

DIVISION RULES-BODYBUILDING

POSING SUITS

- All suit bottoms must be V-shaped, bodybuilding suits.

POSING MUSIC

- Posing music will be used for pre-judging individual routines.
- 60 seconds max
- Music must be turned in at checkin on thumb drive.

ONSTAGE

- During the prejudging, competitors are not permitted to wear any jewelry onstage other than a wedding band and earrings. Decorative pieces in the hair are not permitted.
- No props or gum are permitted onstage.
- Bumping and shoving are prohibited. All persons involved will be disqualified.
- Competitor's numbers will be worn on the left side of the suit bottom.

COMPETITOR'S HEALTH

- Any competitor who appears to be disoriented, light-headed or experiences undue cramping will not be permitted to compete.

WEIGHT CLASSES

A-200 lbs and under

B-Over 200 lbs

PREJUDGING POSING ROUNDS

Judges will score competitors according to “total package” which is a balance of size, symmetry and muscularity.

Mandatory posing Rounds

- Front Double Bicep
- Front Lat Spread
- Side Chest
- Side Tricep
- Rear Double Bicep
- Rear Lat Spread
- Abdominals with one thigh
- Men Only: Favorite Most Muscular

Individual POSING ROUNDS

- Begin when ready – no signal is necessary from the Head Judge.
- Maximum of 60 seconds, with a warning when 10 seconds remain.
- You are not obligated to use all 60 seconds.
- Lying on the floor is not permitted.