



Competition Rules – Men's Bodybuilding

Judging

1. Each competitor is called onstage individually in numerical order and has up to a maximum of 60 seconds to perform the following 8 mandatory poses in the order shown:
 1. front double biceps
 2. front lat spread
 3. side chest
 4. back double biceps
 5. back lat spread
 6. side triceps
 7. abdominals and thighs
 8. most muscular
2. The entire lineup is then called onstage in numerical order and forms in equal numbers along diagonal lines at each side of the stage. The center stage area is left clear for the callouts.
3. The head judge then directs groups of competitors in numerical order through the quarter turns and mandatory poses. The size of the groups is at the discretion of the head judge.
4. The head judge then directs selected competitors through the callouts, where the selected competitors are compared against each other in the quarter turns and mandatory poses. The number and placement of competitors in the callouts is at the discretion of the head judge.
5. The Judging is worth 50% of the Final Score. Athletes with extended abdominal/stomach muscles will be scored down in both Judging and Finals.

Finals (Confirmation Round)

1. The Finals, which includes the posing routine and confirmation round, is worth 50% of the Final Score.
2. Each competitor is called onstage individually in numerical order and has up to a maximum of 3 minutes to perform a posing routine to music of the competitor's choice.
3. The entire lineup is then called onstage in numerical order and forms in equal numbers along diagonal lines at each side of the stage. The center stage area is left clear for the callouts.
4. The head judge directs selected competitors through the callouts, where the selected competitors are compared against each other in the quarter turns and mandatory poses. The number and placement of competitors in the callouts is at the discretion of the head judge.
5. The competitors then perform a 60-second posedown to music of the promoter's choice.



Other Competition Rules

1. For all rounds, competitors must wear trunks of a solid, non-distracting color, made from cloth fabric, which are clean and decent. Metallic material, such as gold or silver lame, or shiny rubberized material, may not be used to make up the trunks. The use of padding anywhere in the trunks is prohibited. The trunks and/or the competitor's body must not contain any commercial advertising and/or endorsements. If a competitor's trunks do not conform to the above rules, or do not conform to acceptable standards of taste and decency, the head judge has authority to direct that the competitor change his trunks, failing which the competitor may be disqualified.
2. The competitor's number must be securely attached to the left side of the trunks at all times.
3. During the Judging, competitors cannot wear footwear, watches, bangles, pendants, chains, bracelets (wrist or ankle), ornamentation or artificial aids to the physique.
4. The use of props during the Judging or Finals is prohibited.
5. The use of vulgar, profane and/or offensive language in the posing music is prohibited.
6. The excessive application of oils, moisturizers, skin creams, tanning creams and like products is prohibited and may be used only in moderation. The application of tanning products must produce a natural tone so as to give the appearance of a natural tan. Products that produce an unnaturally colored tone, with an orange, yellow, red, green or gold hue, are prohibited. Bronzing agents that produce a metallic look are also prohibited.