



# **BBSA/IFBB**

# **BSA**

## **CRITERIA**

  

## **MUSCULAR MEN'S**

## **PHYSIQUE**

  

# **2021**





## **MUSCULAR MEN'S PHYSIQUE**

The Muscular Men's Physique category is aimed at men who prefer to develop a less muscular, yet athletic and aesthetically pleasing physique. The main difference between Muscular Men's Physique and Athletic Physique is that the muscular physique athletes carry slightly more muscle, but not as much muscle as a bodybuilder. The Muscular Men's Physique is intended for athletes who want to develop a fuller physique but not along the lines of the Men's Bodybuilding division.

There is one open category in World-level Muscular Men's Physique competitions. **Locally we have added in an Over 40 years division to cater to our needs.** *NOTE: Muscular men's physique category is intended for competitors with slightly bigger muscularity than accepted in regular men's physique. This category winner doesn't take part in the Men's Physique Overall category.*

### Assessing the physique:

When assessing the muscle men's physique, be aware of the development within the shoulders area (deltoid heads) and the arms (biceps) there must be a balance between these muscle groups with no one muscle group overpowering the other, in other words balance between muscle groups.

The physique will have separation between muscle groups but no striation of any of the muscle groups, you are looking for clean sharp separation between these various muscle groups. The back will have development of the various muscle groups but no thickness in these muscles as would be the case with the bodybuilders so a flatter more separated appearance of these muscles.

The lat will have a wide flier and strong taper into a small waist, the intercostal and serratus muscles will stand proud with the abdominal muscles being thick in development. Look for balance between the muscle groups and the proportions of these muscle groups, they all need to look in proportion with no one muscle group overpowering the next.

Take into account the hair and facial features and the overall package being displayed on stage with clean cut lines, this will complete the total package.

This category is aimed at athletic physique athletes that would normally not place well in the men's athletic physique division, yet they don't carry as much muscle mass as a bodybuilder. The muscular men's physique athlete must still have a narrow waist, with no distinct 'thick' muscles.

### Attire

The attire for all rounds is board shorts, which must conform to the following criteria:

- Material and colour can be of the athlete's personal choice.
- No tight, Lycra style shorts are allowed.
- Personal Sponsors logos are not permitted on the board shorts. However a manufacturer's such as Nike, Adidas or Billabong are accepted.





- No footwear.
- No jewellery or other accessories, except for a wedding ring.
- Bermuda pants will not be deemed as board shorts – as Bermuda pants have belt loops.

## Rounds

Muscular Men's Physique will consist of 2 Rounds as follows:

### Round One: Quarter Turns

#### Presentation of Round one

- Competitors will enter the stage without a shirt and barefoot. No lewd acts allowed for example the moon pose.
- Under the direction of the Chief Judge, round 1 is carried out as follows:
- Competitors will enter the stage one by one and walk to the front and centre of the stage. They will perform front and back turns, with optional hand in pocket or on hip, finishing facing the judges. The competitor will then proceed to one side of the stage as directed by Chief Judge.
- Once all the competitors are on stage they are line up into two equal-size groups and are positioned onstage so that one group is to the left of the stage; the other group is to the right of the stage. The centre portion of the stage is left open for comparison purposes.
- In numerical order, and in groups of not more than five competitors at a time, each group is directed to the centre-stage area to perform the quarter turns.
- This initial grouping of competitors, and performance of the quarter turns, is intended to assist the judges in determining which competitors take part in the comparisons.
- All individual comparisons are to be carried out centre-stage and in the order, from left to right, as directed by the Chief Judge.
- All judges are given the opportunity to submit at least one request for comparisons, which will be handed to the Chief Judge. Any additional requests are at the discretion of the Chief Judge.
- All competitors undergo at least one comparison.
- On completion of the last comparison, the entire line up is reformed into a single line, in numerical order, before exiting the stage.





### Assessing Round one (quarter turns):

Round one is assessed using the following criteria:

#### 1. Muscularity and Body Condition

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, beginning with the general impression of the physique, should take into consideration the condition of the skin and skin tone and the hair and facial features. Judges will be looking for fit contestants who display proper shape and symmetry combined with muscularity and overall condition.

The judges are reminded that extreme muscularity should be marked down.

#### 2. Stage Presence and Personality

Judges are looking for the contestant with the best stage presence and poise, who can successfully convey his personality to the audience and the athlete's ability to present himself onstage with confidence.

### Round two: Finals: Quarter turns

Attire for the round two is the same as round one.



Presentation of round two (quarter turns):

Round two is carried out as follows, under the direction of the Chief Judge:

- Competitors will enter the stage one by one and are introduced by number, name and country, individually and in numerical order and walk to the front and centre of the stage. They will perform front and back turns, with optional pose of hand in pocket or on hip, finishing facing the judges. The competitor will then proceed to one side of the stage as directed by the Chief Judge.
- In numerical order, the six finalists will be directed to the centre-stage area to perform the quarter turns.
- The line-up will be reversed by the Chief Judge and the competitors will perform once again quarter turns.







**Muscular Men's Physique VS Men's Physique**

Muscular Men's Physique

Men's Athletic Physique





### Muscular Men's Physique



### Men's Athletic Physique

