

JUDGING CRITERIA: Men's Physique Beachbody

1. Muscularity and Body Condition

Judges will be looking for fit contestants who display proper shape and symmetry combined with muscularity and overall condition. This is not a bodybuilding contest, so extreme muscularity should be marked down.

2. Stage Presence and Personality

Contestants will be asked to walk in shorts (no shorter than 3" inseam and 1 inch below the belly button). Competitors will enter the stage without a shirt and barefoot. The judges are looking for the contestant with the best stage presence and poise who can successfully convey his personality to the audience.

Presentation

Competitors will walk to the center of the stage alone and perform Individual routines of front and back turns with optional poses of hand on hip or hand in pocket for 30 seconds, finishing facing the judges as directed, then proceed to the side of the stage.

COMPETITION JUDGING

1. PRESENTATION

- Competitors will walk onstage alone and perform their Individual routine for 30 seconds, including a front stance and back stance.

Show Your Personality!

- After completion, you will be directed to line up on the stage while the other competitors are performing.

Classes

A- 5'8 and below

B- Above 5'8