



BBSA/IFBB

BSA

CRITERIA

MEN'S FITNESS

2021





MEN'S FITNESS

General

Men's Fitness was officially recognized as a new sport discipline by the IFBB Executive Council and IFBB Congress on November 27, 2005.

There are the following categories are available:

- There is one open category in Men's Fitness on World-level competitions
- There are two categories available in the Junior Men's Fitness competitions, which are as follow:
 - 16 – 20 years of age inclusive: One open category
 - 21 – 23 years of age inclusive: One open category

Crossover: Men's Fitness competitors may also participate in the Men's Physique division at the same contest, if they meet specific requirements obligatory in that division.

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

The athlete will present a routine with a view towards style, tempo, strength, flexibility, personality, athletic coordination, technical difficulty and overall performance. Judges shall also look for competitors who perform strength and flexibility moves, as well as gymnastic moves. The routine may include aerobics, dance, gymnastics or other demonstrations of athletic talent. There are no more required moves.





The length of the routine shall be up to a maximum of 90 seconds.

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 he confident?
- Is he graceful?
- Look at the athletes' lines and balance in performance.
- Were you entertained?
- Do not consider an aerobic routine as a fitness routine.
- Statisticians will collect all judges' scores after the completion of this round.

Round One 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 dimensions of which will not exceed 4cm x 8cm.
- 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.
- A competitor may remove an article of clothing (e.g. coat, jacket, shirt, pants) if the removal of said article is performed in a tasteful manner, which is on that does not give the impression of a strip act.
- 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 one – 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.

The routine should include:

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.

Elements of power – dynamic elements like high jumps, front and back flips, handsprings, aerial cartwheels, aerial walkovers, round offs, split leaps, windmills, flares, spins. These movements require perfect technique and should be taken into account assessing the difficulty of the routine.





Round Two

Round one is made up of quarter turns.

Round Two - Attire

- Plain opaque in style.
- Solid black in colour.
- Cloth fabric in material (no plastic, rubberized, or similar material)
- Matt in texture (no shiny material)
- No ornamentation, frills, lacework edges and/or borders
- The trunks must be at least 15cm high on the sides
- No footwear, glasses, watches, bangles, pendants, earrings, wigs or artificial aids to the figure, except for wedding band
- The use of padding anywhere in the trunks is prohibited. Implants or fluid injections causing the change of the natural shape of any other parts or muscles of the body are strictly prohibited and may result in disqualification of the competitor.



- The use of tans and bronzers that can be wiped off is not allowed. Artificial body colouring and self-tanning products may be used. Professional competition tanning methods (airbrush tanning, cabin spray tanning) may be used or applied by the professional companies and qualified personnel. Sparkles, glitter, shiny metallic pearls or gold colouring are prohibited whether applied as part of a tanning lotion and/or cream or applied separately, regardless of who applied them on the competitor's body

Round two - 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.





Judges are reminded that the competitor's posture and bearing, at all times while onstage, is to be considered. The overall image displayed should demonstrate elegance and self-confidence. This is especially true at all times when the competitor is standing in the line-up and during the comparisons of the quarter turns.

When standing freely in the line-up, the competitors shall be warned against adopting a tense pose, like during performing of the quarter turns, displaying the muscularity. A semi-relaxed stance in the line-up means that the competitor will:

- Stand erect, front to the judges, with arms hanging at the side and feet together; or
- Stand with the body slightly turned, left side to the judges, so the start number of a competitor will be clearly visible, right hand resting on the hip and left leg slightly removed forward and to the side. Head and eyes towards the front, shoulders back, chest out, stomach in.

QUARTER TURNS

Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

Front Position:

Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms at the side along the centerline of the body, elbows slightly bent,





thumbs and fingers together, palms facing the body and hold out of the body to show the shape of the upper body but with no exaggeration, hands slightly cupped.

Quarter Turn Right (left side to the judges):

Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, left arm hold down and slightly back from the centerline of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, right arm hanging relaxed and slightly front of the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the left, with the left shoulder lowered and the right shoulder raised. This is normal and must not be exaggerated.

Quarter Turn Back:

Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, back muscles slightly contracted to show the shape of the upper body, both arms kept at the side along the centerline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and hold out of the body to show the shape of the trunk but with no exaggeration, hands slightly cupped.

Quarter Turn Right (right side to the judges):

Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, right arm slightly back from the centerline of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, left arm slightly front of the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the right, with the right shoulder lowered and the left shoulder raised. This is normal and must not be exaggerated.



Bodybuilding VS Classic Bodybuilding VS Physique VS Fitness

Bodybuilding



Classic Bodybuilding



Athletic Physique



Fitness





Muscular Men's Physique

