



New rules 2011 for the category Men Body

Article 1 - General

The athletes who compete within this category aren't limited by any limit of weight. The categories are defined by the height of the competitors except for the categories Super J24 (This category is similar to the former Juniors category except for the age limit), Super Masters and Masters which are defined by the age of the athletes.

WABBA holds a data base which gives the exact height of each athlete who has taken part into a competition with our federation. So it's the category which was defined for the first competition that will be deciding for all the other competitions within WABBA.

Article 2 - Categories

The various categories are established as follows:

- **Super J24** = athletes of less than 24 years old on the day of the prejudging.
- **Super Masters** = athletes of more than 50 years old on the day of the prejudging.
- **Masters** = athletes of 40 years old on the day of the prejudging.

N.B.: For those 4 categories, all the competitors will have to be able to present an identity document during the registration. If not so, the athlete won't be allowed to compete in the category which he will have selected.

- **Small class** = athletes whose height is inferior or equal to 167,9 cm.
- **Medium class** = athletes whose height is between 168 and 173,9 cm.
- **Tall class** = athletes whose height is between 174 and 179,9 cm.
- **X-Tall class** = athletes whose height is superior to 180 cm.

No exception will be allowed.

Article 3 - 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 4 - 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 5 - 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 6 - 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 7 - Mandatory posing

The mandatory poses will be in the following order:

- Front double biceps
- Front lateral spread
- 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 8 - 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.