

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.

3. In exceptional cases, when the anatomical structure of a competitor drastically differs from the accepted criteria of body condition in the physique sports (extended belly, unnatural shape of muscles, gynecomastia, too high bodyfat level, etc.) the Chief Judge has the right to prevent the athlete from competing or disqualify him in any other moment of his stage presentation.

Article 11 - Finals:

11.1 The procedures for the Finals:

The top 6 athletes from the Prejudging advance to the Finals, which consists of a single round:

1. Round 2: Quarter Turns x 2

11.2 The attire for Round 2 is the same like in Round 1.

Note: *Competitors may use a different shorts that in Round 1; however, they must still conform to the standards of taste and decency as described in Article 6.*

Article 12 - Finals: Presentation of Round 2

12.1 Presentation of Round 2:

The procedures for Round 2 will be as follows:

1. The top 6 finalists will be directed to the center of the stage, in a single line and in numerical order and will be introduced by number, name and country.
2. The IFBB Chief Judge will direct the competitors, as a group, through the four quarter turns in numerical order and then in the reverse order.
3. The detailed description of quarter turns is provided in **Appendix 1** to this Section.
4. On completion of the quarter turns, the competitors exit the stage.

Article 13 - Finals: Scoring of Round 2

13.1 Scoring of Round 2:

The scoring for Round 2 will proceed as follows:

1. The judges, using Form 6, entitled "Judge's Individual Placings (Finals)", and using the same criteria for judging as used during the Prejudging, will place the competitors from 1st to the last, giving no two athletes the same placing.
2. The statisticians will collect Form 6 from the judges and will then transcribe the judge's placings onto Form 5, entitled "Score Sheet (Statisticians)". They will then discard two highest and two lowest scores (if nine judges) or one highest and one lowest (if less than nine judges) for each competitor, and will add up the remaining five scores and will write the total under the column marked "Round 2 Subscore". Points from the Prejudging (Round 1) are not taken into consideration in the Finals. Each competitor

begins the Finals with “zero points”.

3. If an athlete was given a Red Card by the Chief Judge (see Art. 5.2), he will be moved one place down (for each of the Red Cards received) in the Round 2 Subscores. His original scoring will be provided but his score in the “Round 2 Subscores” column will be marked with an asterisk (*) by the statisticians and the proper note will be put below the scoring table of this category.

4. Should a tie occur in the “Round 2 Subscore”, the tie will be broken using the “Relative Placement” method applied to the athlete’s “Round 2 Subscore” (see Article 9, Point 3).

Article 14 - Finals: Assessing of Round 2

14.1 Assessing of Round 2

Round 2 is assessed using the same criteria as detailed in Article 10 (Assessing of Round 1). More details in **Appendix 1** to this Section.

The judges must ensure that this round is judged from a “fresh” perspective, ensuring that all competitors receive fair assessment based upon their body condition presented in this round.

Article 15 – Finals: The Award Ceremony

15.1 The Award Ceremony

The top 6 finalists will be called onstage to take part in the award ceremony. The Master of Ceremonies will announce the number, name and country of the competitor in 6th place and will continue to the competitor in the 1st place.

The President of the IFBB, or the top IFBB official at the contests, accompanied by the other official(s) invited by him to take part in this Ceremony, will present the IFBB Medals and/or trophies to the winners.

The national anthem (short version) of the country of the 1st place winner will be played immediately following his receipt of the 1st place award(s).

After the national anthem, the finalists are obliged to remain onstage for a brief period of time for photographic purposes, and to follow the IFBB Chief Judge or Stage Director commands. During the Awarding Ceremony, competitors are not allowed to display their country’s flag.

Competitors are expected to accept their places, medals and/or awards and to take part in the Awarding Ceremony to its end (photo session). Competitor, who ostentatiously manifests his/her disapproval and/or leave the stage prior to the end of the Awarding Ceremony, may be disqualified.

Detailed description of the Awarding Ceremony is available in Section 1: **General Rules**,

Article 16 – Overall Category and Award

16.1 In Men’s Physique the Overall Category is conducted in:

- a. Senior Men’s Physique (for a maximum of six champions)
- b. Junior Men’s Physique (for a maximum of four champions)
- c. Masters Men’s Physique (for a maximum of three champions)

Note: *The Muscular Men’s Physique category winner will not participate in the Senior Men’s Physique Overall Category.*

16.2 The Overall Category will proceed as follows:

1. Immediately following the Awarding Ceremony for the last Men’s Physique category, all category winners, except Muscular Men’s Physique, will be brought onstage in numerical order and in a single line, wearing their board shorts.

2. The IFBB Chief Judge will direct the competitors through the four quarter turns performed at the center of the stage, in numerical order and then in the reverse order.

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:

PHOTOS OF THE MEN'S PHYSIQUE QUARTER TURNS



MEN'S PHYSIQUE

QUARTER TURNS

