



IFBB RULES

MEN AND WOMEN BODYBUILDING, MEN CLASSIC BODYBUILDING, WOMEN FITNESS, MEN FITNESS, WOMEN BODYFITNESS

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In sport, there are no limitations, no barriers of race, religion, politics, or culture.
In sport, we are in touch with each other.

BODYBUILDING IS IMPORTANT FOR NATION BUILDING

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Rule 1 - Introduction

1.1 General:

The IFBB Rules for Bodybuilding consist of regulations, policies, directives and decisions intended to guide the IFBB and its Members in the administration of the sport of Bodybuilding.

1.2 Authority:

Constitutionally, the Executive Council has authority to prescribe and amend the Rules. Between annual meetings of the Council, this authority is delegated to the following four officers: President, Executive Assistant to the President, Executive Director and General Secretary. Any decision made by the Council, or its delegated authority, has force and effect only until the next annual general meeting of the Congress, at which time the decision will either be ratified or rejected. In an emergency situation, where time is of the essence and it is not practical to obtain the majority consent of the Council or its delegated authority, the President shall have power to prescribe or amend a rule.

1.3 Agreement:

Affiliated National, Regional and Continental Federations, their athletes, officials and others, join the IFBB of their own free will and, in so doing, agree to abide by the Constitution and Rules. In becoming a Member of the IFBB, Affiliated Federations and other Members accept that the Constitution and Rules exist for the good of the sport of Bodybuilding. Should the Constitution and Rules be contravened by any Member, the IFBB has authority to impose disciplinary measures against that Member.

1.4 Definitions:

The same definitions that are found in the Constitution also apply to the Rules. The Code of Ethics, which forms an integral part of the Constitution, also forms an integral part of the Rules and is attached as Appendix 1.

1.5 Interpretation:

It is recognized that the Rules cannot encompass every possible situation wherein written guidance might be sought in the resolution of an issue. In such cases, the President has sole authority to interpret any matter arising out of the Rules, or any matter not encompassed by the Rules, said interpretation to be final and binding.

1.6 Intent:

It is not intended that the Rules be considered as "cast in stone" but instead, as guidelines. Each and every issue arising out of the Rules must be judged on its own merits with the primary consideration given to that which is in the best interests of the sport of Bodybuilding.

Rule 2 - Sanctioning of International Competitions

2.1 Requirement for Sanction:

An International Competition is any competition involving two or more National Federations. In order to host such a competition, an Organizer must first obtain an official sanction from the IFBB. To obtain an official sanction, the Organizer must file a Request for Official Sanction with the IFBB. The request must include all of the pertinent information about the proposed competition. Official sanctions may only be issued to National Federations; not to private individuals.

2.2 Contract:

Once the Request for Official Sanction is approved by the IFBB, a Contract will be forwarded to the Organizer. The Contract will outline the terms and conditions of the official sanction as well as the responsibilities of the Organizer towards the successful hosting of the competition.

2.3 Sanction Fee:

The Organizer will pay a sanction fee to the IFBB for the right to host the competition. The amount of the fee will be set by the IFBB. All International Competitions are the exclusive property of the IFBB. The granting of an official sanction and the payment of a sanction fee does not transfer ownership of this property to the Organizer.

2.4 Payment of Sanction Fee:

The sanction fee will be paid according to a fixed schedule that is agreed upon by the IFBB and Organizer. Once the Contract is signed by all parties and the sanction fee, in whole or in part, is received by the IFBB, the fee will not be returned to the Organizer should the Contract, for whatever reason, be subsequently cancelled.

2.5 Failure to Abide:

Once the Contract has been signed by all parties, should the Organizer, for whatever reason, subsequently fail to abide by the Constitution and Rules, or the terms and conditions of the Contract, or the directives of the President, the President may withdraw the sanction and undertake whatever measures are deemed necessary, disciplinary or otherwise, in order to protect the interests of the IFBB.

2.6 Delegation of Authority:

The President may, at his discretion, delegate to a member of the Executive Council, normally the Executive Assistant to the President or the Executive Director, or the area Vice President, the authority to represent the interests of the IFBB in granting an official sanction and signing a Contract for an International Competition.

Rule 3 - Liability of the IFBB

3.1 General:

The organization of an International Competition will be undertaken at the sole financial risk of the Organizer. The Organizer must agree in writing to accept this condition, as well as any other terms and conditions that may be detailed within the Contract.

3.2 Liability Regarding Failure to Abide:

The IFBB will not be held liable for any financial or other loss, including any harm to the reputation of the Organizer or any associated parties, should the Organizer be disciplined for failing to abide by the Constitution and Rules, or the terms and conditions of the Contract, or the directives of the President.

3.3 Liability Insurance:

Members of the IFBB, be they Affiliated Federations, athletes, officials and others, participate at International Competitions by their own free will and, in so doing, agree that the IFBB will not be held liable for any accident or incident arising out of the organization or hosting of the competition. The Organizer of an International Competition must agree in writing to make the necessary arrangements, either with the competition venue site or insurance agency, for their own liability insurance coverage.

3.4 Medical Personnel:

The Organizer of an International Competition will ensure that accredited medical personnel are on duty and that emergency transportation is made available at the competition venue site throughout the duration of the Prejudging and Finals, at no cost to the IFBB.

Rule 4 - Sponsorship

4.1 Sponsorship:

The Organizer of an International Competition may solicit the sponsorship of government and commercial companies; however, the sponsorship must be pre-approved by the IFBB.

4.2 Exceptions:

The use of tobacco and alcohol companies for sponsorship of International Competitions is strictly prohibited.

Rule 5 – Advertising and Publicity

5.1 Advertising:

The organizer of an International Competition may advertise at the competition by way of signage and/or banners so long as said advertising is not placed at the back centre of the stage and in such a manner as to obstruct the view of the judging panel. Signs and/or banners may be hung from the top front of the stage, on either or both sides of the stage, along the front of the posing plinth, and/or along the front edge of the stage. Signs and/or banners must not be placed in such a position as to be within camera-view when photographing the top five finalists.

5.2 Publicity:

The Organizer will be responsible for ensuring that the competition receives maximum publicity, before, during and after the competition. The Organizer should retain the services of a Public Relations consultant to ensure maximum media coverage through newspapers, radio and television. Immediately prior to the Prejudging, the Organizer should arrange a press conference at which the Organizer and the IFBB Chief Official may inform the public about the competition and the sport of Bodybuilding.

Rule 6 - Television and Video

6.1 Exclusive Rights:

The IFBB has the exclusive right to negotiate any and all contracts for television and/or video rights to an International Competition. Should television and/or video rights become an issue in the hosting of the competition, the Organizer is obligated to immediately advise the IFBB of this fact and will refrain from entering into any unilateral negotiations with any television and/or video agency without the expressed prior approval of the IFBB. The IFBB has "first rights" to any videotape of the event and, upon demand, the Organizer will immediately forward to the IFBB a first copy of the videotape for use as the IFBB deems appropriate.

6.2 Liability:

Should the negotiations between the IFBB and the organization offering the television and/or video contract fail to produce any fees, the IFBB will not be held liable for any resultant financial or other loss to the Organizer, or any associated parties.

6.3 Breakdown of Fees:

The IFBB will receive any and all fees for television and/or video and will normally apportion said fees as detailed in a separate written and signed Agreement or Contract with the Organizer.

Rule 7 - Press Accreditation

7.1 Rights:

The IFBB reserves the right to control any and all press accreditation, whether said accreditation be television, radio, website, print, photographic, or other media, at International Competitions.

7.2 Press Passes:

The IFBB, and/or its appointee, is responsible for issuing press passes to selected media personnel. During the Prejudging and Finals, only those individuals in possession of valid press passes are permitted access to those seating areas that are designated for the press. The IFBB Chief Official may dismiss any individual from the press area for just cause.

7.3 Event Coverage:

The possession of a press pass does not entitle the bearer to cover every International Competition from the press area. Permission to cover a competition must be obtained on a competition-by-competition basis with accreditation normally being granted on a first-come, first-serve basis.

Rule 8 - Qualifications for Participation in International Competitions

8.1 Eligibility:

Only National Federations duly affiliated to the IFBB are permitted participation at International Competitions. Any country which is not affiliated to the IFBB, or any country which is affiliated but under suspension or disqualification, or any athlete who

is under suspension by either the IFBB or a National Federation, is not permitted to participate at any International Competition worldwide.

8.2 Citizenship:

In order to qualify for participation in an International Competition, an athlete must either be a citizen, or have landed immigrant or legal resident status, in the country that the athlete intends to represent. If requested by the IFBB Chief Official, the athlete must produce a valid passport, or landed immigrant or legal resident papers, or other documented proof of citizenship status from the current country of domicile.

8.3 Dual Citizenship:

An athlete, once having been declared a citizen, or landed immigrant or legal resident, of one country may not compete for another country without written permission from the National Federation of their current country of domicile. No athlete is allowed to compete for two different countries in any given year. Athlete, who already represented any country, may change the represented country one time in his sport career only.

8.4 Invitations to Compete:

Organizers have authority to forward letters of invitation and entry forms to National Federations only. Organizers will not directly invite individual athletes from another country, or countries, to participate in an International Competition.

8.5 Athlete Responsibilities:

Except where otherwise noted, an athlete may not participate at an International Competition without the prior approval of his or her National Federation. Athletes are prohibited from directly contacting the Organizer for the purpose of obtaining participant status.

8.6 Extraordinary and/or Exceptional Circumstances:

Where proven extraordinary and/or exceptional circumstances warrant, the IFBB may authorize the participation of individual athletes in competitions sanctioned or recognized by the IFBB when, at or around the time of the competition, the athlete's national federation is in conflict, dispute and/or debate not yet resolved by an IFBB decision with the same IFBB.

Rule 9 – World Championships and other International Competitions

9.1 Guarantee:

Organizers of International Competitions must guarantee unconditional entry to all countries eligible to participate and to all athletes eligible to compete.

9.2 Intent to Participate:

National Federations must forward their intent to participate at International Competitions immediately upon receipt of the letter of invitation and/or Preliminary Entry Form so as to allow the Organizer the opportunity to properly plan and budget for transportation, accommodations, meals, and other expenses.

The intent to participate, if possible, should contain the names of the participating athletes and delegates; however, if the National Federation does not have the actual names of the athletes and delegates at the time of receipt of the letter of invitation and/or Preliminary Entry Form, they must forward, by fax or by e-mail, and directly to the Organizer, the actual number of athletes and delegates no later than sixty days before the date fixed for the Prejudging, failing which the National Federation may be required to cover the full costs associated with their participation at the competition. The Final Entry Form must be forwarded to the Organizer no later than the second Monday preceding the date fixed for the Prejudging and must contain full details of each participant. The exact date for the return of the Preliminary and Final Entry

forms will be written on the form. The Final Entry Form will contain the Passport Number and Name, in English and as written on the Passport, of all participating athletes, delegates and judges. National Federations that fail to meet the deadline date for the Final Entry form may be deemed ineligible for participation in the competition or may be asked to cover the cost of their participation by paying the full package rate for their athletes and officials.

9.3

Responsibilities to the Executive Council:

The Organizer of World, Continental or other International Competitions who requires the presence of a Member or Members of the Executive Council, must undertake to cover the cost of business-class travel as well as accommodations and meal expenses for this individual, or individuals, for the duration of the event. The Organizer of the Men's World Bodybuilding Championships and International Congress will undertake to cover the cost of single-room accommodations and meals (breakfast, lunch and dinner) for the Members of the Executive Council and their spouses (where applicable) for the duration of the event.

9.4 Responsibilities to Athletes and Delegates:

The Organizer of a World Championships will undertake to cover the cost of double-occupancy accommodations and meals (breakfast, lunch and dinner) for athletes and delegates as follows:

1. Men's World Bodybuilding Championships:

For five days (four nights) according to the following scale:

- a. Three or more competitors - Two delegates
- b. One or two competitors - One delegate

Note 1: The maximum allowable number of A-team competitors per National Federation may not exceed the number of categories open at these Championships, with a maximum of two competitors allowed to compete in any one category.

Note 2: The maximum allowable number of A-team competitors per National Federation in any one discipline may not exceed the number of categories in that discipline.

Note 3: Unless otherwise noted, a maximum of eight competitors is permitted in the A team (eight male bodybuilders) and will be accepted per National Federation with a maximum of two competitors allowed to compete in any one category.

Note 4: Delegates without athletes will be responsible for the full cost of their participation at the event.

Note 5: Upon agreement between the IFBB and the Organizer, one additional category may be opened for competition.

2. Women's World Bodybuilding, Fitness & Body Fitness and Men's Fitness Championships:

For four days (three nights) according to the following scale:

- a. Three or more competitors - Two delegates
- b. One or two competitors - One delegate

Note 1: The maximum allowable number of A-team competitors per National Federation may not exceed the number of categories open at these Championships, with a maximum of two competitors allowed to compete in any one category.

Note 2: A maximum allowable number of A-team competitors per National Federation in any one discipline may not exceed the number of categories in that discipline.

Note 3: A maximum of nine competitors is permitted in the A team (two female bodybuilders, two female fitness, four female body fitness and one male fitness) and will be accepted per National Federation with a maximum of two competitors allowed to compete in any one category.

Note 4: Delegates without athletes will be responsible for the full cost of their participation at the event.

Note 5: Upon agreement between the IFBB and the Organizer, one additional category may be opened for competition.

3. Juniors and Masters Bodybuilding, Fitness & Body Fitness World Championships: For four days (three nights) according to the following scale:

- a. Three or more competitors - Two delegates
- b. One or two competitors - One delegate

Note 1: The maximum allowable number of A-team competitors per National Federation may not exceed the number of categories open at these Championships, with a maximum of two competitors allowed to compete in any one category.

Note 2: A maximum allowable number of A-team competitors per National Federation in any one discipline may not exceed the number of categories in that discipline.

Note 3: A maximum of nineteen competitors in "A"-Team (one female junior bodybuilder, two male junior bodybuilders, two female junior fitness, one male junior fitness, two female junior body fitness, one male junior classic bodybuilder, one female master bodybuilder, seven male master bodybuilders, one male master classic bodybuilder, one female master body fitness) will be accepted per National Federation with a maximum of two competitors allowed to compete in any one category.

Note 4: Delegates without athletes will be responsible for the full cost of their participation at the event.

Note 5: Upon agreement between the IFBB and the Organizer, additional categories may be opened for competition.

4. In Junior Men's Bodybuilding, each National Federation may enter an "A" team of up to a maximum of two competitors, with a maximum of two competitors allowed to compete in any one category.

5. In Junior Women's Bodybuilding, each National Federation may enter an "A" team of up to a maximum of one competitor.

6. Except where otherwise noted, in Men's Bodybuilding, each National Federation may enter an "A" team of up to a maximum of eight competitors, with a maximum of two competitors allowed to compete in any one category.

7. In Women's Bodybuilding, each National Federation may enter an "A" team of up to a maximum of two competitors, with a maximum of two competitors allowed

to compete in any one category.

8. In Master Men's Bodybuilding, each National Federation may enter an "A" team of up to a maximum of seven competitors, with a maximum of two competitors allowed to compete in any one category.

9. In Master Women's Bodybuilding, each National Federation may enter an "A" team of up to a maximum of one competitor.

10. Mixed-Pairs Bodybuilding is currently not open at the World Championships level; however, Continental and National federations may, at their own discretion, host competition in mixed-pairs.

11. In Junior Men's Fitness, each National Federation may enter an "A" team of up to a maximum of one competitor.

12. In Junior Women's Fitness, each National Federation may enter an "A" team of up to a maximum of two competitors, with a maximum of two competitors allowed to compete in any one category.

13. In Men's Fitness, each National Federation may enter an "A" team of up to a maximum of one competitor.

14. In Women's Fitness, each National Federation may enter an "A" team of up to a maximum of two competitors, with a maximum of two competitors allowed to compete in any one category.

15. In Junior Women's Body Fitness, each National Federation may enter an "A" team of up to a maximum of two competitors, with a maximum of two competitors allowed to compete in any one category.

16. In Women's Body Fitness, each National Federation may enter an "A" team of up to a maximum of four competitors, with a maximum of two competitors allowed to compete in any one category.

17. In Master Women's Body Fitness, each National Federation may enter an "A" team of up to a maximum of one competitor.

18. In Junior Men's Classic Bodybuilding, each National Federation may enter an "A" team of up to a maximum of one competitor.

19. In Men's Classic Bodybuilding, each National Federation may enter an "A" team of up to a maximum of four competitors, with a maximum of two competitors allowed to compete in any one category.

19a. In master men's Classic Bodybuilding, each National Federation may enter an "A" team of up to a maximum of one competitor.

20. In World Championships, the host organizing National Federation may enter a C team, not to exceed the number of competitors in the A team, of which the team members may compete for individual places, awards, medals, and trophies; however, their results will not count for the "Best National Team" award.

21. Any extra delegates from a National Federation, whether VIPs, special guests, officials, judges, coaches, trainers, press, supporters or other individuals, in addition to those detailed in this rule, must undertake to cover all of their own expenses.

9.5 A and B Teams:

The IFBB, in cooperation with its Continental, Regional and National Federations, and in the interests of furthering the development of the sport of bodybuilding and fitness, herewith provides notice of the rules governing A- and B- team competitors at the World Championships.

The "A" TEAM

1. Each National Federation may enter an A team. The maximum allowable number of competitors in the A team shall be equal to the total number of categories open for competition at the Championships.

2. The maximum allowable number of A-team competitors per National Federation in any one category shall not exceed two (2). The maximum allowable number of A-team competitors per National Federation in any one discipline shall not exceed the number of categories in that discipline.

3. Pursuant to applicable IFBB rules, the Organizer shall provide free-of-charge accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet to all A-team competitors.

4. Each National Federation shall pay a Registration Fee for each A-team competitor.

5. The A-team competitors shall compete for placings and awards, including the Best National Team award.

6. A National Federation must fully declare its A-team competitors on the Final Entry Form and must register the A-team competitors upon check-in at the official hotel, failing which any undeclared competitor may be held responsible for all of his or her expenses.

The "B" TEAM

1. Each National Federation may enter a B team. Unless otherwise noted, the maximum allowable number of competitors in the B team shall not exceed those in the A team, except for the masters categories, where the number of B-team competitors is unlimited.

2. Unless otherwise noted, the maximum allowable number of B-team competitors per National Federation in any one category shall not exceed two (2), except the master's categories. The maximum allowable number of B-team competitors per

National Federation in any one discipline shall not exceed the number of categories in that discipline, except the master's categories.

3. The National Federation shall be obliged to pay the Full Package Special Rate for each B-team competitor. This package shall comprise the competitor accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet.

4. The Registration Fee for B-team competitors shall be included in the Full Package Special Rate.

5. The B-team competitors shall compete for placings and awards, excluding the Best National Team award.

6. A National Federation must fully declare its B-team competitors on the Final Entry Form and must register the B-team competitors upon check-in at the official Hotel, failing which any undeclared competitor may be held responsible for all of his or her expenses.

7. If a National Federation fails to declare the B-team before the end of the official registration, that federation shall be disqualified from the Best National Team Award.

9.6 Special Package Rates:

The Event Organizer shall provide two separate Event Special Packages as follows:

1. FULL PACKAGE: accommodations, meals, onsite transportation*, tickets to Prejudging, Finals and Farewell Banquet.

2. PARTIAL PACKAGE: onsite transportation*, tickets to Prejudging, Finals and Farewell Banquet.

**limited to transportation between the official airport and official hotel(s) upon arrival and departure; between the Competition venue site and official hotel(s) for Prejudging and Finals; and, where applicable, between the Farewell Banquet venue site and official hotel(s).*

Rule 10 - Prejudging and Finals Venue Requirements

10.1 General:

All International Competitions will take place, wherever possible, in a theatre-like venue complete with an appropriately sized stage, professional lighting and sound, and tiered seating. The Organizer must pay special attention to the following critical requirements:

1. Staging:

The judging should be held on a raised stage with an optimum height of 80 cm. If the venue has a large, flat seating area without tiered seats, the stage must be at an optimum height of 1 metre. If the stage is any higher than that, the seats for the judges must also be raised so as to give them a full view of the competitors.

The top of the stage should be covered by a plain grey carpet and the front and sides by cloth, panelling or paint.

2. Background:

The stage background should be of a neutral, non-distracting colour, preferably dark blue or black. On it must be displayed the IFBB logo and the name of the event. The logo of the organizing federation may also be displayed in this area; however, neither should be placed in such a position as to distract the view of the judges or photographers. The Organizer must not allow signage and/or banners to be displayed in this area, however, said signage and/or banners may be hung from the top front of the stage, on either or both front sides of the stage, along the front of the posing plinth, or along the front edge of the stage, and/or in any other area that does not interfere with the judge's and photographer's view of the competitors.

3. Sound:

The sound system will be of such quality so as to ensure that the competitor's music is reproduced in the best professional manner. The Organizer will also be responsible for ensuring that each competitor's music starts exactly where it should and on cue. Where possible, the sound system controls/soundman should be located backstage, on the same side of the stage where the competitors enter, normally stage left (when viewed from the front). Microphones must be provided for the Chief IFBB Judge, the Master of Ceremonies, and the onstage expeditor (preferably hands-free).

4. Lighting:

The stage will be provided with three lighting set-ups. The first is needed to illuminate the complete line-up of all of the competitors when they are first brought before the judges. The second must be focused on the posing plinth for the individual posing routines. The third must cover the five competitors on the posing plinth for the comparisons and posedown. The IFBB lighting specifications call for 1000 W per foot of stage frontage or posing plinth length, hung from the front of the stage at about a 45° angle; 500W per foot of stage frontage or posing plinth length, hung from the back of the stage at about a 65° angle; and 500 W per two feet of stage frontage or posing plinth length of back floor-level lighting. If this latter lighting is not possible, lights may be placed on both front sides of the stage.

5. Seating:

The Organizer must ensure that all judges and spectators are afforded a clear and unobstructed full-figure view of all of the competitors who stand onstage. Judges and statisticians must be seated away from the spectators. Photographers and television and/or video personnel must not be allowed to obstruct the view of the judges or spectators.

6. Master of Ceremonies:

The Master of Ceremonies plays a significant role in the image that the IFBB wish to present to the general public at all International Competitions. For this reason, the MC should have a background in public speaking, or be comfortable in his or her role as "moderator" in front of an audience, and must be adept at handling impromptu

situations. The MC should have a speaker's rostrum with a microphone, situated at the side of the stage from which the competitors enter. Competitors should enter stage left and exit stage right (when viewed from the front).

7. Competitor Warm-up Area:

The Organizer will provide dressing rooms and washrooms/showers for the competitors. Next to the dressing room area, and adjacent to the stage, there should be an area where the marshals may assemble the competitors prior to leading them onto the stage. In the marshalling area, the Organizer will also provide an adequate amount of equipment for the competitors to warm up with before performing. There should be barbells of varying weights, several pairs of dumbbells of varying weights, adjustable benches, etc.

8. Inspection:

The IFBB Chief Judge should inspect the competition venue site prior to the commencement of Prejudging, for the purpose of ascertaining the readiness of the facility.

9. Communications:

The Organizer will be responsible for supplying sufficient communications equipment (i.e.: headsets/micas, walkie-talkies) for use by the backstage Marshalls.

10. Office/Photocopier:

The Organizer will be responsible for providing an office complete with computer/printer and photocopier for use by the IFBB throughout the duration of the International Competition.

11. Water/Towels:

The Organizer will provide sufficient quantities of water and towels for use backstage by the expeditors and athletes.

12. Medical Emergency:

The Organizer will ensure that medical personnel and emergency transportation is made available for use throughout the entire duration of the Prejudging.

13. Backstage Access/Dressing Room Access:

Access to the backstage area/dressing room area is strictly limited to essential personnel only. There will be no admittance given to spouses, boyfriends, girlfriends, family members or relatives. Coaches and trainers who assist athletes in the dressing room area must be of the same sex as the athlete they are assisting. Under no circumstances will a coach, trainer, or any other individual be permitted in the dressing room area to assist any competitor of the opposite sex.

14. Cameras/Videotapes:

Cameras and videotape devices are strictly prohibited in the backstage area/dressing room area except when used by duly recognized press personnel and, in any event, these devices are strictly prohibited in the dressing room area.

15. Access Control:

The IFBB reserves the right to control access to the backstage area during Prejudging. The IFBB may issue access control passes (green cards) to each National Federation. These passes will normally be distributed at the Team Manager's meeting, which takes place immediately before the Official Athlete Registration.

Rule 11 – Official Athlete Registration: Weigh-in and/or Height Measurement

11.1 Official Athlete Registration: Weigh-in and/or Height Measurement:

The Official Athlete Registration (weigh-in and/or height measurement) at all International Competitions will be controlled by the IFBB Chief Judge and will normally proceed as follows:

1. All competitors, regardless of their category, are required to present themselves at the Official Athlete Registration which will usually take place on the day prior to the Prejudging. Any competitor who fails to attend the Official Athlete Registration at the designated time may be eliminated from the competition.

2. Each team represented at the competition, regardless of its numbers, will be accompanied to the Official Athlete Registration by its chief delegate, or other appointed representative.

3. All competitors will present themselves in the same posing attire that they will be wearing throughout the Prejudging and Finals so that the IFBB Chief Judge may ascertain that said posing attire meets the accepted standards of the IFBB.

4. The Organizer will provide a suitable room for the Official Athlete Registration in which there will be a certified weighing machine, calibrated in kilogram's, as well as one back-up weighing machine, which should be made available to the competitors prior to the Official Athlete Registration so that they may check their weight; a table and chairs for the Judges Secretary and assistants, and a suitable number of chairs for the competitors and delegates. A measuring device will also be made available to record the height.

5. All competitors will be required to have in their possession, at the time of the Official Athlete Registration, the following items:

- a. A valid passport; or
- b. Citizenship papers (i.e.: birth certificate); or
- c. Landed immigrant or legal resident papers; and
- d. Music CD, encased in a plastic protective case with the competitor's name affixed upon the case and CD, and the music properly cued at the beginning of the song title.

Note:

At juniors and masters championships, if the day, month and year of birth are not indicated in the passport, or other papers, the athlete will be required to produce a legal document authenticating this information

6. There are eight categories in men's world-level bodybuilding competition, currently as follows:

- a. Bantamweight: Up to and incl. 65 Kg.
- b. Lightweight: Up to and incl. 70 Kg.
- c. Welterweight: Up to and incl. 75 Kg.
- d. Light-Middleweight: Up to and incl. 80 Kg.
- e. Middleweight Up to and incl. 85 Kg.
- f. Light-Heavyweight: Up to and incl. 90 Kg.
- g. Heavyweight: Up to and incl. 100 Kg.
- h. Super-Heavyweight: Over 100 Kg.

7. There are two categories in women's world-level bodybuilding competition, currently as follows:

- a. Lightweight: Up to and incl. 55 Kg.
- b. Heavyweight: Over 55 Kg.

8. There are two categories in junior men's world-level bodybuilding competition, currently as follows:

- a. Lightweight: Up to and incl. 75 Kg.
- b. Heavyweight: Over 75 kg.

9. There is one open category in junior women's world-level bodybuilding competition.

10. There are seven categories in master men's world-level bodybuilding competition, currently as follows:

40 to 49 years of age inclusive:

- a. Lightweight: Up to and incl 70 Kg.
- b. Middleweight: Up to and incl 80 Kg.
- c. Light-Heavyweight: Up to and incl 90 Kg.
- b. Heavyweight: Over 90 Kg.

50 to 59 years of age inclusive:

- a. Middleweight: Up to and incl. 80 Kg.
- b. Heavyweight: Over 80 Kg

60 years of age and older:

One open category

10a. There is one open category in master men's world-level Classic Bodybuilding competition (40years of age and older) with the following bodyweight limitations:

Up to & incl. 170 cm

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

Up to & incl. 175 cm

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

Up to & incl. 180cm

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 6 \text{ [kg]}$$

Up to & incl. 190 cm

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 8 \text{ [kg]}$$

Up to & incl. 198 cm:

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 9 \text{ [kg]}$$

Over 198 cm:

$$\text{Max Weight [kg]} = (\text{Height [cm]} - 100) + 10 \text{ [kg]}$$

11. There is one open category in master women's world-level bodybuilding competition (35 years of age and older).

12. There are two categories in women's world-level fitness competition, currently as follows:

- a. Class A: Up to and incl. 163 cm
- b. Class B: Over 163 cm

13. There are two categories in junior women's world-level fitness competition, currently as follows:

- a. Class A: Up to and incl. 163 cm
- b. Class B: Over 163 cm

14. There are four categories in senior women's world-level body fitness competition, currently as follows:

- a. Class A: Up to and incl. 158 cm
- b. Class B: Up to and incl. 163 cm
- c. Class C: Up to and incl. 168 cm
- d. Class D: Over 168 cm

15. There are two categories in junior women's world-level body fitness competition, currently as follows:

- a. Class A: Up to and incl. 163 cm
- b. Class B: Over 163 cm

16. There is one open category in master women's world-level body fitness competition.

17. There is one open category in junior men's fitness.

$$\text{Max bodyweight [kg]} = \text{Height [cm]} - 100 \text{ [kg]}$$

18. There is one open category in men's fitness, with the following bodyweight limitations:

Up to & including 170 cm:

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

Up to & including 175 cm:

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

Up to & including 180 cm:

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

Up to & including 190 cm

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

Up to & including 198 cm:

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

Over 198 cm:

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

19. There is one open category in junior men's classic bodybuilding, with the following bodyweight limitations:

Up to & incl 170 cm

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

Up to & incl 175 cm

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

Up to & incl 180cm

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

Up to & incl 190 cm

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

Up to & incl 198 cm:

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

Over 198 cm:

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

20. There are four categories in senior men's classic bodybuilding, currently as follows:

Up to & incl 170 cm

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

Up to & incl 175 cm

Max Weight [kg] = (Height [cm] -100) + 4 [kg]

Up to & incl 180cm

Max Weight [kg] = (Height [cm] -100) + 6 [kg]

Over 180 cm

Max Weight [kg] = (Height [cm] -100) + 8 [kg]

Note 1: For competitors with a body height over 190 cm and up to and including 198 cm, the following formula will be used:

Max Weight [kg] = (Height [cm] – 100) + 9 [kg]

Note 2: For competitors with a body height over 198 cm, the following formula will be used:

Max Weight [kg] = (Height [cm] – 100) + 10 [kg]

Note 3: All of the competitors mentioned in notes 1 and 2 will participate in the Over 180 cm category.

21. The Official Athlete Registration start time will be published by the Organizer. All competitors, regardless of category, must be present for the Official Athlete Registration at the published start time.

22. Any competitor who fails to register within the time limits set for his or her category may be eliminated from the competition.

23. Any competitor who does not make weight will be given a maximum of thirty minutes in which to do so. If, for whatever reason, the competitor does not return within thirty minutes, he or she will be eliminated from the competition. The onus is on the competitor to return within the deadline; the IFBB is under no obligation to issue time warnings or to track down the competitor.

24. A competitor who weighs in over his or her chosen category may elect to compete in the next higher category, provided this does not result in more than the maximum allowable number of competitors from the same National Federation in that category.

25. The IFBB Chief Judge, and his or her assistant(s), will control the weighing machine and measuring device and will verify the bodyweight and/or height of each competitor, beginning with the lowest bodyweight /height category and proceeding to the highest.

26. All competitors must produce a valid passport, failing which the competitor will not be registered.

27. The Judges Secretary, and his or her assistant(s), will compile lists of all of the competitors, by category, once their body weight and/or height is verified by the IFBB Chief Judge and will then prepare photocopies of these lists for the IFBB Chief Judge, the IFBB Chief Marshal and his or her assistants, the chief delegates for the

National Federations, the Master of Ceremonies, the various media personnel in attendance, and other individuals as required.

28. During the Official Athlete Registration, the IFBB Judges Committee will determine the order in which the competitors will appear before the judging panel. The Judges Secretary, or an assistant, will issue each competitor with a competitor number, said number which will be randomly-selected by the athlete and which will thereafter correspond to the order in which that competitor will appear before the judging panel. This number must be attached to the left side of the posing trunks, or bikini, and must be worn throughout the Prejudging and Finals.

29. All competitors will be required to hand in their music CDs, properly cued at the start of the music, at Official Athlete Registration, said CD which must be housed within a protective plastic case with the competitor's name affixed upon the case and the CD. The Judges Secretary, or an assistant, will affix, on the music CD, a number corresponding to the same number that the competitor was given to attach to his or her posing attire

30. The use of profane, vulgar or offensive language in posing music is prohibited. If a competitor uses such language in his or her posing music, the IFBB Chief Judge will order the music to be immediately stopped and will direct the competitor to leave the stage. The competitor will not be given another opportunity to perform his or her posing routine.

31. At the time of the Official Athlete Registration, a junior or master competitor must produce documentary evidence of his or her date of birth (ie: passport, birth certificate, etc.).

32. An athlete, male or female, may compete as a JUNIOR competitor up to and including December 31st of the year in which the athlete reaches his or her 21st birthday.

33. A male athlete:

- May compete as a MASTER competitor in the category 40-49 years of age from January 1st of the year in which the athlete reaches his 40th birthday **until** December 31st of the year in which the athlete turns 49. From January 1st of the next year, he may compete only in the category 50-59 years of age.

- May compete as a MASTER competitor in the category 50-59 years of age from January 1st of the year in which the athlete reaches his 50th birthday **until** December 31st of the year in which the athlete turns 59. From January 1st of the next year, he may compete only in the category over 60 years of age.

- May compete as a MASTER competitor in the category over 60 years of age from January 1st of the year in which the athlete reaches his 60th birthday,

34. A female athlete may compete as a MASTER competitor from January 1st of the year in which the athlete reaches her 35th birthday.

35. Any competitor, once having been officially nominated by his or her National Federation for participation in an International Competition, and who is actually present at the event, who subsequently withdraws from the event, for whatever reason, without the expressed permission of the IFBB Chief Judge, may be suspended for a period of up to one year and his or her National Federation may be fined up to EUR 1,000.

36. Media Waiver of Liability:

By registering as a competitor at an International Competition, the participant agrees that his or her person and/or likeness may be filmed, videotaped, photographed and/or otherwise recorded, by electronic or other means, for use by the IFBB in promoting the IFBB and the sport of Bodybuilding, Fitness and Body Fitness.

37. Access Control:

The IFBB reserves the right to control access to the Official Athlete Registration (Weigh-in and/or Height Measurement). The IFBB may issue one or more access control passes (green card) to each National Federation. These passes will normally be distributed at the Team Manager's meeting, which takes place immediately before the Official Athlete Registration, as follows:

- a. Up to 5 competitors - 1 green card
- b. Up to 10 competitors - 2 green cards

*The Green Card allows access to certain restricted areas only and does not absolve the holder from requiring Prejudging and Finals tickets and/or passes.

Rule 12 - Doping Controls

12.1 Doping Controls:

Doping controls will be conducted, under the supervision of the IFBB Medical Commission, at all International Competitions. The testing will be governed by, and conducted pursuant to, the IFBB Anti-Doping Rules, which conform to the provisions of the World Anti-Doping Agency (WADA) Code.

12.2 Declaration:

As a participant in an International Competition, an athlete agrees to abide by the IFBB rules governing doping controls. Should an athlete be found guilty of an anti-doping rule violation, the athlete agrees to accept whatever penalties or sanctions may be imposed pursuant to the IFBB Anti-Doping Rules. The athlete agrees that he or she may be provisionally suspended immediately the results of the "A" sample are known.

12.3 Testing:

1. In-Competition testing will be carried out as follows:

- a. RANDOM: A number of athletes selected at random during the Competition e.g. at the Weigh-in and/or Height Measurement and Official Athlete Registration; and/or
- b. WEIGHTED: A number of athletes selected at random from among the Top Finalists e.g. at the Finals; and/or
- c. TARGETED: The IFBB reserves the right to target test any athlete.

2. Out-of-Competition testing will be carried out in 2009 from a Registered Athlete Testing Pool, said Pool which shall be established in 2008 from among the Top Finalists at all IFBB World Championships.

12.4 Continental & National Federations:

Doping control at the Continental and National levels falls within the jurisdiction of, and is governed by, the respective Continental or National Federation. The anti-doping programs of all Continental and National federations must conform to the provisions of the IFBB Anti-Doping Rules.

12.5 Drug Testing Consent & Waiver of Liability Form:

Each competitor must complete and sign the Drug Testing Consent & Waiver of Liability Form attached as Appendix 5 to these rules.

12.6 Athlete Whereabouts Information Form:

Each competitor must complete and sign the Athlete Whereabouts Information Form attached as Appendix 6 to these rules.

12.7 Responsibility:

All National Federations and athletes, judges and officials are solely responsible for remaining current with competition rules. National Federations and their members are fully aware that these rules are available on the Official IFBB Website, www.ifbb.com. The IFBB does not accept a member's claim of ignorance of the rules as a reason to act in a manner contrary to these rules.

Rule 13 - Judges

13.1 General:

All judges wishing to judge at International Competitions must be members of an affiliated National Federation and must first be qualified to judge at the national level prior to test judging or judging at the international level.

13.2 National Judging Cards:

Each National Federation is responsible for issuing judging cards to qualified individuals within their own jurisdiction. Continental Federations are responsible for issuing judging cards at the continental level.

13.3 Nominations for International Judging Cards (Test Judging):

Each National Federation is responsible for nominating qualified national judges to test judge at the international level. The National Federation must provide on the Final Entry Form the names of all individuals who it nominates to test judge at the competition. Individuals who request permission to test judge at the event will not be allowed to do so.

13.4 Test Judging Procedures:

The test judging requirements are as follows:

13.4.1. To obtain a judging card at any World Championships, a test judge must successfully complete Prejudging papers from categories as selected by the IFBB Chief Judge.

13.4.2. A test judge is required to complete test papers for the **Prejudging** only.

13.4.3. The Organizer should prepare seats and tables (if possible) for the test judges. These seats and tables should be placed center to the stage in a row just behind the judge's panel and photographers. If this setup is not possible, the Organizer should reserve the middle (or right) part of the first row for the test judges. These seats will be occupied during the Prejudging only.

13.5 International Judging Cards:

Upon successfully test judging (average accuracy of 80% at least) the required number of categories, with each category having a minimum of twelve competitors, and upon payment of a one-time judge's fee, said fee which will be in an amount as determined from time to time by the IFBB Judges Committee, the individual will be issued an IFBB international judging card and official IFBB judge's badge.

13.6 Judging at International Competitions:

Every individual wishing to judge at an International Competition must first be in possession of a valid IFBB international judge's card and must participate once per 3 years in the official judges seminar organized by the IFBB Judges Committee. Judges cards of all nominated judges must be surrendered to the IFBB Judges Committee at the technical meeting which will be held before the Official Athlete Registration and prior to the Prejudging. The IFBB Judges Committee will select those individuals whom they consider to be the most qualified to serve on the judging panels. The cards will be returned at the completion of the Finals. Once selected for a panel, a judge must be present on the panel throughout the entire Prejudging and Finals.

13.7 Nomination Deadline:

A National Federation must provide on the Final Entry Form the names of all individuals who it nominates to judge at the competition, failing which the individual will not be allowed to judge.

13.8 Makeup of the Regular Judging Panel:

Nine judges are normally appointed by the IFBB Judges Committee to serve on a regular judging panel. Every attempt is made to ensure that all qualified judges who are present at the technical meeting are given the opportunity to serve on a panel and that all countries are equally and fairly represented with no country having two or more judges on the same panel. Where it is not possible to appoint nine judges, seven are appointed. At no time will the number of judges on a panel be fewer than five. The IFBB Chief Judge is the final authority on the makeup of the judging panels.

13.9 Alternate Judges:

The IFBB Chief Judge may, at his discretion, allow a number of alternate judges, not to exceed four, to sit on the panel.

13.10 Accuracy in Judging:

The following rules pertain to judging accuracy:

1. The Code of Ethics obligate our sport's officials to ensure that all athletes are adjudicated by the most qualified judges available. The IFBB Judges Committee is empowered to take whatever measures it deems necessary to ensure that this obligation is met by selecting and panelling only those judges who meet or exceed the minimum accepted standard of judging accuracy approved by the IFBB.
2. The minimum acceptable standard is an overall average score of **70%** at Prejudging.
3. Judging accuracy is calculated using the "Deviation Method". This method calculates the "deviation" between an individual judge's placement of an athlete and the entire regular judge's panel placement of that same athlete.

Rule 14 – Judges' Attires and Judging Panel

14.1 Judging Attire:

Judges shall be attired as follows:

1. The official IFBB uniform for male judges at all International Competitions consists of a blue blazer with the official IFBB crest on the left breast pocket, pale blue or white shirt with the official IFBB tie, grey dress pants, black socks and black dress shoes.
2. The official IFBB uniform for female judges at all International Competitions consists of a blue blazer with the official IFBB crest on the left breast pocket, pale blue or white blouse (official IFBB tie optional), grey skirt or dress pants, and black dress shoes.
3. The Chief IFBB Judge has authority to remove from the panel any judge who is not correctly dressed in the official IFBB uniform.
4. The IFBB may adopt a Relaxed Dress Code e.g. a golf or polo shirt with IFBB logo on the left breast, which may be worn by judges, expeditors and other IFBB officials working a competition. The decision on when to wear Relaxed Dress is made by the IFBB Chief Official on a case-by-case basis e.g. tropical climates or hot conditions.

14.2

Officials:

The following officials are needed to control International Competitions:

1. An IFBB Chief Judge;
2. An IFBB Stage Director
3. A Judges Secretary;
4. Judges from as many different countries as possible, with the quantity according to Rule 13.8. If enough qualified judges are available, two or more panels of judges may be appointed.
5. Two statisticians;
6. An IFBB Chief Marshal and an appropriate number of assistants; and
7. A Master of Ceremonies, or Announcer.

8. A Music Control Judge cooperating with the Sound Operator to control the order of replaying CD's given by the competitors for the free posing routines and music backgrounds selected for the posedown.

14.3 IFBB Chief Judge:

The IFBB Chief Judge will coordinate and control all aspects of Official Athlete Registration, Prejudging and Finals. No other official will make any decision which might impact upon the smooth running of the competition without seeking the prior approval of the IFBB Chief Judge.

14.4 Placement of Judges:

The placement of judges will proceed as follows:

1. The Judges Secretary will seat the judges at their respective tables, which will be located at the front center of the stage, and will then seat the two statisticians at their tables, which will be located at the end of the row of judge's tables nearest to the Master of Ceremonies. The Judges Secretary will then ensure that the appropriate judging forms are distributed to each judge.

2. Each judge's position on the panel will be numbered using a small card (black numbers on a white background) situated at the front of the judge's table. The numbers will be printed on both sides of the card so as to be viewed by the competitors and the judges. The regular panel judges will be seated so as to have the best view of the athletes; alternate judges shall be seated at one end of the regular panel.

14.5 Conduct of Judges:

Once the judging panel is seated, the Judges Secretary will remind the judges of the rules of conduct, said rules which must be strictly followed throughout the Prejudging and Finals. Under penalty of immediate dismissal from the judging panel, no judge will:

1. Converse with any other judge, or judges;
2. Attempt to influence the decisions of any other judge, or judges;
3. Take photographs while the judging is in progress;
4. Coach any competitor
5. Judge while under the influence of drugs or alcohol, or consume alcoholic beverages while judging.

14.6 Statisticians:

The Judges Secretary will ensure that the statisticians are seated, preferably on the same side of the stage as the Master of Ceremonies, and that they are in possession of the appropriate Statistician's Score Sheets.

14.7 Refreshments:

The Organizer is responsible for ensuring that liquid refreshments (e.g. water) are made available to each judge throughout the Prejudging and Finals.

Rule 15 - Cash Awards

26.1 Cash Awards:

National, Regional and Continental Federations are free to present cash awards at designated events. For events at and below the national level, the respective National Federation shall decide the rules and regulations governing cash awards, and the terms and conditions governing participation, except that a National Federation may not invite other countries, or athletes from other countries, to participate in a competition at this level. For events above the national level and at or below the continental level, the respective Continental Federation shall decide the rules and regulations governing cash awards, and the terms and conditions governing participation.

Rule 16 – IFBB Registration Fee

16.1. A-team

Each Official Participant (A-team Athletes and Delegates, including delegates without competitors), must pay the IFBB Registration Fee of EUR 150, except for Masters Competitors, who pay the IFBB Registration Fee of EUR 200. This fee is payable to the IFBB upon arrival at the Official Hotel(s). The IFBB Registration Fee is completely separate from the hotel security deposit. You must pay the Hotel Security Deposit and IFBB Registration Fee BEFORE your team members are provided accommodations.

16.2. B-team

IFBB Registration Fee for B-team athletes is included in the Full Package Rate for B-team competitors.

17.3 If an athlete or delegate arrives without their Team Manager or Chief Delegate, that athlete or delegate must pay the Hotel Security Deposit and IFBB Registration Fee BEFORE a room can be assigned.

Rule 17 – Amendments

17.1 Amendments:

Constitutionally, the Executive Council has authority to prescribe and amend the Rules. Between annual meetings of the Council, this authority is delegated to the following four officers: President, Executive Assistant to the President, Executive Director and General Secretary. Any decision made by the Council, or its delegated authority, has force and effect only until the next annual general meeting of the Congress, at which time the decision will either be ratified or rejected. In an emergency situation, where time is of the essence and it is not practical to obtain the majority consent of the Council or its delegated authority, the President shall have power to prescribe or amend a rule.

Rule 18 – Other Rules Pertaining to World Championships

18.1 Accommodations:

1. The Organizing Committee will provide free-of-charge accommodations and three (3) meals per day for all Official Participants (Athletes and Delegates) from the National Federations according to the following IFBB Rules:

- Three (3) or more competitors: two (2) delegates
- One (1) or two (2) competitors: one (1) delegate
- National Federations with no athletes may send one (1) delegate who will be responsible for all of his or her own expenses.

**The term "Official Participant" means: 1) an Athlete who is duly authorized by his or her National Federation and who is registered by the IFBB to compete in the Championships, and 2) a Delegate who is duly authorized by his or her National Federation and who is registered by the IFBB to participate in the Championships pursuant to IFBB rules (see above).*

2. All National Team Official Participants (Athletes and Delegates) must check-in BEFORE the start of the Weigh-in and Registration. Any Official Participant not checked-in by the deadline, which will be clearly stated for each event and which will normally be one (1) hour before the start of the Weigh-in and Registration, will be classified as an "extra delegate" and will be responsible for all of his or her expenses.

3. Any judge, coach or trainer who is not an Official Participant (Athlete or Delegate) will be responsible for all of his or her own expenses. If your National Federation wishes to bring a judge, coach or trainer, it is recommended that your National Federation select this individual to be an Official Delegate for your National Federation; otherwise, this individual will be responsible for all of his or her own expenses. This ruling also applies to family members. No exceptions will be made under any circumstances.

18.2 Hotel Security Deposit:

A hotel security deposit of EUR 100 per person is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, laundry, room service, etc.). The unused portion of this deposit will be refunded at check-out in the same currency as remitted. In order to facilitate matters, the chief delegate or team leader will be asked to provide a credit card or cash to cover the deposit for the entire team. This individual will be fully responsible for all expenses incurred by any members of his or her team. Please advise your team before departure not to create additional expenses.

87.3 Early Arrivals/Late Departures:

Any National Federation, including any of its individual team members arriving before the Official Arrival Date and/or staying on after the Official Departure Date, will be responsible for all of their own expenses, including arranging their own transportation between the airport and the hotel. You must notify the Organizing Committee of any early arrivals and/or late departures.

18.4 Weigh-in, Height Measurement and Official Athlete Registration:

1. It is the responsibility of the chief delegate or team leader of each National Federation to make sure that all athletes are on time for the Weigh-in, Height Measurement and Official Athlete Registration. If an athlete is late, that athlete may be disqualified and will have to pay all of his or her own expenses.

2. Each athlete must bring his or her PASSPORT and POSING MUSIC to the Weigh-in/Height Measurement and Official Athlete Registration, failing which the athlete will not be processed.

18.5 Parade of Nations:

The dress code for all Delegates and/or officials taking part in the Parade of Nations is the IFBB official uniform. The dress code for all athletes taking part in the Parade of Nations is posing attire. One (1) delegate and one (1) competitor per country must take part in the Parade of Nations.

18.6 Judges:

All judges must attend the Judges/Team Managers meeting. If a judge is absent from this meeting, he or she will not judge.

18.7 Media Accreditation:

All media accreditation, accept local media, shall be controlled by the IFBB. All persons wishing to obtain media accreditation for an event must register with the IFBB by completing and signing an IFBB Media Accreditation Form, said form which must be remitted to the IFBB by e-mail at info@ifbb.com. A copy of this form is available at www.ifbb.com.

18.8 Athletes without Delegates:

All Athletes competing at IFBB World Championships must be Members in Good Standing of their National Federations. Any Athlete who arrives without a Delegate must carry an Official Letter of Authorization of Participation from his or her National Federation, failing which the Athlete will not be allowed to participate.

18.9 Failure to Honour Final Entry Form Deadline:

1. Deadlines are set to assist the Organizer with arranging accommodations, meals, onsite transportation and other Championship activities. A failure to respect these deadlines is a breach of the IFBB Rules and IFBB Code of Ethics.

2. If a National Federation fails to respect the deadline written on the Final Entry Form, each "Official Participant" from that federation will be required to pay all of his or her own expenses, including accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet.

18.10 Misrepresentation:

1. Misrepresentation is a serious breach of the IFBB Code of Ethics and occurs when an "official" of a National Federation deliberately misrepresents the number of Athletes and Delegates so as to obtain free-of-charge accommodations, meals, onsite transportation, access to the Prejudging, Finals and Farewell Banquet, and other amenities at the expense of the Organizer.

2. Part of this misrepresentation may be a false claim that a person is an Athlete only to have that so-called Athlete fail to officially register as a competitor at the Weigh-in or, once having officially registered, fail to compete.

3. Any National Federation found guilty of misrepresentation will be immediately disqualified from the Championships and will be fined an amount equal to the Special Package Rate for each person involved.

18.11 Medical Withdrawal:

1. Once officially registered, no Athlete may withdraw from competition without the prior approval of the IFBB Chief Judge. It is not acceptable for a National Federation to unilaterally withdraw an Athlete without the prior approval of the IFBB Chief Judge, who has the right to verify the reason for the withdrawal.

2. Any National Federation that fails to seek the prior approval of the IFBB Chief Judge before withdrawing an Athlete may, for that Athlete's non-participation, be fined up to Euro 1,000.

18.12 Attendance at the IFBB International Congress:

It is the duty and responsibility of each National Federation to ensure that it is represented at the IFBB International Congress meeting. All National Federations officially participating in the Championships must also attend the Congress, including National Federations with athletes and no delegates. In this case, the athlete must attend and represent his country at the Congress.

18.13 Rules and Regulations

1. It is the responsibility of the president or general-secretary of each participating National Federation to ensure that all National Team members (athletes, delegates, extra delegates) are fully aware of the rules and regulations governing participation at IFBB World Championships, to include the IFBB Constitution, IFBB Code of Ethics, IFBB Rulebook for Bodybuilding, Fitness and Body Fitness, IFBB Anti-Doping Program and the statements contained within the Inspection Report.

2. If any of your athletes and/or delegates are travelling and arriving separate from your Team Manager or Chief Delegate, you must ensure they are familiar with all of the abovementioned rules and regulations.

3. All of these documents are available online at www.ifbb.com.

APPENDIX 1

IFBB CODE OF ETHICS

Introduction:

The IFBB Code of Ethics exist as a set of beliefs that have been written to serve as guidelines for the way in which all Members, be they athletes, judges, officials, administrators or others, should strive to conduct themselves as Members of the IFBB family. National Federations and other Members join the IFBB of their own free will and, in so doing, agree to abide by the IFBB Constitution and Rules of which the Code of Ethics forms an integral part. Any Member who is found to have contravened the Code of Ethics may be subject to disciplinary measures.

Athletes:

We, the athletes, realizing that our conduct reflects on the good name of the sport, and realizing the responsibility thereby placed upon us, pledge ourselves:

1. to fulfil our responsibility to society, to other athletes, judges, officials, and administrators of the IFBB.
2. to honour, dignify, and support the sport by competing in the best condition and to the best of our ability, and by being in top shape when giving an exhibition or a seminar.
3. to respect our opponents on equal terms in the spirit of friendly rivalry and good sportsmanship.
4. to respect the IFBB Constitution and Rules as well as the rules of competition and to observe them honestly in cooperation with other competitors, judges, officials, administrators, and organizers.
5. to accept the decisions of the judges, officials and administrators in the spirit of good sportsmanship without descending to selfish recriminations, realizing that these decisions have been made honestly, fairly, and objectively.
6. to assist the IFBB in the promotion of the sport by acting as a goodwill ambassador of the sport, promoting the sport in a positive manner, and protecting the good image and integrity of the sport and the IFBB.
7. to work for the IFBB, not against it, in promoting its values, morals and ethics; to exercise our right of protest in a courteous, respectful manner, following the proper chain of command; to refrain from innuendo, malicious gossip and rumour-mongering; to refrain from personal attacks against any other Member of the IFBB.
8. to continue striving for bodily perfection and correct moral principles.
9. to honour the special trust conferred upon us by our participation in, and by our representation of, the IFBB and our country, at international events, and to adhere

to the standards of personal conduct expected of us.

10. to recognize the value of the sport and to promote its future by serving as an example to inspire other people to participate.

11. to cooperate with our officials and administrators in the development of high standards, both moral and physical, for the sport and in the progressive furtherance of the objects of the IFBB.

12. to oppose the use of banned substances and methods and to compete drug free.

13. to refrain from any conduct that may be considered prejudicial to the IFBB;

14. to conduct ourselves at all times in a manner that reflects positively upon the image of the sport and the IFBB.

Judges:

We, the judges, realizing that our actions and decisions as judges reflect on the good name of the sport, and realizing the responsibility thereby placed upon us, pledge ourselves:

1. to apply honestly, impartially, and objectively all of the rules governing competitions.

2. to safeguard the interests of all competitors on equal terms.

3. to cooperate in providing the best possible conditions for the benefit of the competitors, other officials, and administrators.

4. to respect the feelings and competitive drive of the athletes, and to make reasonable allowances for their heightened emotions in the heat of competition.

5. to respect the IFBB Constitution and Rules and the requirements of an effective administration and to cooperate willingly and promptly with the officially elected or appointed administrators and other officials in the carrying out of their duties and responsibilities.

6. to cooperate with the organizers of the competitions by rendering decisions clearly and promptly, and in accordance with the requirements of the competition or judging procedures.

7. to refrain from attempting to influence the decisions of other judges or officials, and to respect their individual opinions and decisions.

8. to assist the IFBB in the promotion of the sport by acting as a goodwill ambassador of the sport, promoting the sport in a positive manner, and protecting the good image and integrity of the sport and the IFBB.

9. to work for the IFBB, not against it, in promoting its values, morals and ethics; to exercise our right of protest in a courteous, respectful manner, following the proper

chain of command; to refrain from innuendo, malicious gossip and rumour-mongering; to refrain from personal attacks against any other Member of the IFBB.

10. to honour the special trust conferred upon us by our selection as judges, and to adhere to the standards of personal conduct expected of us.

11. to cooperate with the athletes, other officials, and administrators in the development of high standards, both moral and physical, for the sport and in the progressive furtherance of the objects of the IFBB.

12. to oppose the use of banned substances and methods and to take reasonable measures to ensure that all athletes are competing drug-free.

13. to refrain from any conduct that may be considered prejudicial to the IFBB;

14. to conduct ourselves at all times in a manner that reflects positively upon the image of the sport and the IFBB.

Officials:

We, the officials, realizing that our policies, decisions, and actions reflect on the good name of the sport, and realizing the responsibility thereby placed upon us, pledge ourselves:

1. to serve all members, be they athletes, judges officials, or other administrators, according to their needs.

2. to promote, through the sport, an understanding of its objects, its values and achievements, uniting all those who participate, in whatever capacity, in the feelings of mutual respect and friendship.

3. to safeguard the health and physical fitness of the athletes.

4. to provide the athletes with the best possible conditions for achieving bodily perfection.

5. to provide the athletes, judges, officials, and other administrators, with the best possible conditions for the conduct of competitions.

6. to cooperate with the organizers, judges, officials, and other administrators, in the carrying out of their competition duties with the utmost of efficiency.

7. to respect the IFBB Constitution and Rules and to observe all of the rules of competition and to apply them honestly and fairly when dealing with the membership of the IFBB.

8. to assist the IFBB in the promotion of the sport by acting as a goodwill ambassador of the sport, promoting the sport in a positive manner, and protecting the good image and integrity of the sport and the IFBB.

9. to work for the IFBB, not against it, in promoting its values, morals and ethics; to exercise our right of protest in a courteous, respectful manner, following the proper chain of command; to refrain from innuendo, malicious gossip and rumour-mongering; to refrain from personal attacks against any other Member of the IFBB.
10. to recognize the value of the sport and to cooperate with the athletes in inspiring other people to participate in order to ensure the future of the sport.
11. to cooperate with all interested parties in the development of high standards, both moral and physical, for the sport and in the progressive furtherance of the objects of the IFBB.
12. to oppose the use of banned substances and methods and to take reasonable measures to ensure that all athletes are competing drug-free.
13. to refrain from any conduct that may be considered prejudicial to the IFBB;
14. to conduct ourselves at all times in a manner that reflects positively upon the image of the sport and the IFBB.

APPENDIX 2

JUDGING FORMS

Judging Forms can be found online at www.ifbb.com

- Form 1 - Preliminary Assessment-{Elimination} (Judges)
- Form 2 - Preliminary Assessment-{Elimination} (Statisticians)
- Form 3 - Judge's Individual Placing (Prejudging)
- Form 4 - Judge's Personal Notes
- Form 5 - Score Sheet (Statisticians)
- Form 6 - Judge's Individual Placing (Finals)
- Form 7 - Top 6 Finalists (for MC)
- Form 8 - Best National Team
- Form 9 - Final Score sheet

APPENDIX 3

DRUG TESTING CONSENT & WAIVER OF LIABILITY FORM

PLEASE READ THIS FORM CAREFULLY

In order to participate as a Competitor in this Event, I the undersigned Athlete do hereby agree to be bound by the IFBB Constitution and Rules, the IFBB Code of Ethics, the IFBB Rulebook, and the IFBB Anti-Doping Rules. I further agree to cooperate fully with the IFBB and the Event Organizer. I understand, accept and agree to the following conditions:

DRUG TESTING CONSENT

1. That the IFBB has the right to conduct drug testing at this Event, pursuant to the IFBB Anti-Doping Rules.
2. That if I am selected for drug testing, I will cooperate fully with the drug testing officials at all times and will, under the direct observation of a witness, provide a sample of my urine without undue delay.
3. That if I am subsequently found guilty of a doping offence, I will respect and abide by the relevant rules and regulations governing results management, including those pertaining to the appeal process.
4. That I accept sole responsibility to remain current with the rules and regulations governing this Event, including those pertaining to drug testing and results management.
5. That I do hereby declare and make oath that I am competing in this Event free from prohibited performance-enhancing drugs.

WAIVER OF LIABILITY

1. That I understand that in order for me to participate as a Competitor in this Event, I must agree to be bound by this Waiver of Liability and that I do so willingly and of my own free will.
2. That I agree to waive any and all claims I may now and in the future have against, and release from all liability and agree not to sue the International Federation of Bodybuilding & Fitness (IFBB), its affiliated National Federation in the country of the Championships, the Event Organizer, the IFBB and Event officials, volunteers, agents or representatives, the official hotel and official competition venue and their staff, hereinafter referred to as the "Released Parties", for any personal injury, death and property damages, expenses or loss sustained by me as a result of my participation in the Event due to any cause whatsoever, including, without limitation, negligence or breach of statutory duty on the part of the Released Parties.
3. That I agree that medical and personal injury insurance coverage while participating in this Event is solely my responsibility and that I agree to be responsible for and to pay for any and all costs that may arise as a result of my requiring medical and/or other special services and, in any event, should the Released Parties incur any cost for any such services for me personally, I agree to reimburse the Released Parties for all costs of these services as may be incurred by them for my benefit or at my request.

4. In entering into this agreement, I am not relying on any oral, written or visual representations or statements made by the Released Parties to induce me to participate in this Event.

5. I confirm that I am the full age of majority or, in the alternative; I have indicated that I am the guardian of the minor participant named, and that I have read and understand this agreement prior to signing it and agree that this agreement will be binding upon me (as a participant or guardian), my heirs, next of kin, executors, administrators and successors.

PRINT FIRST & LAST NAME
COUNTRY

SIGNATURE
DATE

THIS FORM MUST BE SIGNED BY THE ATHLETE AND PRESENTED TO THE IFBB BEFORE THE COMPLETION OF THE WEIGH-IN AND REGISTRATION, FAILING WHICH THE ATHLETE WILL NOT BE ALLOWED TO COMPETE. INFORMATION ON IFBB RULES AND REGULATIONS MAY BE FOUND AT WWW.IFBB.COM.

APPENDIX 4**ATHLETE WHEREABOUTS INFORMATION FORM**

Pursuant to IFBB Anti-Doping Rules and as a result of decisions taken at the 2005 IFBB International Congress (Shanghai, China, November 27, 2005) regarding a Registered Athlete Testing Pool (to be established in 2006) and an Out-of-Competition doping control program (to be implemented in 2007), every Athlete competing in IFBB World Championships must provide accurate and up-to-date Whereabouts information.

Rules governing the Registered Athlete Testing Pool and Out-of-Competition doping control program may be found at www.ifbb.com.

PLEASE PRINT LEGIBLY

- 1 LAST NAME (AS WRITTEN IN PASSPORT):
- 2 FIRST NAME & MIDDLE NAME(S) (AS WRITTEN IN PASSPORT):
- 3 PASSPORT NUMBER
- 4 NATIONALITY
- 5 SEX (MALE OR FEMALE)
- 6 DATE OF BIRTH (DD.MM.YYYY)
- 7 PLACE OF BIRTH (CITY/TOWN/COUNTRY)
- 8 COMPLETE HOME/MAILING ADDRESS (STREET/APT #, CITY, COUNTRY, POSTAL CODE)
- 9 HOME TELEPHONE NUMBER
- 10 MOBILE NUMBER
- 11 E-MAIL ADDRESS
- 12 NAME OF EMPLOYER/COMPANY
- 13 COMPLETE WORK ADDRESS (STREET/APT #, CITY, COUNTRY, POSTAL CODE)
- 14 WORK TELEPHONE NUMBER
- 15 NAME OF TRAINING FACILITY (GYM, CLUB, FITNESS CENTRE)

All information provided on this form is strictly CONFIDENTIAL and shall be used only for the intended purpose of establishing a Registered Athlete Testing Pool and implementing an Out-of-Competition doping control program.

Signature of Athlete

Date

MEN AND WOMEN BODYBUILDING

Rule 19 - Introduction

Men's Bodybuilding was officially recognized as a sport discipline in the modern version by the 1970 IFBB Congress in Belgrade, Yugoslavia. Women's Bodybuilding was officially recognized a sport disciplines by the 1982 IFBB Congress in Brugge, Belgium.

19.1 General:

The IFBB Rules for Men and Women Bodybuilding consist of regulations, policies, directives and decisions intended to guide the IFBB and its Members in the administration of the sport of Men and Women Bodybuilding.

19.2 Rules:

Certain administrative and technical rules that appear in the General Rules section are the same for Men and Women Bodybuilding and therefore, are not repeated in this section.

Rule 20 - Responsibilities of Organizers to Athletes and Delegates

20.1 Responsibilities

The Organizer of a World Championships will undertake to cover the cost of double-occupancy accommodations and meals (breakfast, lunch and dinner) for athletes and delegates as follows:

1. Men's World Bodybuilding Championships:

For five days (four nights) according to the following scale:

- a. Three or more competitors - Two delegates
- b. One or two competitors - One delegate

Note 1: The maximum allowable number of A-team competitors per National Federation may not exceed the number of categories open at these Championships, with a maximum of two competitors allowed to compete in any one category.

Note 2: The maximum allowable number of A-team competitors per National Federation in any one discipline may not exceed the number of categories in that discipline.

Note 3: Unless otherwise noted, a maximum of eight competitors is permitted in the A team (eight male bodybuilders) and will be accepted per National Federation with a maximum of two competitors allowed to compete in any one category.

Note 4: Delegates without athletes will be responsible for the full cost of their participation at the event.

Note 5: Upon agreement between the IFBB and the Organizer, one additional category may be opened for competition.

2. Women's World Bodybuilding, Fitness & Body Fitness and Men's Fitness Championships:

For four days (three nights) according to the following scale:

- a. Three or more competitors - Two delegates
- b. One or two competitors - One delegate

Note 1: The maximum allowable number of A-team competitors per National Federation may not exceed the number of categories open at these Championships, with a maximum of two competitors allowed to compete in any one category.

Note 2: A maximum allowable number of A-team competitors per National Federation in any one discipline may not exceed the number of categories in that discipline.

Note 3: A maximum of nine competitors is permitted in the A team (two female bodybuilders, two female fitness, four female body fitness and one male fitness) and will be accepted per National Federation with a maximum of two competitors allowed to compete in any one category.

Note 4: Delegates without athletes will be responsible for the full cost of their participation at the event.

Note 5: Upon agreement between the IFBB and the Organizer, one additional category may be opened for competition.

3. Juniors and Masters Bodybuilding, Fitness & Body Fitness World Championships:
For four days (three nights) according to the following scale:

- a. Three or more competitors - Two delegates
- b. One or two competitors - One delegate

Note 1: The maximum allowable number of A-team competitors per National Federation may not exceed the number of categories open at these Championships, with a maximum of two competitors allowed to compete in any one category.

Note 2: A maximum allowable number of A-team competitors per National Federation in any one discipline may not exceed the number of categories in that discipline.

Note 3: A maximum of nineteen competitors in "A"-Team (one female junior bodybuilder, two male junior bodybuilders, two female junior fitness, one male junior fitness, two female junior body fitness, one male junior classic bodybuilder, one male master classic bodybuilder, one female master bodybuilder, seven male master bodybuilders, one female master body fitness) will be accepted per National Federation with a maximum of two competitors allowed to compete in any one category.

Note 4: Delegates without athletes will be responsible for the full cost of their participation at the event.

Note 5: Upon agreement between the IFBB and the Organizer, additional categories may be opened for competition.

4. In Junior Men's Bodybuilding, each National Federation may enter an "A" team of up to a maximum of two competitors, with a maximum of two competitors allowed to compete in any one category.

5. In Junior Women's Bodybuilding, each National Federation may enter an "A" team of up to a maximum of one competitor.

6. Except where otherwise noted, in Men's Bodybuilding, each National Federation may enter an "A" team of up to a maximum of eight competitors, with a maximum of two competitors allowed to compete in any one category.

7. In Women's Bodybuilding, each National Federation may enter an "A" team of up to a maximum of two competitors, with a maximum of two competitors allowed to compete in any one category.

8. In Master Men's Bodybuilding, each National Federation may enter an "A" team of up to a maximum of seven competitors, with a maximum of two competitors allowed to compete in any one category.

9. In Master Women's Bodybuilding, each National Federation may enter an "A" team of up to a maximum of one competitor.

10. Mixed-Pairs Bodybuilding is currently not open at the World Championships level; however, Continental and National federations may, at their own discretion, host competition in mixed-pairs.

Rule 21 – Categories

21.1 Categories:

Bodybuilding competition at the World Championships is open in the following categories:

1. There are eight categories in men's world-level bodybuilding competition, currently as follows:

- | | |
|------------------------|-------------------------|
| a. Bantamweight: | Up to and incl. 65 Kg. |
| b. Lightweight: | Up to and incl. 70 Kg. |
| c. Welterweight: | Up to and incl. 75 Kg. |
| d. Light-Middleweight: | Up to and incl. 80 Kg. |
| e. Middleweight | Up to and incl. 85 Kg. |
| f. Light-Heavyweight: | Up to and incl. 90 Kg. |
| g. Heavyweight: | Up to and incl. 100 Kg. |
| h. Super-Heavyweight: | Over 100 Kg. |

Note 1: Upon agreement between the IFBB and the Organizer, one additional category may be opened for competition.

2. There are two categories in women's world-level bodybuilding competition, currently as follows:

- a. Lightweight: Up to and incl. 55 Kg.
- b. Heavyweight: Over 55 Kg.

3. There are two categories in junior men's world-level bodybuilding competition, currently as follows:

- a. Lightweight: Up to and incl 75 Kg.

b. Heavyweight: Over 75 kg.

4. There is one open category in junior women's world-level bodybuilding competition.

5. There are seven categories in master men's world-level bodybuilding competition, currently as follows:

40 to 49 years of age inclusive:

- a. Lightweight: Up to and incl 70 Kg.
- b. Middleweight: Up to and incl 80 Kg.
- c. Light-Heavyweight: Up to and incl 90 Kg.
- b. Heavyweight: Over 90 Kg.

50 to 59 years of age inclusive:

- a. Middleweight: Up to and incl. 80 Kg.
- b. Heavyweight: Over 80 Kg

60 years of age and older: One open category

6 There is one open category in master women's world-level bodybuilding competition (35 years of age and older).

Rule 22 – Rounds

22.1 Rounds:

Men and Women Bodybuilding will consist of the following three rounds:

- 1. Prejudging – Round 1 (Comparisons of Compulsory Poses)
- 2. Finals – Round 2 (Compulsory Poses and Posedown)
- 3. Finals – Round 3 (Free Posing Routines).

Rule 23 – Prejudging: Elimination Round

23.1 General:

The Prejudging, which is open to the general public, will take place the day after the Official Athlete Registration. A time-table for prejudging each category should be published and should allow for approximately 30 minutes for the judging of each category. In order to give themselves time to warm up and change into their posing attire, competitors should be in the backstage warm-up area at least 30 minutes prior to the start time of the judging of their category. All competitors will be solely responsible for ensuring that they are present and prepared to compete when their category is called onstage failing which they may be eliminated from the competition.

23.2 Elimination Round Procedures:

When there are more than 15 athletes competing in a category, an elimination round will be held for the purpose of reducing the number to 15. The elimination round will proceed as follows:

1. The entire line-up is brought onstage, in numerical order and in a single line or two lines, if necessary, in front position.
2. The line-up is divided into two equal-size groups and is positioned onstage so that one group is to the left of the stage; the other group is to the right of the stage. The center portion of the stage is left open for comparison purposes.
3. In numerical order, and in groups of not more than five competitors at a time, each group is directed to the center-stage area to perform the following four compulsory poses:
 - a. Front double biceps;
 - b. Side chest;
 - c. Back double biceps; and
 - d. Abdominals and thighs.
4. On completion of four compulsory poses, the entire line-up is reformed into a single line, in numerical order, before exiting the stage.

Rule 24 – Prejudging: Posing Attire for All Rounds

24.1 Posing Attire: The posing attire must meet the following guidelines:

1. Male competitors will wear posing trunks of a solid, non-distracting colour which are clean and decent. Metallic materials, such as gold or silver lamé, may not be used to make up the trunks. The use of padding anywhere in the trunks is prohibited. The front area must be covered and the side of the trunks should be 1 cm in width at a minimum.
2. Female competitors
 - In the first round, the female competitors will wear bikinis of a solid, non-distracting colour which must conform to accepted standards of taste and decency. The bikini bottom must cover at least half of the gluteus maximus. The fastenings of the bikini will be plain, with no attached ornamentation. Metallic materials, such as gold or silver lamé, may not be used to make up the bikini. The use of padding anywhere in the bikini is prohibited.
3. In the second and third rounds, the female competitors will wear a two-piece bikini; the colour and style of which will be left to the competitor's discretion, except as otherwise indicated in these rules. G-strings are strictly prohibited. The bikini bottom must cover a minimum of one-half of the buttocks during the whole time the competitor is onstage.
4. The bikini will be inspected during registration and backstage before the competitor is allowed onstage. If the bikini does not meet IFBB standards, the competitor will be given five (5) minutes to comply, failing which the competitor will be disqualified.

5. Except for a wedding ring, competitors will not wear footwear, glasses, watches, bangles, pendants, necklaces, bracelets, earrings, wigs, distracting ornamentation or artificial aids to the figure.
6. Competitors will not chew gum or candy while onstage.
7. The use of props during the Prejudging or Finals presentation is strictly prohibited.
8. Artificial body colouring may be used provided that it is applied at least twenty-four hours prior to the Prejudging. Tanning lotion and/or creams should be applied evenly over the entire body and in such a manner so as not to cause streaking. Sparkles, glitter, shiny metallic pearls or gold coloring are prohibited whether applied as part of a tanning lotion and/or cream or applied separately.
8. The excessive application of oil on the body is strictly prohibited; however, body oils, skin creams or moisturizers may be used in moderation.
9. During the Prejudging, the hair will be worn off the shoulders so as not to hide the musculature of the shoulders and upper back. The hair may be styled for the Finals.
10. The IFBB Chief Official, or a delegated representative, will have the right to determine if a competitor's attire meets an acceptable standard of taste and decency.

Rule 25 – Prejudging: Scoring of the Elimination Round

25.1 Scoring of the Elimination Round

The scoring for the Elimination Round is carried out as follows:

1. At this time, the judges will be assessing the overall physique for the degree of proportion, symmetry, muscle size and quality (density, separation, definition) as well as skin tone. The scoring for the Elimination Round will proceed as follows:
2. If there are more than 15 competitors, the judge's will select the top 15 by placing an "X" beside their numbers, using Form #1, entitled "Elimination Round".
3. Using Form #2, entitled "Elimination Round", the statisticians will transcribe the judge's selections onto this sheet and will then tally the judge's scores to select the top 15 competitors.
4. If there is a tie between two or more athletes at the 15th place, the tied athletes will be brought back onstage, and will once again be directed through the four compulsory poses for the purpose of breaking the tie.
5. Only the top 15 competitors will advance to Round 1.

Rule 26 – Prejudging: Presentation of Round 1 (Comparisons of Compulsory Poses)

26.1 Presentation of Round 1:

Round One will immediately follow the Elimination Round and will proceed as follows:

1. All 15 semi-finalists will be called onstage as a group, in a single line and in numerical order and should stay in a front position. The judging panel should be given a moment to note the competitor numbers on their score sheet.
2. In groups of not more than 5 competitors at a time, and in numerical order, the competitors will be directed to perform the following four poses at centre-stage:
 - a. Front Double Biceps
 - b. Side Chest
 - c. Back Double Biceps
 - d. Abdominal & Thighs

This initial grouping of competitors and performance of the four compulsory poses is intended to assist the judges in determining which competitors will take part in the comparisons that follow.

3. Judges may now submit individual requests for comparisons to the Stage Director. No less than three and no more than five competitors will be compared at any one time. The IFBB Chief Judge or Stage Director will have the discretion to discard or amend a judge's individual request for comparisons if warranted.

4. In Round 1, the judges will compare the competitors while they are directed to perform the following seven compulsory poses (five for women):

- a. Front double biceps;
- b. Front lat spread (men only);
- c. Side chest;
- d. Back double biceps;
- e. Back lat spread (men only);
- f. Side triceps; and
- g. Abdominals and thighs.

5. All individual comparisons will be carried out center-stage and in the order, from left to right, as requested by the judge.

6. The total number of comparisons will be as decided by the Chief Judge or Stage Director. All judges will be given the opportunity to submit at least one request for comparisons. Whether or not that comparison is used is at the discretion of the Chief Judge or Stage Director.

7. Each judge is expected to watch all of the comparisons and not just those that a specific judge has requested. Guidelines on "How to Assess an Athlete's Physique" are attached as Appendix 2.

8. All competitors will undergo at least one comparison.

9. Upon completion of the last comparison, all competitors will return to a single line-up, in numerical order, before exiting the stage.

Rule 27 – Prejudging: Scoring of Round 1

27.1 Scoring of Round 1:

The scoring for Round 1 will proceed as follows:

1. Using Form #3, entitled “Judge’s Individual Placings (Prejudging)”, each judge will award each competitor an individual placing from 1 to 15, ensuring that no two or more competitors receive the same placing. The judges may use Form #4, entitled “Judge’s Personal Notes” to record their assessment about each competitor.
2. The statisticians will transcribe each judge’s placings onto Form #5, entitled “Score Sheet (Statisticians)”, under the Prejudging section. They will then eliminate two high and two low scores for each competitor, and will add up the remaining five scores and record the results in the column marked “Round 1 Subscore”. Once all of the scores have been determined, they will then record a placing for each competitor under the column marked “Round 1 Place”. The competitor with the lowest subscore is awarded 1st place while the competitor with the highest subscore is awarded 15th place.
3. Should a tie occur in the “Round 1 Subscore”, the tie will be broken using the “Relative Placement” method. Each individual judge’s scores for the tied athletes is compared on a column-by-column basis with a dot being placed on top of the number for the athlete with the lower placing. All nine regular panel judge’s scores are included in the tie breaking calculations. The number of dots is tallied for each of the tied athletes. The athlete with the greater number of dots is declared the winner of the tie and therefore, receives the better placing.
4. The statistician’s score sheets and the competitor’s scores must be kept strictly confidential and are known only to the statisticians, the IFBB Chief Judge, and the Judges Secretary who are obligated not to divulge any score, or scores, to any competitor, judge, other official, administrator, organizer, or member of the IFBB Executive Council, except the President.
5. The scores for the Prejudging will be used to place the top 15 competitors from 1st place to 15th place. The top 6 competitors from the Prejudging will advance to the Finals and will start the Finals with zero points.
6. At the discretion of the IFBB Chief Judge, the top 6 finalists may be announced after the Prejudging and before the Finals.

Rule 28 – Prejudging: Assessment of Round 1

28.1 General:

When assessing a competitor’s physique, a judge should follow a routine procedure which will allow a comprehensive assessment of the physique as a whole. During the comparisons of the compulsory poses, the judge should first look at the primary muscle group being displayed. The judge should then survey the whole physique, starting from the head, and looking at every part of the physique in a downward sequence, beginning with general impressions, and looking for muscular bulk, balanced development, muscular density and definition.

The downward survey should take in the head, neck, shoulders, chest, all of the arm muscles, front of the trunk for pectorals, pec-delt tie-in, abdominals, waist, thighs, legs and calves and feet. The same procedure for back poses will also take in the upper and lower trapezius, teres and infraspinatus, erector spinae, the gluteus group, the leg biceps group at the back of the thighs and calves and feet.

A detailed assessment of the various muscle groups should be made during the comparisons, at which time it helps the judge to compare muscle shape, density, and definition while still bearing in mind the competitor's overall balanced development. The comparisons of the compulsory poses cannot be overemphasized as these comparisons will help the judge to decide which competitor has the superior physique from the standpoint of muscular bulk, balanced development, muscular density and definition.

28.2 Assessing the Male Physique:

In assessing prejudging, overall shape and that of the various muscle groups is important. The judge should favour competitors with a harmonious, classical physique. The judge should look for good posture and athletic bearing, correct anatomical structure (including body framework, broad shoulders, high chest, correct spinal curves, limbs and trunk in good proportion, straight legs, not bandy or knock-kneed). The judge should also look for good skin tone with an absence of surgical or other scars, spots, acne or tattoos, which the IFBB considers as a skin blemish, tidily dressed hair, well-shaped feet, and toes. When having difficulty in placing two or more competitors who seem to be on the same level, the judge should look for faults in those aspects listed above which will help to differentiate among the competitors. Detail description of the men's compulsory poses may be found in Appendix 2, Point 1.1

28.3 Assessing the Female Physique:

First and foremost, the judge must bear in mind that this is a women's bodybuilding competition, and that the goal is to find an ideal female physique. Therefore, the most important aspect is shape -a muscular yet feminine shape. The other aspects are similar to those described for assessing the male physique, but muscular development must not be carried to such an excess that it resembles the massive muscularity of the male physique. Definition of a woman's muscles must not be confused with emaciation resulting from extreme loss of weight. Competitors shall also be assessed on whether or not they carry themselves in a graceful manner while walking to and from their position onstage. Detail description of the women's compulsory poses may be found in Appendix 2, Point 1.2

Rule 29 – Finals: Opening Ceremony

29.1

Opening Ceremony:

The opening ceremony at all International Competitions will normally proceed as follows:

1. All participating National Federations will appear onstage in alphabetical order with the host National Federation appearing last.

2. The chief delegate of each National Federation's team will carry that country's flag and/or name at the forefront of the team and will form up at the front of the stage with the team members behind (typically one competitor per National Federation). The chief delegate must be dressed in the IFBB official uniform. Competitors will appear onstage in posing attire.
3. The national flag of the host National Federation's country and the IFBB flag will be raised while the national anthem of the host National Federation's country is played.
4. The following individuals will be called upon to give speeches, the order of which will be as follows:
 - a. The president of the host National Federation; and/or
 - b. The IFBB Vice President of the area; and/or
 - c. The guest of honour of the host National Federation; and/or
 - d. The president of the IFBB, or the IFBB Chief Official, who will declare the championships open for competition.
5. The speakers will then leave the stage followed by the National Federation teams.
6. The host National Federation may present a cultural show, the time of which should not exceed 20 minutes.

Rule 30 – Finals: Presentation of Round 2 (Compulsory Poses and Posedown)

30.1 Presentation of Round 2:

The procedures for Round 2 will be as follows:

1. The top 6 finalists will be brought onstage in a single line and in numerical order. Each finalist will be introduced by number, country and name.
2. The top 6 finalists will perform the 7 compulsory poses, as a group and at the same time, in the middle of the stage. After the 7th pose, the chief judge will reverse the order of the competitors and will repeat the seven compulsory poses once again. This round will be scored.
3. As soon as the compulsory poses are completed, the IFBB Chief Judge will call for a 60-second posedown to music of the Organizer's choice. This part of Round 2 will not be scored.
4. After the Posedown, the top 6 finalists are reformed into a single line, in numerical order, before exiting the stage.

Rule 31 - Finals: Scoring of Round 2

31.1 Scoring of Round 2:

The scoring for Round 2 will proceed as follows:

1. The judges, using Form #6, entitled "Judge's Individual Placings (Finals)", and using the same criteria for judging as used during the Prejudging, will place the competitors from 1st to 6th, giving no two athletes the same placing.
2. The statisticians will transcribe each judge's placings onto Form #5, entitled "Score Sheet (Statisticians)", under the Finals section, Round 2. They will then eliminate two high and two low scores (if nine judges) or one high and one low (if less than nine judges) for each competitor, and will add up the remaining scores. These scores will be multiplied by 2 and will be recorded in the column marked "Round 2 Subscore".
3. Ties in the "Round 2 Subscore" need not be immediately broken, as the "Round 2 Subscore" will be added to the "Round 3 Subscore" to produce a "FINAL SCORE".

Rule 32 – Finals: Assessment of Round 2

32.1 Assessment of Round 2

The same criteria used in judging Round 1 will be used in this round. However, the judges must be mindful of the fact that a competitor may present a different condition in the finals compared to the Prejudging. Therefore, judges must ensure that this round is judged from a "fresh" perspective, ensuring that all competitors receive fair assessment based upon their presentation in this round.

Rule 33 – Finals: Presentation of Round 3 (Posing Routine)

33.1 Procedures:

Round Three will immediately follow Round Two. Round Three will proceed as follows:

Each of the top 6 finalists, in numerical order, will perform an individual posing routine to music of his or her choice, up to a maximum of 60 seconds. This round will be scored.

Rule 34 - Finals: Scoring of Round 3:

34.1 Scoring of Round 3 (Routines):

The scoring for Round 3 will proceed as follows:

1. Using Form #6, entitled "Judge's Individual Placings (Finals)", each judge will mark the competitors in placings of 1 through 6, and will not give more than one athlete the same placing.
2. The judges may use Form #4, entitled "Judge's Personal Notes", to write notes about the athletes.
3. The statisticians will gather Form #3 from the judges and will transcribe their placings onto Form #5, entitled "Score Sheet (Statisticians)", under Round 3. The statisticians will transcribe each judge's placings onto Form #5, entitled "Score Sheet (Statisticians)", under the Finals section, Round 3. They will then eliminate two high and two low scores (if nine judges) or one high and one low (if less than nine judges)

for each competitor, and will add up the remaining scores and record the results in the column marked "Round 3 Subscore".

4. They will then add the "Round 2 Subscore" and the "Round 3 Subscore" to produce a "FINAL SCORE". Points from the Prejudging (Round 1) are not taken into consideration in the Finals. Each competitor begins the Finals with "zero points". They will then record a placing for each competitor under the column marked "FINAL PLACE". The competitor with the lowest "FINAL SCORE" is awarded 1st place while the competitor with the highest "FINAL SCORE" is awarded 6th place.

5. Ties in the "Round 3 Subscore" need not be immediately broken, as the "Round 3 Subscore" will be added to the "Round 2 Subscore" to produce a "FINAL SCORE".

6. Should a tie occur in the "FINAL SCORE", the tie will be broken using the Round 2 subscores. If a tie still exists, the "Relative Placement" method will be used on the athlete's Round 2 Subscores.

7. During the Prejudging and Finals, the Judges Secretary will be responsible for collecting the individual mark sheets from the judges and, together with the IFBB Chief Judge, will scrutinize the marks for the purpose of determining their accuracy. If any judge has awarded marks that are greatly at variance with those of the other judges, the Chief Judge may question that judge for an explanation of his or her marks. The IFBB Chief Judge has authority to remove from the panel any judge who is unfairly biased or incompetent, or who engages in misconduct or unacceptable behaviour.

Rule 35 - Finals: Assessment of Round 3

35.1 Assessing of Round 3:

Round 3 will be assessed using the following criteria:

1. In the Finals, the judges will be assessing each competitor on how well they display their physique to music. The judge will look for a smooth, artistic, and well-choreographed routine which may include any number of poses, however, the compulsory poses must be included. The competitor must also include intermittent pauses so as to display the muscular development of his or her physique. "Moon" poses and pulling the posing attire so as to display the top inside of the quadriceps or the gluteus maximus shall be strictly forbidden. In mixed-pairs competition, the competitors will be assessed both individually and as a unit with particular attention being given to how well their individual physiques complement each other and how well they move in unison.

2. The judges are reminded that, during this round, they are judging 50% physique and 50% routine.

3. The use of props is prohibited.

Rule 36 – Finals: Awarding Ceremony

36.1 Procedures:

The award ceremony will normally proceed as follows:

1. The top 6 finalists will be called onstage to take part in the award ceremony.
2. The Master of Ceremonies, using Form #7, entitled "Top 6 Finalists (for MC)", will announce the number, name and country of the competitor in 6th place and that competitor will stand to the right side (when viewed from the front) of the victory pedestal and shall receive his or her award. The Master of Ceremonies will then announce the number, name and country of the competitor in 5th place and that competitor will stand to the right side of the victory pedestal and shall receive his or her award. The Master of Ceremonies will then announce the number, name and country of the competitor in 4th place and that competitor will stand to the left side of the victory pedestal and will receive his or her award. The Master of Ceremonies will continue to announce the results from 3rd, 2nd and finally, the winner.
3. The President of the IFBB, or his representative, will present the official IFBB competitor's Gold Medal to the 1st-place competitor, the official IFBB competitor's Silver Medal to the 2nd place competitor, and the official IFBB competitor's Bronze Medal to the 3rd place competitor. The official IFBB medals are mandatory prizes at all World Championships and must be purchased from the IFBB Head Office by the Organizer. In addition, the Organizer must provide six trophies for the six finalists, said trophies which will also be presented by the President, or his representative, as each place winner is called to the victory pedestal. The Organizer will also supply Certificates of Excellence to be presented to the 6th to 1st place finalists.
4. The national anthem of the country of the 1st-place winner will be played immediately following his or her receipt of the 1st-place award(s). At the same time as the playing of the national anthem, the flags of the top 3 countries will be slowly raised, with the 1st-place country's flag higher than the 2nd-place and the 2nd-place country's flag higher than the 3rd-place.
5. After the national anthem and flag-raising ceremony is complete, the finalists may be asked to remain onstage for a brief period of time for photographic purposes.

Rule 37 – Overall Category and Award

37.1 Overall Category and Award:

At the Men's and Women's World Bodybuilding Championships, the Overall Category will proceed as follows:

1. Immediately following the Award Ceremony for the last bodyweight category, all of the category winners will be brought onstage in numerical order and in a single line.
2. The IFBB Chief Judge will direct the competitors through the compulsory poses (7 for men, 5 for women) and comparisons, if necessary. Then will call for a 60- second posedown.
3. The judges will use Form #6, entitled "Judge's Individual Placings (Finals)", to place each athlete from 1st to 8th (1st to 2nd for women). The judges must place

each athlete and not just select the one athlete whom they feel is the Overall Champion.

4. The statisticians, using Form #5, entitled "Score Sheet (Statisticians)", will tally the scores and determine the places of the competitors, from the 1st to 8th.

5. The "Overall Champion" will be announced and the IFBB competitor's overall Gold Medal and trophy will be presented to her by the IFBB President or top IFBB official at the contest. The medal and trophy will be supplied by the organizing National Federation.

Rule 38 – Teams Classification Results and Award

38.1 Best National Team:

The Best National Team scoring includes the A-team competitors only and will proceed as follows:

1. The Judges Secretary will use the "Score Sheet (Statisticians)" for all of the categories in order to enter the names of the top 10 athlete's countries in each category on Form #8, entitled "Best National Team", and will then use this sheet to calculate each country's points "total" and "place". The scale of awarded points shall be as follows: 1st-16, 2nd-12, 3rd-9, 4th-7, 5th-6, 6th-5, 7th-4, 8th-3, 9th-2, 10th-1. When the top three national teams have been determined, a victory ceremony similar to that of the category victory ceremony will be held. The President, or his representative, will present the Best National Team awards, said awards which will be provided by the organizing national federation, to the top 3 countries.

2. The chief delegates or team leaders of the top 3 countries will accept the awards on behalf of their countries.

3. If a tie exists between two or more countries, the tie will be broken by determining which country has the "most number-one places, most number-two places, most number-three places", etc. If a tie still exists, the country which entered more competitors to the Championships will be placed higher.

Rule 39 – Publication of Results

39.1 Results:

The Judges Secretary will collect the Statistician's Score Sheet for each category and will then transcribe the results onto Form #9, entitled "Final Scoresheet. Copies of these sheets will be distributed to the national delegations, press, radio, and television immediately after the competition (normally at the Farewell banquet).

39.2 Contents:

The "Final Scoresheet" will contain the number, name and country of every athlete participating in each category, listing the top 15 finalists in order of competitor number, together with their round-by-round point total, followed by the remaining athletes by number, name and country.

39.3 Other Contents:

The full results of the Overall category and full classification of the National Teams will also be listed on the "Final Scoresheet".

39.4 Amendments:

The IFBB will publish online at www.ifbb.com any subsequent amendment(s) to the initial competition results e.g. as a result of doping control.

Rule 40 - Mixed-Pairs Competition

40.1 Mixed-Pairs Competition:

Where mixed-pairs competition is held, the judging will follow the same procedures as is used for the other categories of competition, except for the following:

1. If there are more than 15 mixed-pairs, an Elimination Round will be held for the purpose of reducing the number to 15, said Elimination Round which will be conducted as per Rules 23 - 25.
2. The Prejudging (Round 1) will be conducted as per Rules 26- 28, except that the maximum number of mixed-pairs that may be compared at any one time will not exceed three.
3. Mixed-pairs perform the same 5 compulsory poses as in women's bodybuilding.
4. The top 6 placings at the end of the Prejudging will qualify for the Finals.
5. The Finals will be conducted as per Rules 30 - 35. The top 6 finalists will perform compulsory poses and posedown. This will be followed by their free posing routine, the length of which will be up to a maximum of 90 seconds.
6. The award ceremony for the mixed-pairs will be conducted as per Rule 36.
7. The same judging forms that are used to judge the other categories of competition will be used to judge mixed-pairs.

Rule 41 - Assessing Mixed-Pairs Physiques

41.1 The judge will assess each mixed-pair as an entity. Those whose physiques match, harmonize, and complement each other will receive higher places than mixed-pairs whose physiques are markedly dissimilar and unbalanced, as would be the case of a tall ectomorphic man and a short mesomorphic woman, or vice versa. This factor will continue to be of importance in the second round as well. When similar poses and limb movements are used by the two partners, as in the compulsory poses, higher places will be awarded for greater accuracy in achieving identical lines. The five mixed-pairs poses are as follows:

- (a) Front Double Biceps
- (b) Side Chest
- (c) Back Double Biceps
- (d) Side Triceps
- (e) Abdominals and Thighs

41.2 Mixed-Pair's Posing Attire:

The rules for posing attire for men and women will also apply for the mixed-pairs, however, preference will be given by the judge for matching and complementary trunks and bikinis which enhance the mixed-pair's physiques and their appearance as a combined unit. Both members of each mixed-pair shall wear the same number pinned to the left side of the trunks or bikini.

41.3 In the Finals, mixed-pairs will be assessed both individually and as a unit with particular attention being given to how well their individual physiques complement each other and how well they move in unison.

APPENDIX 5

DETAILED DESCRIPTION OF THE COMPULSORY POSES

1.1 MEN'S COMPULSORY POSES:

1. Front Double Biceps (see Figure 1)

Standing face front to the judges, with the legs and feet in-line and a short distance apart, the competitor will raise both arms to shoulder level and bend them at the elbows. The hands should be clenched and turned down so as to cause a contraction of the biceps and forearm muscles, which are the main muscle groups that are to be assessed in this pose. In addition, the competitor should attempt to contract as many other muscles as possible as the judges will be surveying the whole physique, from head to toe.

The judge will first survey the biceps muscles looking for a full, peaked development of the muscle, noting whether or not there is a defined split between the anterior and posterior sections of the biceps, and will continue the head-to-toe survey by observing the development of the forearms, deltoids, pectorals, pec-delt tie-ins, abdominals, thighs, and calves. The judge will also look for muscle density, definition, and overall balance.

2. Front Lat Spread (see Figure 2)

Standing face front to the judges, with the legs and feet a short distance apart, the competitor will place the open hands, or clenched fists, against, or gripping, the lower waist or obliques and will expand the latissimus muscles. At the same time, the competitor should attempt to contract as many other frontal muscles as possible. It shall be strictly forbidden for the competitor to pull up on the posing trunks so as to show the top inside of the quadriceps.

The judge should first see whether the competitor can show a good spread of the latissimus muscles, thereby creating a V-shaped torso. Then the judge should continue with the head-to-foot survey, noting first the general aspects of the physique and then concentrating on the more detailed aspects of the various muscle groups.

3. Side Chest (see Figure 3)

The competitor may choose either side for this pose, in order to display the "better" arm. He will stand with his left or right side towards the judges and will bend the arm nearest the judges to a right-angle position, with the fist clenched and, with the other hand, will grasp the wrist. The leg nearest the judges will be bent at the knee and will rest on the toes. The competitor will then expand the chest and by upward pressure of the front bent arm and contract the biceps as much as possible. He will also contract the thigh muscles, in particular, the biceps femoris group, and by downward pressure on his toes, will display the contracted calf muscles.

The judge will pay particular attention to the pectoral muscles and the arch of the rib cage, the biceps, the leg biceps and the calves, and will conclude with the head-to-foot examination. In this pose the judge will be able to survey the thigh and calf

muscles in profile, which will help in grading their comparative development more accurately.

4. Back Double Biceps (see Figure 4)

Standing with his back to the judges, the competitor will bend the arms and wrists as in the Front Double Biceps pose, and will place one foot back, resting on the toes. He will then contract the arm muscles as well as the muscles of the shoulders, upper and lower back, thigh and calf muscles.

The judge will first survey the arm muscles and then do the head-to-foot survey, during which there are more muscle groups to look at than in all of the other poses. This includes the neck, deltoids, biceps, triceps, forearm, trapezius, teres, infraspinatus, erector spinae, external obliques, latissimus dorsi, gluteus, thigh biceps, and calves. This pose, probably more than the others, will help the judge to determine the quality of the competitor's muscle density, definition, and overall balance.

5. Back Lat Spread (see Figure 5)

Standing with his back to the judges, the competitor will place his hands on his waist with his elbows kept wide, one foot back and resting on the toes. He will then contract the latissimus dorsi as wide as possible and display a calf contraction by pressing downward on the rear toes. The competitor should make an effort to display the opposite calf to that which was displayed during the back double biceps pose so the judge may assess both calf muscles equally. It shall be strictly forbidden for the competitor to pull up on the posing trunks so as to show the gluteus maximus muscles.

The judge will look for a good spread of the latissimus dorsi, but also for good muscle density and will again conclude with the head-to-foot survey.

6. Side Triceps (see Figure 6)

The competitor may choose either side for this pose so as to show the "better" arm. He will stand with his left or right side towards the judges and will place both arms behind his back, either linking his fingers or grasping the front arm by the wrist with his rear hand. The leg nearest the judges will be bent at the knee and the foot will rest flat on the floor. The competitor will exert pressure against his front arm, thereby causing the triceps muscle to contract. He will also raise the chest and contract the abdominal muscles as well as the thigh and calf muscles.

The judge will first survey the triceps muscles, and conclude with the head-to-foot examination. In this pose, the judge will be able to survey the thigh and calf muscles in profile, which will help in grading their comparative development more accurately.

7. Abdominals and Thighs (see Figure 7)

Standing face front to the judges, the competitor will place both arms behind the head and will place one leg forward. He will then contract the abdominal muscles by "crunching" the trunk slightly forward. At the same time, he will contract the thigh muscles of the forward leg.

The judge will survey the abdominal and thigh muscles, and then conclude with the head-to-foot examination.

1.2 WOMEN'S COMPULSORY POSES:

1. Front Double Biceps (see Figure 8)

Standing face front to the judges, with the legs and feet in-line and the right leg placed out to the side, the competitor will raise both arms to shoulder level and bend them at the elbows. The hands should be clenched and turned down so as to cause a contraction of the biceps and forearm muscles, which are the main muscle groups that are to be assessed in this pose. In addition, the competitor should attempt to contract as many other muscles as possible as the judges will be surveying the whole physique, from head to toe.

The judge will first survey the biceps muscles looking for a full, peaked development of the muscle, noting whether or not there is a defined split between the anterior and posterior sections of the biceps, and will continue the head-to-toe survey by observing the development of the forearms, deltoids, pectorals, pec-delt tie-ins, abdominals, thighs, and calves. The judge will also look for muscle density, definition, and overall balance.

2. Side Chest (see Figure 9)

The competitor may choose either side for this pose, in order to display the “better” arm. She will stand with her left or right side towards the judges and will bend the arm nearest the judges to a right-angle position, with the fist clenched and, with the other hand, will grasp the wrist. The leg nearest the judges will be bent at the knee and will rest on the toes. The competitor will then expand the chest and by upward pressure of the front bent arm and contract the biceps as much as possible. She will also contract the thigh muscles, in particular, the biceps femoris group, and by downward pressure on his toes, will display the contracted calf muscles.

The judge will pay particular attention to the pectoral muscles and the arch of the rib cage, the biceps, the leg biceps and the calves, and will conclude with the head-to-foot examination. In this pose, the judge will be able to survey the thigh and calf muscles in profile, which will help in grading their comparative development more accurately.

3. Back Double Biceps (see Figure 10)

Standing with her back to the judges, the competitor will bend the arms and wrists as in the Front Double Biceps pose, and will place one foot back, resting on the toes. She will then contract the arm muscles as well as the muscles of the shoulders, upper and lower back, thigh and calf muscles.

The judge will first survey the arm muscles and then do the head-to-foot survey, during which there are more muscle groups to look at than in all of the other poses. This includes the neck, deltoids, biceps, triceps, forearm, trapezius, teres, infraspinatus, erector spinae, external obliques, latissimus dorsi, gluteus, thigh biceps, and calves.

4. Side Triceps (see Figure 11)

The competitor may choose either side for this pose so as to show the “better” arm. She will stand with her left or right side towards the judges and will place both arms

behind her back, either linking her fingers or grasping the front arm by the wrist with her rear hand. The leg nearest the judges will be bent at the knee and the foot will rest flat on the floor. The competitor will exert pressure against her front arm, thereby causing the triceps muscle to contract. She will also raise the chest and contract the abdominal muscles as well as the thigh and calf muscles.

The judge will first survey the triceps muscles, and conclude with the head-to-foot examination. In this pose, the judge will be able to survey the thigh and calf muscles in profile, which will help in grading their comparative development more accurately.

5. Abdominals and Thighs (see Figure 12)

Standing face front to the judges, the competitor will place both arms behind the head and will place one leg forward. She will then contract the abdominal muscles by “crunching” the trunk slightly forward. At the same time, she will contract the thigh muscles of the forward leg. The judge will survey the abdominal and thigh muscles, and then conclude with the head-to-foot examination.

APPENDIX 6

PICTURES OF ALL COMPULSORY POSES: MEN. WOMEN AND MIXED PAIRS