



BBSA/IFBB

BSA

CRITERIA

MEN'S FITNESS

2020





MEN'S FITNESS

General

This is a new division and has been officially recognized by the IFBB as a new sport discipline. The Senior Men's division will be included at the Women's World Championships and the Junior men's division will be included at the Juniors World Championships Internationally. There are two rounds.

There are the following categories in junior men fitness world-level competitions:

- 16 to 19 years of age inclusive (optionally): One open category

- 20 to 21 years of age inclusive (optionally): One open category

22 to 23 years of age inclusive (optionally): One open category

Or one group 16 to 23 years of age inclusive: One open category

With the following bodyweight limitations: Max. Weight [kg] = Height [cm] – 100 [kg]

In Men's Fitness, at the current time, there is one open category subject to the following criteria:

1. Up to & including 170 cm:

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 1 \text{ [kg]}$$

2. Up to & including 175 cm:

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 2 \text{ [kg]}$$

3. Up to & including 180 cm:

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 3 \text{ [kg]}$$

4. Up to & including 190 cm

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 4 \text{ [kg]}$$

5. Up to & including 198 cm:

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 4.5 \text{ [kg]}$$





6. Over 198 cm:

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 5 \text{ [kg]}$$

The athletes should present a total package as follow:

- Hair well styled.
- Face clean – no facial hair.
- The condition of the skin and skin tone – overall tightness.
- The athlete's ability to present himself with confidence.
- The physique should be at a level of overall muscle tone achieved through athletic endeavours.
- The muscle groups should have a round and firm appearance with a small amount of body fat.
- The physique should be neither excessively muscular not excessively lean.
- At all times the male fitness competitor will be viewed with the emphasis on a “healthy, fit, athletic looking physique in an attractively presented total package”.

Round One

Round one is made up of Quarter turns.

Round one - Attire

- Plain black solid opaque trunks.
- No plastic, rubberized or similar material.
- No ornamentation, edges, borders.
- The trunks must be at least 15cm high on the sides and must cover one half of the buttocks and all of the frontal area.
- No footwear.
- No jewellery or other accessories, except for wedding band.

Round one - judges' assessment

The athletes will enter the stage in numerical order and stand in a single line. If there are six athletes or more, they will be divided into two equal lines and each of the lines will then have a turn to do the following:

- The athletes will perform their quarter turns holding each side for 30 seconds.
- The judges will then submit their request for comparisons. The comparisons may be two athletes or three athletes at a time. Each judge must put in at least one request for comparison, and each athlete must have at least one call out for comparisons.





- The comparisons will be carried out centre stage. All other athletes will be divided to stand in the background on the left and on the right leaving the middle of the stage clear for the athletes performing their comparisons to not have athletes directly behind them to distract the judges.
- The judge should first assess the overall male athletic appearance of the physique. This assessment should begin at the head and extend downwards, taking the whole physique into account. The assessment should take into consideration the hair, facial features, overall athletic development, condition of skin and skin tone, and the athletes overall ability to present himself with confidence.
- The physique should be assessed as to the overall level of muscle tone achieved through athletic endeavours. The muscle groups should have a round and firm appearance with a small amount of body fat. The physique should neither be excessively muscular nor excessively lean.
- At all times the male fitness competitor must be viewed with the emphasis on a “healthy, fit, athletic looking physique in an attractively presented package”.

Judges are reminded that they are judging the physique package.

Round Two

The athlete will present a routine with a view towards style, personality, athletic co-ordination, including strength and flexibility moves as well as gymnastic moves. The routine may also include aerobic and dance as well as any other demonstration moves showing athletic talent. The routine attire will be inspected during weigh-in before the athlete is allowed on stage. This will be done to music of his own choice for the duration of 90 seconds.

Movements that should be included in the routine are:

Elements of strength - the straddle hold, leg extension hold and one arm push-ups. Gymnastics movements such as front and back flips, handsprings and cartwheels are not considered strength moves – however, to incorporate them into the routine will show overall creativity and difficulty.

Elements of flexibility - high kicks, side splits and/or front splits must be included. The number of flexible moves and degree of difficulty will be taken into consideration.

Speed - the tempo of the routine demonstrates a degree of cardiovascular fitness, stamina and endurance.

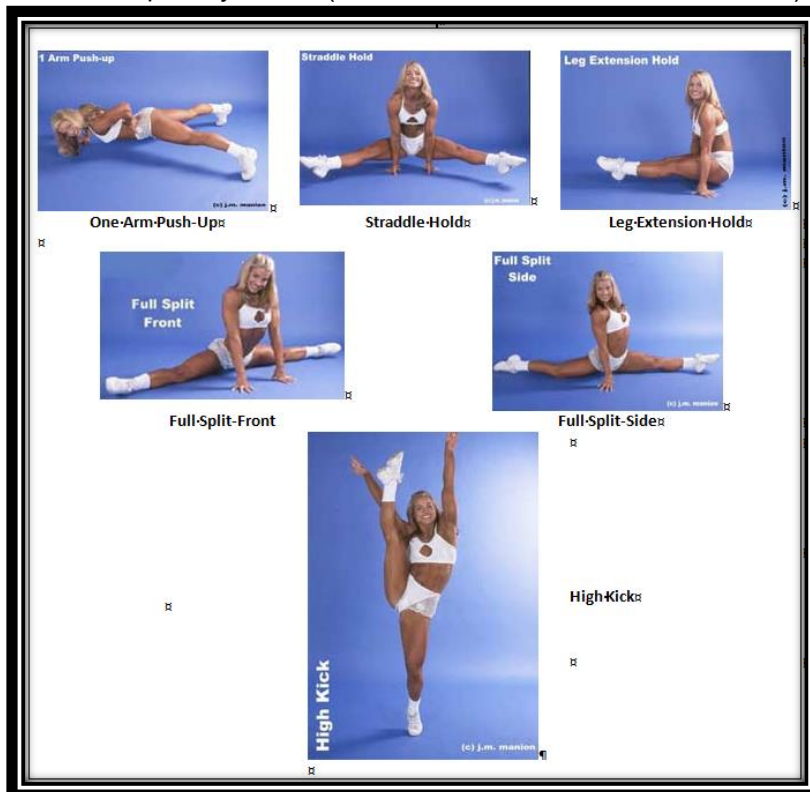
General assessment of this round

- Judges are reminded that you are judging the routine and not the physique in this round.
- Look for flow in the routine.
- Look for showmanship.
- Ensure that the athlete has included all of the movement requirements - and has executed them well – as well as has there been flow in the routine from one movement to the next without the routine looking out of place.



- Assess choreography and use of interpretation.
- Does the attire match the music and routine theme?
- Is she confident?
- Is she graceful?
- Look at the athletes' lines and balance in performance.
- Were you entertained?
- Do not consider an aerobic routine as a fitness routine.
- The routine count 40% of the overall placing of the athlete.
- Statisticians will collect all judges' scores after the completion of this round.

Fitness compulsory moves (same as for women's fitness division):



Round two Attire

- Athletes may wear attire of own choice to suit the routine or if wearing swim trunks or shorts – this must be at least 15cm high sides, covering at least one half of the buttocks and all of the frontal area. (This is the minimum wear requirement).
- Colour, material and texture shall be the competitors' own choice.
- Sport footwear can be worn, at the discretion of the competitor.



- Only a wedding band may be worn – no other jewellery.
- Sponsorship logo may be affixed to the routine attire.
- The use of props are prohibited. However, a competitor may remove an article of clothing if the removal of said article is performed in a tasteful manner, which is one that does not give the impression of a strip act.
- For safety reasons, the use of body oil in the routine round is strictly prohibited.
- The use of props is limited. No object or device may be transported onto the stage. A competitor shall be allowed a small item, either worn or handheld, that will be considered part of the competitor's costume e.g. hat, ball, cane, umbrella, stick, martial art gadgets. Any time that is discarded during the routine must be removed by the competitor as he exits the stage. All props must be declared at the registration and weigh-in.
- At no time during the routine may a competitor remove any part of his clothing.
- The minimum upper body wear is a tank top.

Round two – judges' assessment

Each athlete will be brought onto the stage individually to perform a fitness routine. Judges will assess the routine with a view towards style, personality, athletic coordination, and overall performance. Judges shall also

look for competitors who perform strength and flexibility moves, as well as gymnastics moves. The routine may also include aerobics, dance, or any other demonstrations of athletic talent.

The judges are reminded that during this round, they are only judging the fitness routine and not the physique.





Bodybuilding VS Classic Bodybuilding VS Physique VS Fitness

Bodybuilding



Classic Bodybuilding



Athletic Physique



Fitness





Muscular Men's Physique

