

## General information

- The starting numbers are placed on the right side in the front and on the left side in the back on the posing bottoms
- The competition consists of prejudging, finals and the overall

## Judging criteria

- Role model of the men's physique division is the athletic and masculine appearance of a typical fitness model
- Symmetric development of individual muscle groups
- Aesthetic, masculine muscle tone
- Visible muscle definition and slightly shown vascularity
- Appearance and presentation: walk, posing, posture, charisma, personality
- The overall package is important

## Suit

- Athletes have to wear board shorts that end slightly above the knee
- Athletes have a free choice on color
- Skintight shorts (e.g. Spandex) are not permitted
- Jewelry is not permitted excluding engagement or wedding rings
- Shoes are not permitted
- Shorts have to be clean and free of tanning products

## Behavior

- Athletes have to follow the jury's posing instructions
- Bumping and pushing other competitors on stage is strictly prohibited. Any kind of physical or vocal conflicts can lead to a disqualification. Companionable and with sportsmanship driven posing with other competitors is permitted.

## Prejudging

- The jury evaluates the athletes during the comparisons of front, side and back poses
- All athletes enter the stage together and hit a front pose facing the jury. Upon request by the jury athletes will be asked to do quarter turns.
- Front pose
  - Shoulders face the judges
  - Feet can, but don't have to be flat on the floor. One leg is allowed to be spread slightly to the side.
  - Hands may be held at the sides or one hand may be placed on a hip
  - Chest should be up, and lats flared. Lats should not be spread like a bodybuilder
- Side pose
  - Hips face the side of the stage
  - Heads should be turned toward the judges.

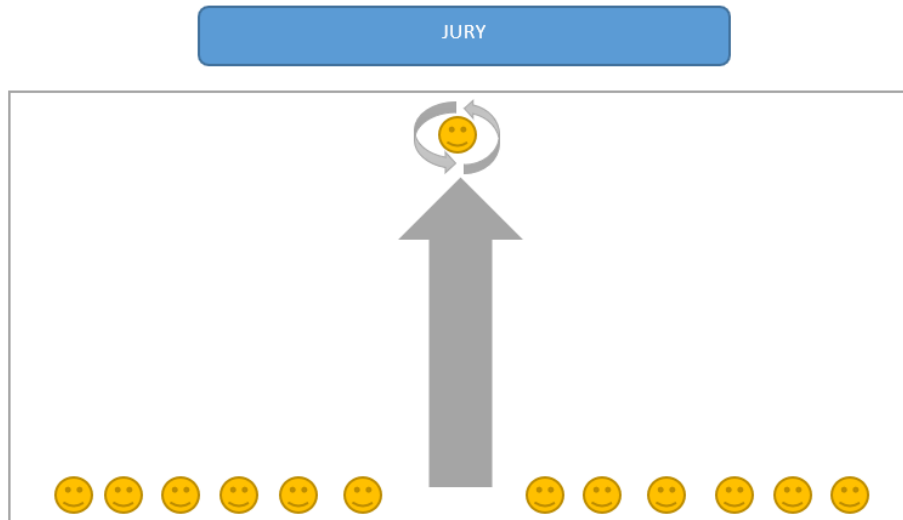
- Shoulders may be turned as much as 35 degrees toward the judges in order to accentuate their V-taper.
- Hands may be held at the sides or one hand placed on a hip.
- Feet may be staggered and the back calf tightened.
- Back Pose
  - Competitors face the back curtain.
  - Feet must remain parallel.
  - Lats should be spread to display V-taper
  - The upper body should not be bending.
  - Hands may be held at the sides or one hand may be placed on a hip.
- Die Arme dürfen nicht übertrieben ausgebreitet sein.
- Bei allen Posen, Ausnahme Rückenpose, muss eine Hand an der Hüfte positioniert sein.
- Die Blickrichtung muss der Fußstellung entsprechen (Ausnahme Seitenansicht zur Jury)
- Die Jury kann Einzelvergleiche verlangen.
- Die Jury darf jederzeit die Athleten auffordern Posen zu korrigieren.

## Finals

- **All athletes** are part of the finals.
- All athletes enter the stage together and hit a front pose facing the jury. Upon request by the jury athletes could be asked to do quarter turns.
- During finals the walks are presented in numerical order.
- The judges announce the Top 5.
- Awards ceremony will take place.
- The rules for finals are the same as for prejudging.

## Routine

- The individual walk is part of the finals and takes place after comparisons
- The jury calls out the athletes in numerical order to let them perform their individual walk
- The maximal duration of the individual walk can't exceed 30 seconds per athlete. After that the jury is allowed to stop the routine and call out the next athlete.
- The music will be provided by the WNBFF Germany
- The athletes are allowed to choose poses in her individual routine in accordance to the WNBFF rules in order to accentuate their physique to their best.
- Every athlete performs an I-Walk style routine according to the following picture:



### Overall

- Every first-place winner of the Men's Physique classes is competing against each other in the overall.
- Upon request by the jury athletes will be asked to do quarter turns (front, side & back pose)
- In the so called posedown athletes can place themselves in directly in front of the jury. In a duration of 60 seconds music will be played where the athletes can choose their poses to accentuate their physique to their best and aim for the jury's attention.
- After the posedown the overall Men's Physique winner will be announced. The winner gets rewarded with the WNBF Men's Physique Pro Card.