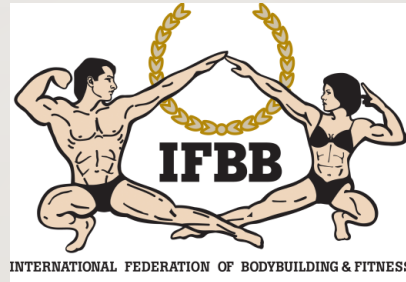


IFBB MEN'S PHYSIQUE

INTERNATIONAL RULES



MEN'S PHYSIQUE

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

CATEGORIES

JUNIOR	Class A: Up to and incl. 174 cm
	Class B: Up to and incl. 178 cm
	Class C: Over 178 cm
SENIOR	Class A: Up to and incl. 170 cm
	Class B: Up to and incl. 174 cm
	Class C: Up to and incl. 178 cm
	Class D: Over 178 cm
	Open category in Muscular Men's Physique
MASTER	Open category over 40 years

ATTIRE FOR ALL ROUNDS

Competitors will wear an opaque, loose-fitting, knee-long board shorts.

The colour and fabric of the shorts will be left to the competitor's discretion



Only wedding rings are allowed

ATTIRE FOR ALL ROUNDS

No tight lycra style shorts are allowed



Personal sponsors or logos are not permitted on the board shorts. However, a manufacturer's logo is accepted

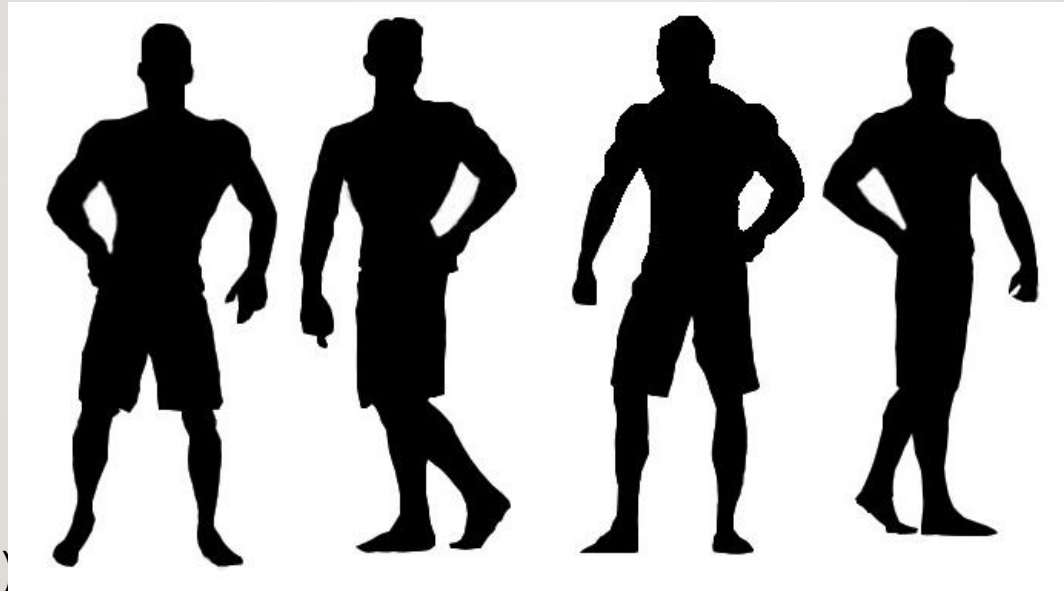
ATTIRE FOR ALL ROUNDS

Except for a wedding ring, jewellery will not be worn



PRESENTATION OF ELIMINATION ROUND AND ROUND 1

If there are more than 15 competitors, the judges shall select the top 15 to advancing to semifinals (Round1). All semifinalists will be called onstage as a group in a single line and numerical order. In groups of no more than eight competitors at a time will go to the center of the stage and will perform quarter turns, staying motionless.



Front position
(Face front to the judges)

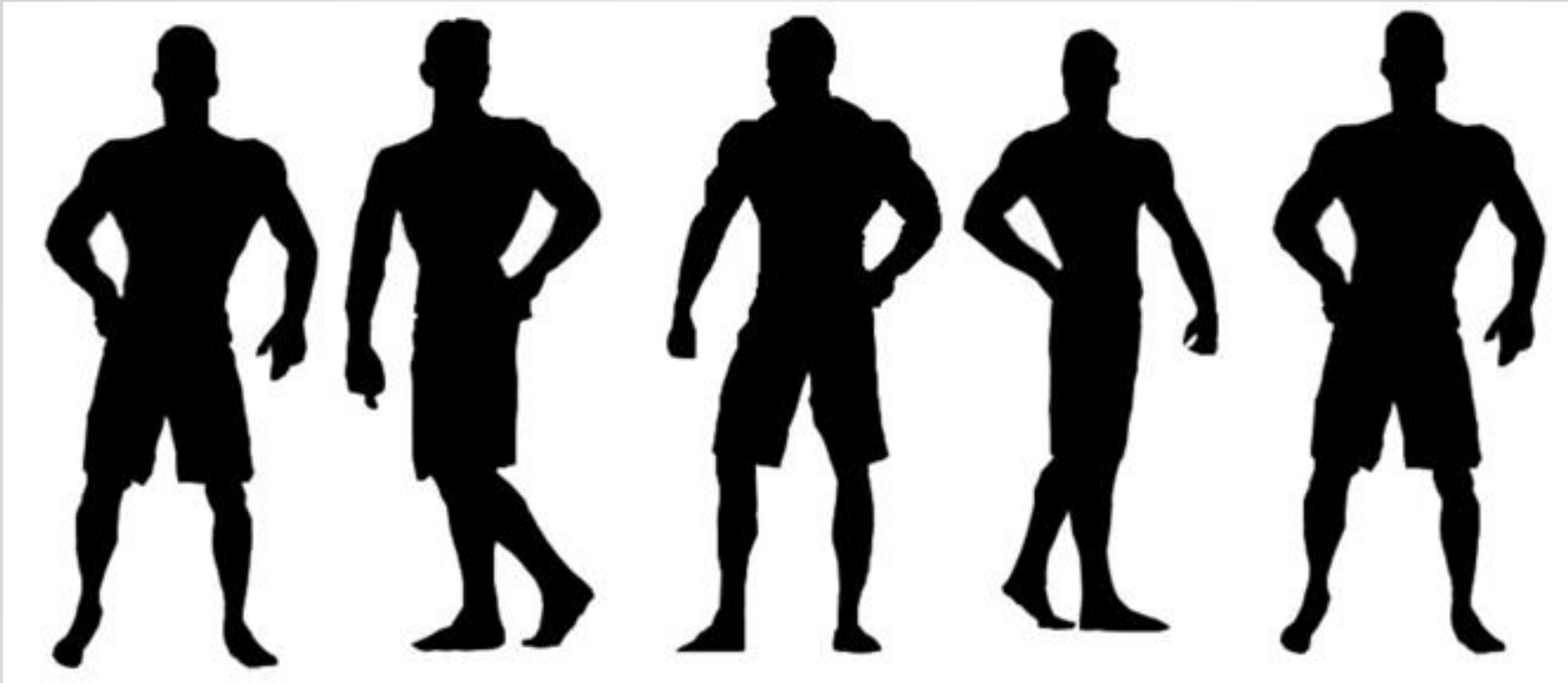
Quarter Turn Right
(Left side to the judges)

Quarter Turn Back
(Back to the judges)

Quarter Turn Right
(Right side to the judges)

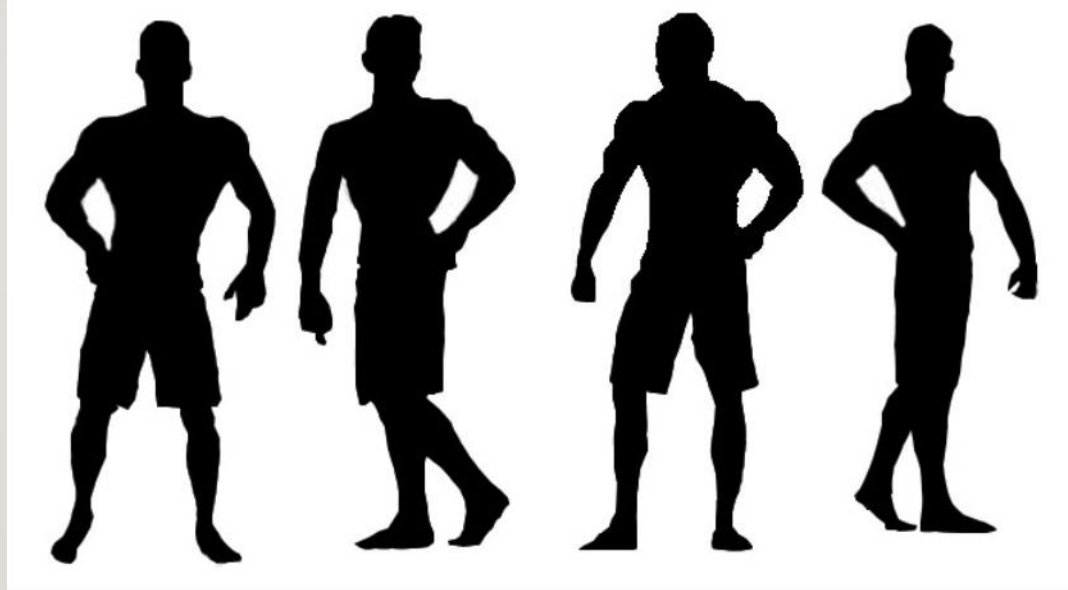
THE FINALS: PRESENTATION ROUND 2 – PART 1

The top 6 athletes from the Prejudging advance to the finals, which consist of a single round (Round 2). Competitors may use a different shorts than in Round 1; however, they must still conform to the standards of taste and decency as in Round 1. First, competitors enter the stage one by one, in numerical order and perform four quarter turns individually, in the center part of the stage.



THE FINALS: PRESENTATION OF ROUND 2 – PART 2

Then, the top 6 finalists are directed to the center of the stage to perform, as a group, four quarter turns in numerical order and then in the reverse order.



Front position
(Face front to the judges)

Quarter Turn Right

(Left side to the judges)

Quarter Turn Back

(Back to the judges)

Quarter Turn Right
(Right side to the judges)