



FIF MEN'S SPORTS PHYSIQUE

JUDGING CRITERIA

1. Muscularity and Body Condition

Judges will be looking for fit Sport Physique 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

Sports Physique will be asked to walk in Swimming trunk and can be one inch below the belly button, no spandex and no logos are permitted on the shorts or trunk however a manufacturer's logo such as Nike adidas reebok symbol are acceptable.)

Competitors

will enter the stage without a shirt and barefoot. No need to use Props and base on Sports Physique compulsory poses. No lewd acts allowed for example the moon pose. No Gymnastics Moves are Allowed.

For Sport Physique, the focus is on showcasing the broad shoulders and thick back, along with Muscular Leg

This competition requires a high level of depth and density in both the chest and back muscles, as well as a small waist with well-defined abdominal muscles.

It's important to note that overly fancy stage presentations will not be rewarded with additional marks.

The judges are looking for athletes who can present a balanced and symmetrical physique, with a smooth transition between poses and a high level of self-confidence.

The overall goal is to showcase the 'X' factor of the athlete, meaning a combination of muscularity of both upper and lower body and overall body aesthetics.

Strictly no Bodybuilding poses

COMPETITION JUDGING

Compulsory Poses

- 1) Front Bicep
- 2) quarter turn to the right
- 3) Back Bicep
- 4) Quarter turn to the right

Presentation

Sports Physique will walk to the center of the stage alone and perform front and back turns with optional pose of hand on hip, finishing facing the judges as directed then proceed to the side of the stage.

Comparison Round

- The Sport Models will be brought back out in a group and directed to do turns.
- Judges will have the opportunity to compare competitors against each other in turns.

Promoters can choose to have one height class, two height classes, one age classes or three age class height classes.

- Under 170cm
- Above 170cm
- under 24yr old JR
- above 30yr old

Correct Posing

