



BBSA/IFBB

BSA

CRITERIA

WHEELCHAIR

DIVISION

2020





WHEELCHAIR DIVISION

The wheelchair division can be included due to popularity. Please request more details, should your province want to host this division. For the sake of training, the divisions and criteria will be available in this manual.

The divisions that could possibly be available at the local provincial shows and on a national level (depending on attendance) is as follows:

- Juniors – one line up
- Seniors – one line up
- Masters – one line up

THE CRITERIA FOR THIS DIVISION

All athletes must be wheelchair based **at all times**. They may not leave their chair at any time. It is preferable to be in a wheelchair where the back support can fold down to expose most of the back area. And athletes should tan up.

The standard attire for the athletes in the wheelchair division

- All athletes will be expected to wear long training pants of a matt finish.
- Athletes to wear training shoes.
- The top half of the body is naked.
- No jewellery.

The athletes should present a total package as follows

- 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 upper body physique should be at a level of overall muscle tone achieved through gym training.
- The muscle groups should have a round and firm appearance with a small amount of body fat.
- The physique should be neither excessively muscular nor excessively lean.





Round one – relaxed quarter turns

The line-up of athletes will be brought onto the stage in numerical order and in a single line. Athletes will face the judges. If there are more than six athletes, the line-up will then be divided into two groups. One line up will move to the back row and the front row will begin with the quarter turns. Each turn is held for 20 seconds. The front row then moves to the back and the back row moves forward – they will present their quarter turns.

Quarter turns as follow

- The athletes will begin by facing the judges.
- The Chief Judge will call quarter turn to the right – which the athletes will do (and will now be facing the wings of the stage), placing their arms in a straight position along their sides, head up, back straight and chest out (but no posing, this must be done in a relaxed manner) and hold for 20 seconds.
- The Chief Judge will call quarter turn to the right – which the athletes will do (and will now be facing the rear of the stage) and resume the position as above and hold for 20 seconds.
- The Chief Judge will call quarter turn to the right – which the athletes will do (and will now be facing the opposite wings of the stage) and resume the position as above and hold for 20 seconds.
- The Chief Judge will call quarter turn to the right – which the athlete will do (and will now be facing the judges again) and resume the position as above and hold for 20 seconds.

Round one: Judge's assessment

- First assess the overall male athletic appearance and physique.
- Begin with the head and move down to the feet - take into consideration the hair, face, features and skin etc.
- Presentation of balance and a symmetrically developed upper body physique.
- The athlete's ability to present himself with confidence.
- Judges should look at the primary muscle groups being displayed.
- Look at the muscle shape, density and definition whilst keeping in mind the importance of an athletic balanced development. The muscle groups should have a round and firm appearance with a small amount of body fat.

Round two – the compulsory poses

The line-up of athletes will then complete the compulsory poses after the quarter turns. The Chief Judge will call out the poses – and athletes will be given time to get into the pose and hold this for the judges to assess.





Compulsory poses as follows

- Front double bicep
- Front lat spread
- Side chest
- Side triceps
- Rear double bicep
- Rear lat spread
- A “modified seated most muscular” (where the athlete will press the palms of his hands together with fingers overlapping the opposite wrist – elbows brought up to shoulder level and by pushing his palms together will tense all chest, abdominal, shoulder and arm muscles)

Round two: Judge’s assessment

- Proportion
- Definition
- Symmetry
- Conditioning
- Balance
- Striations
- Effectiveness of tan
- Presentation
- Confidence
- Wide shoulders and narrow hip taper
- Good shoulder development – arms not overpowering the
- Shoulder caps and vice versa resulting in symmetry
- Lat connection should be low into the waist
- Overall depth of muscle

Round three – the free posing routine

The athletes will be asked to return to the stage individually to perform their free posing routine. The maximum time limit is 60 seconds to music of their choice – but the athlete does not need to perform for the full time, for example: If he wishes to present a routine of 40 seconds long – this will be acceptable.

The routine must include all the mandatory poses as allocated within their category (much like the classic bodybuilding).

