

PHYSIQUE MIXED PAIRS RULES

SJ FALL CLASSIC

JUDGING CRITERIA

Open for Women participating in female bikini, female figure or female physique performing with a male bodybuilder, a male men's physique or male classic physique competitor.

Men from Mixed-Pairs perform mandatory men's physique quarter turns, while women perform mandatory bikini quarter turns. Men competitors wear the same attire like in Men's Physique and women competitors wear the same attire like Bikini, Figure or Women's Physique. Physique Mixed Pairs competitors must present an athletic, symmetrical and fit physique. We are not looking for extreme definition, a drawn emaciated appearance to the point of looking skinny or the muscular physique of a bodybuilder.

The ideal female competitor should possess nice shape and symmetry with reasonable muscle tone.

The ideal male competitor should present a well-proportioned shape, with pleasing shape and visible separation between each muscle group with a small amount of vascularity and well defined abdominals.

Judges must be aware that they are to judge this division as a mixed pair and not on an individual basis. Each competitor must complement each other in shape, conditioning, and proportion along with a marketable appearance. As a Mixed Pair, they should also project poise and confidence. The judges should also consider overall grooming, tan, style of hair, make-up, facial attractiveness, skin tone, their modeling ability and confidence during their introduction and presentation.

The female competitor is required to wear a two-piece swimsuit that is in good taste. The bottom of the suit must be V Shaped and thongs are prohibited. She will be required to compete in bare feet. Competitors may wear jewelry.

The male competitor is required to wear board shorts. It is recommended that the Mixed Pair choose swimsuit attire that is the same color and pattern to compliment them as a Mixed Pair.

We do permit competitors to cross over into any other Division at the same event. Each mixed pair have the option of submitting their own 30 second music routine piece*

PREJUDGING PROCEDURE

1. Each Mixed Pair will be called out and will enter the stage from UPSTAGE CENTER walking towards the DOWNSTAGE CENTER direction. When they reach the square where an X is clearly marked, they will perform the theme based routine for approximately 30 seconds using poses that best showcase their physique, theme, modeling ability and personality. They will then exit the stage where they entered directed by the Stage Marshal.
2. Once all contestants have performed their presentation, all Mixed Pairs will re-enter from UPSTAGE CENTER and line up on the slanted left or right lines on the stage directed by the Stage Marshal. The Chief Judge will call up groups of competitors to the front of the stage for a comparison round. Chief Judge will call out the mandatory poses for each group comparison.

MANDATORY POSES

Pose #1: Front to Judges (Right Hand on Hip)

Pose #2: Quarter Turn Right – Left Side to Judges

a. Male: Left Hand on Hip

b. Female: Right Hand on Hip

Pose #3: Quarter Turn Right – Back to Judges (*Optional Hand on Hip or Look over the Shoulder Pose)

Pose #4: Quarter Turn Right – Right Side to Judges

a. Male: Right Hand on Hip

b. Female: Left Hand on Hip

Pose #5: Front to Judges (Left Hand on Hip)

3. After the first 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.

4. 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.

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

Pose #1: Front to Judges (Right Hand on Hip)

Pose #2: Quarter Turn Right – Left Side to Judges

a. Male: Left Hand on Hip

b. Female: Right Hand on Hip

Pose #3: Quarter Turn Right – Back to Judges (*Optional Hand on Hip or Look over the Shoulder Pose)

Pose #4: Quarter Turn Right – Right Side to Judges

c. Male: Right Hand on Hip

d. Female: Left Hand on Hip

Pose #5: Front to Judges (Left Hand on Hip)

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 Mixed Pair and they will enter the stage UPSTAGE CENTER and walk towards the DOWNSTAGE CENTER direction. When they reach the square where an X is clearly marked, they will perform the theme based routine for approximately 30 seconds using poses that best showcase their physique, theme, modeling ability and personality. They will then exit the stage where they entered.
2. Once all contestants have performed their presentation, all Mixed Pairs will re-enter from UPSTAGE CENTER and line up on the slanted left or right lines on the stage directed by the Stage Marshal.
3. The Top 3 Mixed Pairs will be announced to the DOWNSTAGE FRONT CENTER stage area and the MC will announce that the rest of the competitors leave the stage directed by the stage marshal towards the UPSTAGE CENTER exit.
4. The MC will then announce the placing's beginning with 3rd, 2nd, & 1st place awards. They will remain on stage for trophy presentation and pose for photos.

NBPFA
NEW-BRUNSWICK PHYSIQUE AND FITNESS ASSOCIATION

**MANDATORY
POSES PHYSIQUE
MIXED PAIRS**



POSE #1: FRONT TO JUDGES
RIGHT HAND ON HIP



POSE #2: QUARTER TURN
RIGHT-LEFT SIDE TO JUDGES
MALE: LEFT HAND ON HIP
FEMALE: RIGHT HAND ON HIP



POSE #3: QUARTER TURN BACK TO JUDGES
HAND ON HIP/LOOK OVER SHOULDER



POSE #4: QUARTER TURN
RIGHT-RIGHT SIDE TO JUDGES
MALE: RIGHT HAND ON HIP
FEMALE: LEFT HAND ON HIP



POSE #5: FRONT TO JUDGES
LEFT HAND ON HIP