

MEN'S PHYSIQUE RULES

NBPFA & SJ FALL CLASSIC CHAMPIONSHIPS

JUDGING CRITERIA

Men Athletic Physique category is aimed at men who prefer to develop a less muscular, yet athletic and aesthetically pleasing physique. Excessive muscle size, extreme definition and striations often seen on bodybuilders will be scored down. Judges will be looking for fit bodies who display proper shape and symmetry combined with muscularity and overall condition. The ideal structure will consist of broad shoulders with a wide back tapering down to a narrow waist. A good indication of the kind of conditioning that is desired is reflected by the degree of abdominal development, which should present that pleasing, much sought after washboard look.

The competitor must also display a marketable appearance, where facial features, poise, confidence and presentation are considered. Judges are looking for the competitor with the best stage presence and poise who can successfully convey his personality to the audience.

Emphasis should always be poses that present the competitors personality, conditioning, structure and physique. Atlantic contests do not permit Men's Physique competitors to cross over into Bodybuilding or Classic Men's Physique.

ATTIRE

The contestant will be required to wear board shorts (shorts must be just above the knee in length and can be one inch below the belly button). No spandex and no logos are permitted on the board shorts, however a manufacturer's logo such as; Nike symbol or Billabongs is acceptable. Competitors will enter the stage without a shirt and be barefooted.

PREJUDGING PROCEDURE

1. Each competitor will be called out individually and will enter the stage from UPSTAGE RIGHT OR UPSTAGE CENTER (depending on Venue Set-up).
2. **For UPSTAGE RIGHT entry**, competitors will walk straight ahead across the back of the stage, stop half-way and turn right walking towards the DOWNSTAGE CENTER direction.
3. **For UPSTAGE CENTER entry**, competitors will walk straight ahead towards the downstage center direction.
4. When you reach the square where an X is clearly marked, perform 1 pose of choice (back not recommended), then proceed to the side of the stage.

- 5 . There will be two (2) slanted lines clearly marked and located CENTER STAGE LEFT and CENTER STAGE RIGHT. You will be directed by the stage marshal to line up on one of those slanted lines (to the left or right).
- 6 . This process is repeated until all competitors are called on stage and lined up on either side to prepare for judging.
- 7 . For 7 competitors or less, all competitors will be called to center stage for comparisons.
- 8 . For 8 Competitors or more, in numerical order, groupings of 5 or 6 competitors or less will be called in numerical order and repeated for the next group.
- 9 . In the group comparisons, Chief Judge will call out the mandatory $\frac{1}{4}$ turns.
 - a. **FRONT STANCE:** Competitors will stand with one hand resting on either hip and one leg slightly moved to the side and one arm down, open hand.
 - b. **QUARTER TURN RIGHT:** Competitors will perform first quarter turn to the right. They will stand left side to judges, with upper body slightly turned towards the judges and face looking at the judges. Left hand resting on left hip, right shoulder angled towards the judges, right arm held down, open hand, left leg straight, right leg slightly back and bent at the knee.
 - c. **QUARTER TURN BACK:** Competitors will perform the next quarter turn to the right and will stand back to the judges. They will stand straight with one hand resting on either hip with one leg slightly moved to the side. The second hand, hanging down along the body, slightly out to the side, with open palm and straight with aesthetically configured fingers. Competitors are not permitted to turn their upper body towards the judges and should face the back of the stage at all times during the comparisons.
 - d. **QUARTER TURN RIGHT:** Competitors will do the next quarter turn to the right. They will stand right side to judges, with upper body slightly turned towards the judges and face looking at the judges. Right hand resting on right hip, left shoulder angled towards the judges, left arm held down, open hand, right leg straight, left leg slightly back and bent at the knee.
 - e. **QUARTER TURN FRONT:** Competitors will perform the last quarter turn to the right and perform front stance (one hand resting on either hip and one leg slightly moved to the side).

**** Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.***

10. For 8 competitors or more, after the group has been compared, they will return to their original position on the slanted diagonal line (s). This process will be repeated until all groups have been compared.

11. Chief Judge will then conduct the group call-outs announcing numbers in no particular order. They will be called center stage to be compared. The competitors may be asked to move or change their original position if necessary.

12. As directed, facing the judges, the selected group will perform once again:

- a. FRONT STANCE
- b. QUARTER TURN RIGHT
- c. QUARTER TURN BACK
- d. QUARTER TURN RIGHT
- e. QUARTER TURN FRONT

SCORING & STAGE EXIT

While the judges finalize their scores, the selected group will exit UPSTAGE CENTER directed by the Stage Marshal and leave the stage at the center or at the right, depending on the venue. This process will be repeated for the next selected group call-outs.

EVENING FINALS (No scoring during evening finals)*

1. The MC will introduce each competitor individually and enter the stage from UPSTAGE RIGHT or UPSTAGE CENTER depending on the venue.
2. *For UPSTAGE RIGHT entry*, competitors will walk straight ahead across the back of the stage, stop half-way and turn right walking towards the DOWNSTAGE CENTER direction.
3. *For UPSTAGE CENTER entry*, competitors will walk straight ahead towards the downstage center direction.
4. When you reach the square where an X is clearly marked, perform 2-3 poses of choice (approx. 15 seconds).
5. You will be directed to proceed to the side of the stage where two (2) slanted lines will be clearly marked and located CENTER STAGE LEFT and CENTER STAGE RIGHT. Process repeated until all competitors have been introduced.
6. The top 3 finalists will be announced to FRONT CENTER STAGE and the MC will announce that the rest of the competitors to leave the stage. They will be directed by the stage marshal towards the UPSTAGE RIGHT or UPSTAGE CENTER exit.
7. The MC will then announce the placing's beginning with 3rd, 2nd, & 1st place awards. They will remain on stage for trophy presentation & pose for photos.

OVERALL

Each class winner (excluding Masters) will be called on stage in numerical order for the mandatory quarter turns. This will be scored and judged. The overall winner will be announced and photos of only the winner will be taken.


MANDATORY POSES

1. Front Stance (Hand on either hip)
2. Quarter Turn Right - Left Side to Judges (Left hand on left hip)
3. Quarter Turn Back - Back to Judges (Hand on either hip)
4. Quarter Turn Right - Right Side to Judges (Right hand on right hip)
5. Quarter Turn Front - (Hand on either hip)

NBPFA
NEW-BRUNSWICK PHYSIQUE AND FITNESS ASSOCIATION

MEN'S PHYSIQUE DIVISION

1. FRONT Stance 2. Quarter Turn RIGHT 3. Quarter Turn BACK 4. Quarter Turn RIGHT 5. Quarter Turn FRONT



Facing Judges
ONE Hand on Hip

LEFT Side to Judges
LEFT Hand on Hip

Back to Judges
ONE Hand on Hip

RIGHT Side to Judges
RIGHT Hand on Hip

Facing Judges
ONE Hand on Hip