

Bodybuilding Judging Criteria

All Bodybuilding classes will be judged on, Muscularity, Symmetry, Balance & Proportions, Conditioning & Presentation.

Stage presence, etiquette & tanning will form the foundations of all judging decisions.

All Men's Bodybuilding Classes will follow the same format:

Attire will be posing trunks. Thongs are not permitted. Athletes should be free of body hair. No body jewellery is allowed.

First athletes will do an Individual Posing Routine

Each athlete will be allowed 60 seconds of Individual Free Posing to music of their own choosing.

Lewd or gratuitous posing is not permitted. The "Full Moon" pose of bending over is not permitted.

Athletes must not lay on the stage during their routine.

To reiterate the entry rules, no music shall have bad language, blasphemy or promote violence.

In the event of a technical problem a music track will be provided by the event organiser.

After the routines the athletes will enter on-stage in numerical order & stand in line. Athletes will perform quarter turns.

Athletes will perform compulsory poses.

Athletes may be asked to perform a free style posedown as a group. Athletes will then leave the stage.

In all instances the athletes will be directed & instructed by the MC, Judges Panel & possibly designated stage helpers.

Quarter Turns:

Head must face the same direction as the feet

Hands must be held slightly away from the trunk No twisting of the torso
Feet must be flat on the floor.

The compulsory poses are as follows:

Front Double Bicep

Front Lat Spread

Side Chest*

Side Tricep*

Rear Double Bicep

Rear Lat Spread

Abdominals & Thigh

Most Muscular

*In most instances the athletes will be asked to show just a single side on the Tricep & Bicep poses but in comparisons they may be invited to specifically show either side individually.