

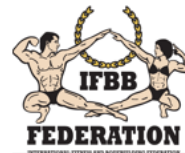


BBSA/IFBBSA

CRITERIA

Men's Fit Model

2025



MEN'S FIT-MODEL

The IFBB SA rules for Men's Fit Model was officially recognized as a new sport discipline by the IFBB Executive Council and IFBB Congress on the 6th of November 2015 in Benidorm, Spain.

Whenever possible, all the IFBB World Championships, including men, women, juniors, seniors and masters as well as the IFBB Annual Congress should be organized together as one big international event. The IFBB Rules for Men's Fit-Model consist of regulations, policies, directives and decisions intended to guide the IFBB and its Members in the administration of the sport of Men's Fit-Model.

NOTE: CROSSOVERS: There are no cross-overs for Men's Fit Model.

The categories available

There are five categories available in this division on world-level competitions:

- Up to and including 176cm
- Up to and including 183cm
- Up to and including 183cm

ATTIRE, ROUNDS & GENERAL REQUIREMENTS

ROUND 1: QUARTER TURNS & OUTFIT

- Competitors will wear any one-colour, opaque gymnastic shorts, with at least 15 cm high sides, covering the whole gluteus maximus and all frontal area but allowing to display the upper legs, barefoot. No ornaments in the attire will be permitted. The use of padding anywhere in the trunks is prohibited.
- Except for a wedding ring, competitors will not wear footwear, glasses, watches, necklaces, earrings, wigs, distracting ornamentation or artificial aids to the figure.
- Headgears are generally prohibited but if it is required by the official rules of the country represented by a competitor or due to the religious principles observed by a competitor, a small, tight cap with no vizor, may be used. This cap should be shown at the Official Athlete Registration and approved by the designated IFBB official.
- The attire will be inspected during the Official Athlete Registration.
- The use of tans and bronzers that can be wiped off is not allowed. If the tan comes off by simply wiping, the athlete will not be allowed to enter the stage. Artificial body colouring and self-tanning products may be used. Professional competition tanning methods (airbrush tanning, cabin spray tanning) may be used if applied by the professional companies and qualified personnel. Sparkles, glitter, shiny metallic pearls or gold coloring are prohibited whether applied as part of a tanning lotion or applied separately, regardless of who applied them on the competitor's body.
- The excessive application of oil on the body is strictly prohibited; however, body oils and moisturizers may be used in moderation.
- Implants or fluid injections causing the change of the natural shape of any part or muscle of the body are strictly prohibited and may result in disqualification of the competitor.
- The IFBB Chief Judge, or a delegated by him official, will have the right to make decision if a competitor's attire meets the criteria established in the Rules and an acceptable standards of aesthetics. The athlete may be disqualified if the attire doesn't meet them.

This complete document remains the property and copyright of the BBSA/IFBB SOUTH AFRICA. Any portion of this document used elsewhere without permission may lead to legal action.



ASSESSMENT: ROUND 1

- A judge should first assess the overall appearance of a competitor, including the whole physique. Then, the assessment should take into account: the overall body development and shape; balanced, proportionally and symmetrically developed, complete physique; the condition of the skin and the skin tone; the hair and handsomeness; the athlete's ability to present himself with confidence and the general impression made by the competitor.
- The body parts should have a nice appearance. The physique should neither be excessively muscular nor excessively lean. Physiques that are considered too muscular or too lean must be marked down.
- 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.
- The judge's assessment of the athlete's physique should include the athlete's entire presentation, from the moment he walks onstage until the moment he walks offstage. At all times, the Fit-Model competitor must be viewed with the emphasis on a "healthy and elegant" physique, in an attractively presented "Total Package".

ROUND 2: T-WALK & OUTFIT

The attire for this round will be a casual sport wear, included a fitness style jacket, worn directly on the body, unbuttoned, showing the front of the trunk and abdominal section and full length jeans pants, with no shoes.

The competitor will walk to the centre of the stage, will stop and perform front stance.

The competitor will then turn to his right and walk 5 steps towards the side of the stage, will stop and perform front and back stance.

The competitor will then turn top his right, walk 10 steps to the other side of the stage, will stop and perform front and back stance.

The competitor will then walk to the line-up in the rear part of the stage.

The athletes will be directed to the centre of the stage, in a single line and in numerical order.

The IFBB Chief Judge will direct the competitors, as a group, through the four quarter turns in numerical order and then in the reverse order.

On completion of the quarter turns, the competitors exit the stage.

ASSESSMENT: ROUND 2

The judges will be assessing each competitor on how well they display their physique in move. Competitors shall be assessed on whether or not they carry themselves in a graceful manner while moving on the stage. The pace, the elegance of moves, gestures, "showmanship", personality, charisma, stage presence, as well as a natural rhythm should play a part in the final placing of each competitor.

Male fit-models are encouraged to look relaxed and smile. Have fun with the audience and judges as much as possible. Try to keep the posing relaxed. You should be displaying a relaxed look. Each pose should be kept for 2-3 seconds to allow the judges to assess a competitor. Running around the stage is not recommended. Competitors should select poses which suit their body type. Transitions between poses should be smooth and graceful. Under no circumstances bend over when turning to the back. Have a theme or motif to your posing by being a little creative. The outfits are meant to highlight individuality and character of competitors. Hair should be well presented and suit well-fitting to their body

This complete document remains the property and copyright of the BBSA/IFBB SOUTH AFRICA. Any portion of this document used elsewhere without permission may lead to legal action.



type. The judges are watching to see the way the outfits are worn, as well as the personality displayed. It is the competitor and not the outfit that is being judged, however these costumes can add to the score by making a competitor impressive and memorable to judges. Confidence, charisma, a good attitude, as well as looking at ease on stage are all vital. Proper muscle tone, posture and symmetry, attractive, marketability, and even a contestant's outfit selection are also taken into consideration. Athletes may add a trademark wave to their walk. Judged for their overall appearance, as well as poise, confidence and outfit, contestants must be comfortable on stage, should enjoy being in the spotlight, and should let their personalities shine through.

DESCRIPTION OF THE MEN'S FIT- MODEL QUARTER TURNS

Front position: Erect, tense stance, head and eyes facing the same direction as the body, with one hand resting on the hip, with four fingers (except the thumb) placed on the front of the hip, and one leg slightly moved to the side. Second hand hanging down along the body, slightly out of to the side, elbow slightly bent, thumbs and fingers together, palms facing the body, hand slightly cupped. Knees unbent, abdominal and latissimus dorsi muscles slightly contracted, head up. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

Quarter Turn Right: Competitors will perform the first quarter turn to the right. They will stand left side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Left hand resting on the left hip, with four fingers (except the thumb) placed on the front of the hip, right arm hold down and slightly to the front from the centreline of the body, elbow slightly bent, with thumbs and fingers together, palms facing the body, hand slightly cupped. Left leg (nearest the judges) slightly bent in the knee, resting flat on the floor. Right leg (farthest to the judges) bent in the knee, with foot moved back and resting on the toes.

Quarter Turn Back: Erect, tense stance, head and eyes facing the same direction as the body, with one hand resting on the hip, with four fingers (except the thumb) placed on the front of the hip, second hand hanging down along the body, slightly out of to the side, elbow slightly bent, with thumbs and fingers together, palms facing the body, hand slightly cupped and one leg slightly moved back and to the side, resting on the toes. Latissimus dorsi muscles slightly contracted, head up.

Quarter Turn Right: Competitors will perform the next quarter turn to the right. They will stand right side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Right hand resting on the right hip, with four fingers (except the thumb) placed on the front of the hip, left arm hold down and slightly to the front from the centreline of the body, elbow slightly bent, with thumbs and fingers together, palms facing the body, hand slightly cupped. Right leg (nearest the judges) slightly bent in the knee, resting flat on the floor. Left leg (farthest to the judges) bent in the knee, with foot moved back and resting on the toes.



This complete document remains the property and copyright of the BBSA/IFBB SOUTH AFRICA. Any portion of this document used elsewhere without permission may lead to legal action.









