



New rules 2011 for the category Men Body Fitness

Article 1 - Category

The athletes who compete within this category aren't limited by any limit of age.

The category is defined by the height and the weight of the competitors.

Category 1 (up to 175 cm): The weight in kg exceed height in cm minus 100

Example: An athlete measuring 180cm will not be able to exceed a weight of 80 kg **MAXIMUM**
(180 -100 = 80 kg)

Category 2 (over 175 cm): The weight cannot exceed of more than 5% the height after the meter of the competitor.

Example: An athlete measuring 1,80M will not be able to exceed a weight of 84kg **MAXIMUM**
(80 x 5% = 4kg)

The weight and the height of the competitor will be controlled at the registration the day before the prejudging.

Article 2 - Course of the prejudging and the finale

1. Prejudging:

- a. presentation of the 4 sides in posing suit and mandatory poses
- b. comparisons

2. Finale:

- a. presentation of the front side in posing suit, for all the competitors.
- b. selection of the 6 finalists.
- c. pose Down for the non-selected competitors.
- d. comparisons of the 6 finalists
- e. individual posing for the 6 finalists (1 minute)
- f. proclamation of the results

Article 3 - Mandatory dress

- bathing suit in plain opaque cloth, **a one and only one unique colour is allowed** (no plastic, no rubber or any similar stuff).
- the string is not allowed
- the jewels and other accessories (piercings,...) are forbidden, except a wedding ring.

Article 4 - Description of the presentation of the 4 sides

1. Front

Standing position, relaxed, head and eyes in the same direction as the body, **feet joined, heels touching the floor**, arms standing by the body.

2. Profile (right and left)

Standing position, relaxed, head and eyes in the same direction as the body, **feet joined, heels touching the floor**. The position of the arms will make the top of the body slightly turn to the right (or to the left). This position cannot be exaggerated.

3. Back

Standing position, relaxed, head and eyes in the same direction as the body, **feet joined, heels touching the floor**, arms standing by the body.

N.B.: It is forbidden to tense the muscles. The competitors who won't take the correct position will receive a warning, and then they will lose points.

Article 5 - Criteria of judgement

The placing is determined on the basis of a combination of the volume, symmetry, proportions, definition and the line of the athlete

Article 6 - Mandatory posing

The mandatory poses will be in the following order:

- Front double biceps
- Front lateral spread
- Side chest (any side the competitor choose)
- Back double biceps
- Back lateral spread
- Side triceps (any side)
- Abdominals and thighs
- Most muscular

Article 7 - Holding of an equivalent physical condition between the prejudging and the final

If the athlete presents, during the final, by lack of seriousness, a physical condition inferior to the one he had during the prejudging, the placing will be reconsidered and a new judgement could be made.