

## **RULES FOR ATHLETIC FITNESS**

### **Judges/controllers**

The organizer must use only IFBB/Nationally approved judges. At International Championships a minimum of 9 judges shall be used for the symmetry rounds. At National Championships 9 judges shall be used for the symmetry rounds. At smaller competitions a minimum of 7 judges can be used for the symmetry rounds. When rowing machines are used in round 3, there shall be one controller per machine. This person does not necessarily have to be an IFBB judge. Round 2: chins and dips, requires at least two controllers per frame (one counts all chins/dips being carried out, whilst the second (a judge) checks that the chins/dips are performed correctly and counts any chins/dips that are incorrectly performed. Number of counted incorrect chins/dips from the judge is drawn from the total number of chins/dips. The judge on the frame should not be from the same club/country as the athlete performing on the frame, as far as this is possible.

### **Attire**

**WOMEN:** For the symmetry rounds athletes will be barefoot and wearing a two-piece bikini. The bikini bottom must cover at least half of the buttocks (gluteus maximus) and all of the frontal area. G-string is strictly not allowed. The bikini will be of plain, black and matt opaque fabric (not glossy/metallic). The hair may be styled. Except for a wedding ring, jewellery will not be worn.

**MEN:** For the symmetry rounds athletes will be barefoot and wearing close-fitting shorts of a boxer type. The shorts must cover all of the buttocks (gluteus maximus). The shorts will be of plain, black and matt opaque fabric (not glossy/metallic). Except for a wedding ring, jewellery will not be worn.

*Competitors may dress as they deem fit for the physical rounds, unless the organizer provides garments, but they will use a top that shows arms, for example a tank top. This is to ensure that the judges can see the full stretch of the joints.*

The competitors' number shall be affixed on the left side of the attire.

### Categories

There are two categories in Athletic Fitness for both mens and womens classes. These are currently as follows:

Women:	Up to and including 165 cm
	Over 165 cm
Men:	Up to and including 178 cm
	Over 178 cm

In international championships like EM/VM and the Nordic championship there will be open class for men and women with the same rules as described in this document. This is for time consuming reasons and to promote the best athletes.

### Elimination Round

An elimination round is to be held when there is more than 15 competitors in a category. The round will be carried out as follows:

The entire line-up is brought onstage, in numerical order and in a single line. 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. In this round, the stage director orders groups of competitors to perform quarter turns in the center-stage area, 4 times to the right. In this round the judges will assess the competitors form, general impression of the physique, athletic appearance and development, symmetry, harmony, healthy skin and overall performance. This is **not** a bodybuilding contest!

Competitors should have a certain muscular development, but neither the size, definition and vascularity as seen in bodybuilding competitions. If the

judges observe these characteristics, the competitor shall be marked down. The use of oil is allowed but must be kept to a minimum. Competitors can be marked down by excessive use. Competitors will take a relaxed stance, standing erect without adopting an excessively tense pose and with heels almost together. The head and eyes will face the same direction as the body, with shoulders back, chest out, and stomach in.

*Note: Competitors will not chew gum or candy while onstage.*

With 16 to 21 participants, judges shall place a cross (x) next to the numbers of the 1–6 competitors they judge should not advance to Round 1.

If there is more than 21 participants, the judges shall place a cross (x) next to the numbers of the 15 competitors selected for advancement to Round 1.

### **Round 1 – symmetry**

In this round, all competitors will stand in a line-up in numerical order for quarter turns, performed 4 times to the right. 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. In numerical order, and in groups of no more than five competitors at a time, will competitors be directed to the center-stage area to perform the four quarter turns. This round is judged by the same criteria as the elimination round.

The judges can submit their individual propositions for comparisons to the head judge. The head judge then calls comparisons of 3–5 competitors for quarter turns. All competitors will undergo at least one comparison.

Each judge will award each competitor an individual placing from 1st to 15th, ensuring that no two or more competitors receive the same placing, with the placing next to the competitors number on the form. The Secretariat calculates total placings using the current system. The competitor with the lowest score wins the round. Only the 12 best competitors will advance to the physical components.

### **Physical components**

Round 2 and 3: the physical performance of chins, rowing and dips.

2–4 competitors from the same class will compete in heats, depending on

the number of machines available. They will start by performing chins, having 1 minute and 30 seconds on the clock before starting to row. Competitors will then row as far as possible in 1 minute and 30 seconds. Competitors will then have a break for 30 seconds, so as to prepare themselves for performing dips. They will then perform as many dips as possible, starting simultaneously. Overall, this will take about 4–5 minutes per heat.

### **Implementation of the physical components**

The athlete starts by performing chins and has 1 minute and 30 seconds available before starting to row. Only the use of magnesium is allowed for better grip. Performance of chins starts with full stretch in the elbow and shoulder joints. In the top position the chin must reach over the bar, so that the bar touches the upper part of the neck. The athlete will let the body down back to the starting position, at a desired pace and with a pronounced stop. Swinging of the body and/or legs, chipping or jerking the body up is strictly not allowed. As the competitor has a limited time to perform the chins, he/she may take as many/long breaks at their discretion.

After the athlete has completed the chins, he/she proceeds immediately to the rowing machine for the next round. Concept 2 rowing machines are to be used, and the athlete must adjust foot straps and resistance / drag factor as desired before the start of the exercise. Athletes should be reminded to adjust straps and resistance before the heat starts. There will be no time to test the drag factor.

The start signal for rowing is exactly 1 minute and 30 seconds after the athlete was given permission to start chins (regardless of whether the athlete is ready or not). The athlete will then row as far as possible in 1 minute and 30 seconds. After rowing, the athlete has 30 seconds to get ready on the dips frame for the next round. The athlete begins to perform dips when permission is given.

The athlete will perform as many dips as possible. The starting position is the top position with the body straight and with locked/extended elbow joints. On the start signal the athlete lowers the body so that the top of the

shoulder is lower than the top of the elbow joint. The athlete then presses back up to the starting position (top position). This is one repetition. The pace should be regular and countable for judges, with no excessive speed, swinging of the legs or bouncing to come up. If the athlete stops to rest during the exercise the judge will start counting 1001 – 1002 – 1003. If the athlete does not perform another repetition by the count of 1004 then the athlete is finished with the exercise. One rest may be allowed, a second rest will mean the end of the exercise.

The 6 best competitors from rounds 1–3 will advance to round 4, finals.

#### **Round 4 – symmetry / final**

The 6 best competitors after three rounds advance to round 4, and will be presented in this round, barefoot and wearing bikini/boxer shorts.

Competitors will stand in line-up in numerical order for quarter turns, performed 4 times to the right. The stage director may at his discretion have the group perform quarter turns again but in reverse numerical order. Each judge gives each athlete a placing next to the competitors' number on the form, giving no two athletes the same placing. The Secretariat calculates total placings using the current system. The contestant with the lowest score wins the round. Scores from this round will be added together with points from round 2 and 3. Final placements are calculated from this score. The 6 final placings are announced.

#### **Scoring**

Round 1 – Symmetry: Prejudging 33%

The 12 best competitors will advance to Round 2 and 3

Round 2 – Strength part: Chins 16.5% / Dips 16.5% = 33%

Round 3 – Condition part: Rowing 33%

The 6 best competitors will advance to Round 4 based on the total score of Round1(33%) + Round2(33%) + Round 3(33%)

#### Round 4 – Symmetry: Final 33%

The final placements will be calculated from

Round2(33%) + Round 3(33%) + Round4(33%)

When scoring round 2, the strength part, placings from both chins and dips will be added together for each athlete. This number will then be used as a basis to provide a new total placement for this round.

In round 3, the condition part, the athlete who has rowed the furthest in the given time will win the heat.

Rounds 1–3 will decide which competitors advance to Round 4. If a tie occurs after 3 rounds, the competitors will receive the same placing unless it affects the calculation of the 6 competitors to advance to Round 4. In such a case, the tie will be broken by using the subscore from the symmetry round 1.

If a tie occurs in the finals, the tie will be broken using the round 4 subscores.