

Men's Physique

Men's Physique is aimed at men who prefer to develop a less muscular, yet athletic and aesthetically pleasing physique.



Rounds

Men's Physique consists of the following three rounds:

1. Prejudging: Elimination Round (Quarter Turns)
2. Prejudging: Round 1 (Quarter Turns)
3. Finals: Round 2 (Individual Presentation and Quarter Turns)

Prejudging: Elimination Round

A time-table for prejudging in each category should be published after the Official Athlete Registration. In order to give themselves time to warm up and change into their posing attire, competitors should be in the backstage warm-up area at least 4-5 minutes prior to the start time of the judging of their category. All competitors 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.

1. The entire line-up is 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 centre portion of the stage is left open for comparison purposes.
3. In numerical order, and in groups of not more than ten competitors at a time, each group is directed to the centre-stage area to perform the four quarter turns.
4. The NBFA Chief Judge or Stage Director will direct the competitors through the four quarter turns, which are:
 - a. Quarter Turn Right
 - b. Quarter Turn Back
 - c. Quarter Turn Right
 - d. Quarter Turn Front









Note 1: Detailed description of the Men's Physique quarter turns 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.

5. On completion of the quarter turns the entire line-up is reformed into a single line, in numerical order, before exiting the stage.

Prejudging and Finals: Attire for All Rounds

The attire for the Elimination Round and other Rounds (board shorts) will conform to the following criteria:

1. Competitors will wear an opaque, loose-fitting board shorts which are clean and decent. The colour and fabric of the shorts will be left to the competitor's discretion. Shorts may have geometric patterns and motives, but no inscriptions and cambered ornamentation. The shorts will cover the whole upper leg, down the upper point of the knee (patella). The use of padding anywhere in the trunks is prohibited.
2. No tight, lycra style shorts are allowed.
3. Personal sponsors logos are not permitted on the shorts; however a manufacturer's logo such is accepted.
4. Except for a wedding ring, competitors will not wear footwear, glasses, watches, earrings, wigs, jewellery, 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 and may result in disqualification of the competitor.

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 colouring and self-tanning products may be used provided that it is applied at least twenty-four hours prior to the Prejudging. 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.

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

The NBFA 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 athlete may be disqualified if the attire doesn't meet them.

Comparisons in Quarter Turns

All rounds are assessed using the following criteria:

1. Muscularity and body condition

The judge should first assess the overall male athletic appearance of the physique. This assessment should begin at the head and extend downwards, taking the whole physique into account. The assessment, beginning with the general impression of the physique, should take into consideration the condition of the skin and skin tone and also the hair.

Judges will be looking for fit contestants who display proper shape and body proportions, combined with balanced muscularity and overall condition.

The judges are reminded that extreme muscularity and definition should be marked down. How to assess the Men's Physique quarter turns is explained in **Appendix 2** to this Section.

2. Stage Presence and Personality

Judges are looking for the contestant with the best stage presence and poise, who can successfully convey his personality to the audience and the athlete's ability to present himself onstage with confidence.

APPENDIX 1: DESCRIPTION OF THE MEN'S PHYSIQUE QUARTER TURNS

Front position:

Erect, tense stance, head and eyes facing the same direction as the body, one hand resting on the hip, with four fingers at the front of the body, and one leg slightly moved to the side. Second hand hanging down along the body, slightly out of to the side, elbow slightly bent, with open palm and straight, aesthetically configured fingers. Knees unbent, abdominal and latissimus dorsi muscles slightly contracted, head up.

Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

Quarter Turn Right:

Competitors will perform the first quarter turn to the right. They will stand left side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Left hand resting on the left hip, right arm hold down and slightly to the front from the centerline of the body, elbow slightly bent, with open palm and straight, aesthetically configured fingers. Left leg (nearest the judges) slightly bent in the knee, resting flat on the floor. Right leg (farthest to the judges) bent in the knee, with foot moved back and resting on the toes.

Quarter Turn Back:

Erect, tense stance, head and eyes facing the same direction as the body, wone hand resting on the hip, with four fingers at the front of the body, second hand hanging down along the body, slightly out of to the side, elbow slightly bent, with open palm and straight, aesthetically configured fingers and one leg slightly moved back and to the side, resting on the toes. Latissimus dorsi muscles slightly contracted, head up.

Quarter Turn Right:

Competitors will perform the next quarter turn to the right. They will stand right side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Right hand resting on the right hip, left arm hold down and slightly to the front from the centerline of the body, elbow slightly bent, with open palm and straight, aesthetically configured fingers. Right leg (nearest the judges) slightly bent in the knee, resting flat on the floor. Left leg (farthest to the judges) bent in the knee, with foot moved back and resting on the toes.

APPENDIX 2: HOW TO ASSESS THE MEN'S PHYSIQUE QUARTER TURNS

With the exception of the upper legs, which are covered by board shorts, the assessment should take the whole physique into account. The assessment, beginning with a general impression of the physique, should take into consideration the hair; the overall body development and shape; the presentation of a balanced, proportionally and symmetrically developed physique; the condition of the skin and the skin tone; and the athlete's ability to present himself with confidence and elegance.

The judges should favour competitors with a harmonious, proportional, classical male physique, good posture, correct anatomical structure (including body framework, correct spinal curves, limbs and trunk in good proportion, straight legs, not bandy or knock-kneed). Vertical proportions (legs to upper body length) and horizontal proportions (hips and waist to shoulder width) are ones of the key factors.

The physique should be assessed as to its level of overall body density, achieved through athletic endeavors and diet. The body parts should have a nice and firm appearance with a decreased amount of body fat but should have a "softer" and "smoother" look than in bodybuilding. The physique should neither be excessively muscular nor excessively lean and should be free from deep muscle separation and/or sharp striations. Physiques that are considered too muscular, too hard, too dry or too lean must be marked down.

The assessment should also take into consideration the tone of the skin. The skin tone should be smooth and healthy in appearance. The hair should complement the "Total Package" presented by the athlete.

The judge's assessment of the athlete's physique should include the athlete's entire presentation, from the moment he walks onstage until the moment he walks offstage. At all times, the Men's Physique competitor must be viewed with the emphasis on a "healthy and fit" physique, in an attractively presented, impressive "Total Package".

Judges are reminded that this is not a bodybuilding contest. The competitors should have shape to their muscle but not the separation, definition, very low bodyfat level, dryness or hardness that are seen at bodybuilding competitions. Any competitor who exhibits these features is to be marked down.

**APPENDIX 3:
HOW TO PERFORM AND ASSESS MEN'S PHYSIQUE INDIVIDUAL PRESENTATION**

The Men's Physique Individual Presentation is performed in the following manner:

- The competitor will walk to the center of the stage, will stop and perform front stance, with optional pose of hand in pocket or on hip, finishing facing the judges.

- The competitor will then turn to his right and perform the left side stance.
- The competitor will then turn to his right and perform back stance.
- The competitor will then turn to his right and perform the right side stance.
- The competitor will then turn to his right and perform the front position. The competitor will then walk to the line-up in the rear part of the stage.

The judges will be assessing each competitor on how well they display their physique in move. Competitors shall be assessed on whether or not they carry themselves in a graceful manner while walking to the stage. The pace, the elegance of moves, gestures, "showmanship", personality, charisma, stage presence, as well as a natural rhythm should play a part in the final placing of each competitor.