

## Men Bodybuilding



There are several categories for Men's Bodybuilding:

**Teenage:** Open to all male bodybuilders between 18 years of age and 19 years of age. You must be between 18 and 19 years of age on event day. (Proof of age required).

**Junior:** Open to all male bodybuilders between 19 years of age and 21 years of age. You must be between 20 and below 21 years of age as on the day of competition. (Proof of age required).

**Open:** Open to all male bodybuilders age 22 and above on event day. The Open Men has several weight divisions as follows:-

- Under 65kg (this division will only be available at selected titles)
- Under 70kg,
- Under 80kg,
- Over 80kg.

**Masters:** Open to all male bodybuilders of the age 40 years and above on event day.

**Grand Masters:** Open to all male bodybuilder of the age 50 years and above on event day

**Ultra-Masters:** Open to all male bodybuilders of the age 60 above on event day

### Men's Bodybuilding Guidelines:

#### Round 1 - Muscularity

Score Percentage of Round 1 - 45%

**In this round competitors perform the following compulsory poses:**

1. Front Double Biceps

2. Front Lateral Spread
3. Side Chest (*either side at the choice of the competitor*)
4. Side triceps (*again either side*)
5. Rear Double Biceps (*spike one calf*)
6. Rear Lateral Spread
7. Abdominal and Thigh

In this round judges are comparing competitors for the following:

**Muscularity** - The shape, thickness and quality of muscle.

**Proportion** - The balance of one muscle group against another.

**Definition** - Muscle separation, definition and vascularity.

**Balance** - Left side of the body compared to the right, front compared to rear.

### **Round 2 - Symmetry**

Score percentage of Round 2 - 45%

In this round the competitors will stand in numerical order facing the judges and they will perform four one quarter turns - the first will be facing the judges, then the competitors will be asked to make three one quarter turns to the right, thus displaying their physique from every angle.

In this round judges are looking for the following:

**Structural Flaws** - Faults within the competitor's skeletal structure.

**Proportion** - The balance of one muscle group to another eg. Lower body to upper body, biceps to calves, waist to quadriceps etc.

**Balance** - The left side of a competitor's body compared to the right, the front compared to the rear.

**Symmetry** - The competitor's overall shape and line.

### **Round 3 - Free Posing**

Score percentage of Round 3 - 10%

Competitors will pose to their own music for a maximum of 60 seconds.

In this round judges are looking for:

**Posing Ability**

**Presentation / Entertainment**

**Physique**

The judges are looking for a dramatic routine which shall include poses from Round 1.

### **MUSCLE MASS**

It must be remembered that, first & foremost, a physique contest is a Bodybuilding contest. Contestants must exhibit a degree of muscular development which will naturally vary according to the class being judged.

Obviously, one would not expect a Teenage competitor to exhibit the mass of an Open class competitor.

Muscular size will vary between Male & Female competitors.

However, when making comparisons within a class, muscle mass & size plays an important part with the more advanced muscularity scoring higher points.

### **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 under the skin blurs this muscular division resulting in a smooth appearance which detracts from muscular mass.

A good physique must have muscular mass which is complemented by sharp muscular separation rather than being flawed by being too smooth.

### **DEFINITION**

This must not be confused with separation. Definition is the display of the individual muscles & muscle fibers taken to a wish degree (often referred to as 'ripped' or 'shredded').

A physique that has good muscle mass, separation & definition must be scored highly. However, definition that is taken to the point of emaciation, will only reduce mass & fullness cannot be judged so highly. Definition should be only to show clean muscle mass, otherwise the muscles appear stringy & flat.

### **SYMMETRY**

A key ingredient in a winning physique & one that owes its qualities mainly to the genetic component of the competitor. Wide shoulders, narrow hips, trim waist & a deep rib-cage are genetically endowed qualities on which a championship physique can be built. Faults such as knock-knees, bowed legs, rounded shoulders or any curvature of the spine, whilst unfortunate, are to be scored down during the symmetry round.

### **PROPORTION**

This must not be confused with symmetry, although a proportionate physique owes much to it being symmetrical in the first place.

A proportionate physique is one that has no overall development in which each individual body part complements the others in both size & shape. The upper body should not be developed to the extent that it overpowers the lower body & vice-versa. All body parts should flow in harmony with no body part being over developed to the detriment of the others. Right & left sides should be equally developed, so as to not exhibit no readily observable differences in size. Adjoining muscle groups should enhance each other rather than detract.

These qualities; **Muscle Mass, Separation, Definition, Symmetry & Proportion**, are the major considerations when assessing any physique, but must be viewed in conjunction with some rather less important, (but not trivial) considerations which can enhance or detract from the major qualities mentioned.











