where each athletes move together as one with smooth transitions between poses. The judges should look for a well-choreographed, polished and creative routine performed at an equal, steady tempo/speed. The routine should show each athletes physique and muscularity and should include the Mandatory Poses as well. The couple must also include intermittent pauses so as to display the muscular development of their physique.

APPENDIX 3

PICTURES OF THE MIXED-PAIRS FIVE MANDATORY POSES