



NSABBA MEN'S BODYBUILDING DIVISION

COMPETITOR RULES:

- Male competitors will wear posing trunks of a solid, non-distracting color which are clean and decent.
- G-strings are strictly prohibited.
- Avoid styles that have a "v" taper on the front and back — they look like a bikini bottom.
- All competitors will wear the posing attire, during both Prejudging and Finals, that was approved by the head judge / official delegate at the weigh-ins. Unauthorized use of any other posing attire is strictly prohibited without the prior approval of the head judge / official delegate and may lead to disqualification from the event.

CLASSES:

- Bantam Weight — up to and including 65 kg / 143 lb
- Light Weight — up to and including 70 kg / 154 lb
- Middle Weight — up to and including 80 kg / 176 lb
- Light-Heavy Weight — up to and including 90 kg / 198 lb
- Heavy Weight — over 90 kg / 198 lb

- Juniors — max age of 21 during contest year
- Masters — age 40 and over
- Grandmasters — age 50 and over

Please note that classes are subject to change depending on show size

MANDATORY POSES:

Mandatory Poses will be performed and include the following poses:

- Front Double Biceps
- Front Lat Spread
- Side Chest
- Side Tricep
- Back Double Biceps
- Back Lat Spread
- Front Ab/ Thigh
- Most Muscular

PREJUDGING:

Athletes will line up offstage in numerical order. Competitors will walk out on stage in a line as guided by the stage marshal and line up as directed, depending on the number of competitors on stage.

The Head Judge will then call up the line in groups of approximately five (5) competitors and proceed to request the group do the following 2 half turns for comparison:

- Face front stage
- Face rear stage

Judges will have the opportunity to compare competitors against each other in half turns.

The Head Judge will then request the group do their mandatory poses. Judges will have the opportunity to compare competitors against each other in mandatory poses. Once your group is finished you will return to the line. Stay posed.

The Head Judge will then call your # up in groups of 5 (no particular order). The Head Judge will then request the group do their mandatory poses. Once your group is finished you will return to the line. Stay posed.

When the judges are satisfied, the Head Judge will ask you to exit the stage.

FINALS:

Posing Routine:

Athletes will line up offstage in numerical order. Each individual is required to do a 60 second posing routine, to their choice of music (profanity, racial / sexual slurs and inappropriate verbiage is NOT allowed. If we find that your music contains any of these things, your music will be stopped and you may be disqualified from the competition).

Your routine should include the following:

- Poses and movements that highlight your best features
- Smooth transitions between movements
- Good musicality
- Additional physical prowess that you have: flexibility, dance, gymnastics...

Once the individual routine is completed, exit the stage and line back up numerically. Athletes will line up offstage in numerical order. Competitors will walk out on stage in a line as guided by the stage marshal and line up as directed, depending on the number of competitors on stage.

The Head Judge will then call up the line in groups of approximately five (5) competitors and proceed to request the group do the following 2 half turns for comparison:

- Face front stage

- Face rear stage

The Head Judge will then request the group do their mandatory poses. Once your group is finished you will return to the line. Stay posed.

The top 5 competitors will be called out to center stage line and may be asked to do mandatorics and half turns. They will then do a pose-down. Awards will then be handed out.

JUDGING CRITERIA:

Muscularity:

Muscularity refers to the size of the muscles, their shape, separation, definition, and hardness or visibility of striations and vascularity. Muscularity is determined by the extent of development in relation to the size of the skeletal structure. Also to be considered is the shape and contour of the developed muscle and muscle groups. Of equal importance is the separation or lines of demarcation between adjacent muscles, and striations delineating sections or fibers within the same muscle group, and the degree of firmness of muscle tone. Body fat retention and water retention are conditions, which should subtract from an athlete's degree of perfection in this round.

In comparing muscularity, judges should look for evidence that the competitor is a bodybuilder, with muscularity that is greater than average. An impressive development of muscle, and not the definition of average muscularity achieved simply by dieting, is the quality sought in this area. In gauging muscularity, the judge should examine the degree of muscularity over the entire body.

A full, well-positioned muscularity has a more favorable appearance and should be judged accordingly. Size is not necessarily the key-determining factor, but evidence of thick muscularity is desirable in comparing qualities among bodybuilders.

Definition:

Indicates the degree of muscularity brought about by the absence of subcutaneous body fat. Defined muscularity is necessary to fully display the development of the physique. Definition is only of value when it allows massively developed muscles to be displayed.

There should be evenness between hardness in the upper and lower body, between extremities and the torso and between corresponding sides of muscle groups or the entire body (between arms and between legs).

Proportion:

Implies an even balance of muscular development in comparison to each muscle group. Theoretically, a "strong body part" can be just as detrimental as a "weak body part". Bodybuilders must strive for equal development among all muscle groups. The aspect of definition is equally important in judging muscularity. It must be possible to

distinguish between muscles and muscle groups, as in demarcation of muscle outlines, as well as the visibility of striations between fibers within a separate muscle. Leanness is important but an anorexic or overly dieted appearance is neither advantageous nor desirable. Definition within the confines of a well-muscled physique is what judges should be looking for. Definition and hardness are the signs of a "finished" physique, which is the result of hard training, the absence of body fat, and a limited retention of body water. Vascularity is a sign of a defined muscularity.

Symmetry:

Symmetry refers to the structural harmony of the physique including the structural size on the muscles, the relation of each muscle in a group to all other muscles in the group. It shall also include the balance and proportion of components (upper and lower body, upper and lower parts, and front and back). Also to be considered is the degree of separation, definition and detail. Symmetry is a measurement of evenness of development and how well the parts of the physique fit together.

In evaluating symmetry, the judge should be concerned with the harmony and proportion of the physique. This evaluation should begin with the SKELETAL STRUCTURE itself. Although a competitor may be limited by his genetic structure, the judge has to honestly examine this characteristic to make necessary distinctions between bodybuilders. The ideal structure should include a near-equal ratio of torso to leg length, broad shoulders and narrow hips. Furthermore, skeletal deformations must be judged as imperfections despite the athlete's inability to change them.

Symmetry also includes judgment of muscular development and the muscles themselves. The upper body and lower body development should be synergistic and fit together well. Likewise, the arms and legs should be in proportion to one another and also within each front to back. The physique should look balanced from the front, back and side, with no angle overshadowing the others. Within the muscles themselves, balance must be existent pertaining to quality of muscle peak, height, development, length, shape and proportion. Judging symmetry involves finding defects within the physique by careful evaluation, which are separate from defects found in the area of muscularity. Symmetry is a difficult marker of physique competition to be judged.

Stage Presence:

Includes posing performance and other factors influencing general appearance such as skin tone, grooming, charisma, and poise. Effective stage presentation is essential to display the physique to its maximum potential. Presentation is the effectiveness of display of the competitors' most favorable development, including posture, carriage, projection, posing ability and stage presence. Skin quality, evenness of tone, choice of posing outfit, and grooming are also considered. The selection and order of poses used in the individual routine and the finesse in assuming them, along with smoothness of transition between them are factors included in the judgment of presentation.

The focus in presentation is on all aspects of the performance other than the actual physique itself. Presentation judging begins with the SEMI-RELAXED round, in

examining how the contestant presents himself. Contestants should face the position request by the judges (front & back) without twisting, posing, moving, etc. They should stand erect and symmetrical, weight on both feet and arms at the sides. Any movement (posing) which impairs the judges' ability to look at the presentation should be reflected in a markdown in scoring, costing the athlete possible higher placement. Grooming is also examined during this time, which the emphasis on the athlete's ability to present a well-prepared and attractive appearance.

Included here are evaluations based on hair style and length, skin tone (free of blemishes not under his control), discoloring of skin, tan quality and evenness, stretch marks, sagging skin, etc. Jewelry other than rings and non-hanging earrings is prohibited.

The individual POSING ROUTINE gives judges the opportunity to study the competitor's stage presence and ability to display his/her physique. The routine should include a broad selection of poses (to show all aspects of physique and be non-repetitive) and have an orderly progression of poses with smooth and finessed transitions. Likewise, poses should be held long enough for judges to gain an impression of the physique. Also, routine should fundamentally be a bodybuilding display, and not dance, gymnastics, burlesque or other displays.

Use of these techniques can enhance a routine if used sparingly, but judgment of posing should not be predicated on outside athlete or dance ability. The competitor should enjoy the routine and communicate this to the judges and audience with the absence of gritted teeth, grimaces, quivering or shaking, balance problems, arrogance, etc. Slouching or lack of attention between requested poses should be viewed negatively by judges.

Presentation involves a significant amount of pre-contest preparation, which is reflected in everything from stage presence to the posing routine. Many elements make up this portion of judging, all which should be considered when placing competitors. Presentation should be judged equally with muscularity and symmetry.

NATIONAL QUALIFICATION:

- Competitors that place in the top three (3) in each class qualify for national events during the current contest year.
- 1st place competitors in each class qualify for national events taking place in the current contest year PLUS the following year.