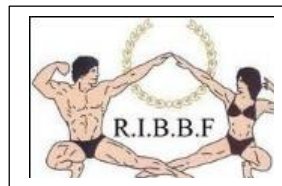


MEN'S PHYSIQUE



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

Categories

In Men's Physique, categories may be added or subtracted at any time if so decided by the RIBBF.

Attire:

The attire for all rounds is board shorts, which must conform to the following criteria:

1. Material and colour can be of the athlete's personal choice
2. No tight, lycra style shorts are allowed
3. Board shorts should not cover the knees
4. Personal Sponsors logos are not permitted on the board shorts. However a manufacturer's logo such as Nike, Adidas or Billabong are accepted
5. No footwear
6. No jewellery or other accessories, except for a wedding ring

Rounds:

Men's Physique will consist of 2 Rounds as follows:

Round 1: Quarter Turns

Presentation of Round 1

Competitors will enter the stage without a shirt and barefoot.

Under the direction of the Head Judge, Round 1 is carried out as follows:

1. The entire line-up is called onstage, in a single line and in numerical order.
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 no more than five competitors at a time, each group is directed to the centre-stage area to perform the following four Quarter Turns with one hand on the hip:
 - a. Quarter turn to the right
 - b. Quarter Turn Back
 - c. Quarter turn to the right
 - d. Quarter Turn Front
4. All individual comparisons are to be carried out centre-stage and in the order, from left to right, as directed by the Head-Judge.
5. All judges are asked to submit the athletes who they consider in the top 6. The comparison slips will be handed to the Head-Judge and Secretary. The secretary will add the comparisons and the Head Judge will call the athletes with most votes of the judges in the first comparison. Any additional requests are at the discretion of the Head-Judge.
6. All competitors undergo at least one comparison.
7. On completion of the last comparison, the entire line-up is reformed into a single line, in numerical order, before exiting the stage.

Scoring of Round 1 (Quarter Turns):

The scoring of Round 1 is carried out as follows:

1. Each judge awards each competitor an individual placing, ensuring that no two or more competitors receive the same placing.
2. With nine (9) judges, two high and two low scores are discarded. With seven (7) or five (5) judges, 1 high and 1 low score will be discarded.

The remaining scores are added up to produce a “Round 1 Sub-score” and a “Round 1 Placing”.

3. Ties in the “Round 1 Sub-score” are broken using the Relative Placement method.

4. The top 6 competitors at the National Championships advance to the Finals (Round 2).

Assessing Round 1 (Quarter Turns):

Round 1 is 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 and facial features. Judges will be looking for fit contestants who display proper shape and symmetry combined with muscularity and overall condition.

The judges are reminded that extreme muscularity should be marked down.

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.

Round 2: Finals: Quarter Turns

Attire for the Round 2 is the same as Round 1.

Presentation of Round 2:

Round 2 is carried out as follows, under the direction of the Head Judge:

1. Competitors will **enter the stage one by one** and is introduced by number and name, individually and in numerical order and walk to the front and centre of the stage. They will perform front and back turns, with optional pose of hand on hip, finishing facing the judges. The competitor will then proceed to one side of the stage as directed by Head Judge or Stage Director

2. In numerical order, the 6 finalists will be directed to the centre-stage area to perform the Quarter Turns.

3. The line-up will be reversed by the Head-Judge or Stage Director and the competitors will perform once again Quarter Turns and Compulsory poses.

Scoring of Round 2:

The scoring of Round 2 is carried out as follows:

1. Each judge awards each competitor an individual placing from 1st to 6th ensuring that no two or more competitors receive the same placing.

2. With nine (9) judges, two high and two low scores are discarded. The remaining scores are summed to produce a “Round 2 Final score”. With seven (7) or five (5) judges, 1 high and 1 low score will be discarded.

3. The competitor with the lowest amount of points will be the winner.

4. Ties in the “Round 2” are broken using the Relative Placement method

