



Rules for Judges and Competitors

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Competitor Categories

Master Class 3 over 60

Master Class 2 over 50

Master Class 1 over 40

Juniors

Miss Shape

Miss Shape over 30

Men's Physique

Mr. Athletic Short

Mr. Athletic Tall

Miss Figure over 40

Miss Figure

Miss Body

Men Body Class 4

Men Body Class 3

Men Body Class 2

Men Body Class 1

Overall

Class Criteria

Masters Class

- Class 3: 60 years and older (including the year, the athlete turns 60)
- Class 2: 50 - 59 years (including the year, the athlete turns 50)
- Class 1: 40 - 49 years (including the year, the athlete turns 40)

Juniors

- up to age 23 (including the calendar year, the athlete reaches the age of 23)

Miss Shape & Miss Shape over 30 (year of birth)

Men's Physique (weightlimit = size – 100 + 2kg = max.weight)

Mr. Athletic

- Short: up to and including 1,75m
- Tall: must be over 1,75m

The Classifications for Mr. Athletic are based on a height/weight formula:

Up to 170 cm + 2 kg = Maximum Weight

Up to 180 cm + 3 kg = Maximum Weight

Over 180 cm + 4 kg = Maximum Weight

Miss Figure over 40 year of birth

Miss Figure

The Classifications for Miss Figure are based on a height/weight formula:

Height – 100 and then 90% = competitionsweight

Miss Body

- one Class

Men Body

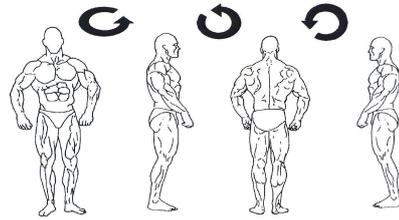
- Class 4: up to and including 1,65m
- Class 3: over 1,65m – 1,72m
- Class 2: over 1,72m – 1,79m
- Class 1: over 1,79m

Judging Criteria

(Masters, Juniors, Mr. Athletic, Men Body)

1. Round 50%

- Line Up
- Symmetry & Proportion



2. Round 50%

- Comparison



Front Double Biceps



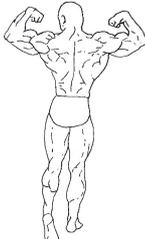
Front Lat Spread



Side Chest (any side)



Triceps (any side)



Rear Double Biceps
(showing one calf)



Rear Lat Spread
(showing one calf)



Abdominals and Thighs
(arms behind the head)



Most Muscular
(not Mr. Athletic)

3. Round only top six

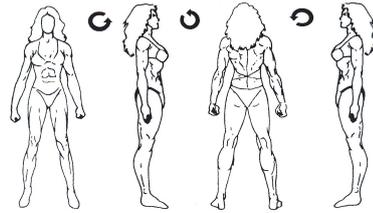
- Individual Routine (voluntarily)
- 60 sec.

Judging Criteria

(Miss Shape)

1. Round

- Line Up
- Symmetry & Proportion



Judging Criteria

(Men's Physique)

1. Round 100%

- line up
- symmetry & proportion

Competitors have to wear opaque, loose-fitting board Shorts with knee-length which are clean and decent. The colour and fabric of the shorts are left to the competitor's choice.

front & back position:

Erect, tense stance, head and eyes facing the same direction as the body, with one hand resting on the hip and one leg slightly moved to the side.

side position:

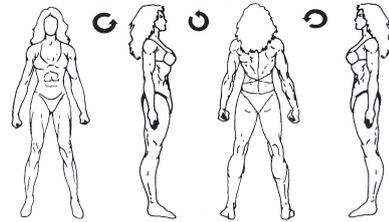
Erect, tense stance, head and eyes facing the same direction as the body, with one hand resting on the hip, second hand hanging down along the body.

Judging Criteria

(Miss Figure)

1. Round

- Line Up
- Symmetry & Proportion



2. Round

- Comparison



Front Double Biceps



Rear Double Biceps
(showing one calf)



Abdominals and Thighs
(arms behind the head)



Side Chest (any side)



Triceps (any side)

3. Round

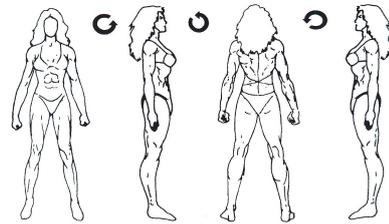
- Individual Routine (voluntarily)
- 60 sec.

Judging Criteria

(Miss Body)

1. Round

- Line Up
- Symmetry & Proportion



2. Round

- Comparison



Front Double Biceps



Front Lat Spread



Side Chest (any side)



Triceps (any side)



Rear Double Biceps
(showing one calf)



Rear Lat Spread
(showing one calf)



Abdominals and Thighs
(arms behind the head)

3. Round

- Individual Routine (voluntarily)
- 60 sec.

General Judging Criteria

Men Categories:

Muscular development, muscular proportions, symmetry of development, muscular definition.

Miss Figure:

Physical proportions, symmetrical development, muscular tone, posing routine, femininity

Miss Body:

Muscular development, muscular proportions, symmetry of development, muscular definition.

Miss Shape:

Feminine and attractive sportive female athletes, well balanced and trained
Muscle mass and an extremely defined physique is not requested

Languages

The language used by the headjudge/speaker during the competition is English.