

Men's Physiques



Season 2019

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Summary :

- 1 : The outfit
- 2 : The passages
- 3 : The judgment criteria
- 4 : Imposed poses
- 5 : Forbidden poses

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1 : The men's outfits:

At all levels of competition the Bermuda shorts are identical and must not be changed:

→ Men Bermuda :

- Free couleur choice
- Discreet or non-ostentatious printed pattern (see specificity below)
- The Bermuda must not cover the knees
- The knot of the fastening string may be apparent, but must remain relatively discreet
- Passage is barefoot

→ jewelry, piercings allowed but not excess

→ The tan must be well applied (body and face) and dry to the touch when going on stage

→ Hair removal or shaving of the entire body is mandatory.

→ Bib number must always be visible at the left side of the waist

N.B After control of the dress, any failure will automatically result in disqualification of the athlete if no remediation is possible.



1 : The outfit :

Men's Physique

Bermuda shorts are mandatory:



- It may be of different colors but without cartoons drawings on them, without emblems, without country flags colors or any other print that may be confusing to good morals and it must not be transparent.
- The Bermuda brand may be visible on the waistband only.
- The bermuda should be loose and must leave the knee clearly visible
- The knot of the fastening string may be apparent, but must remain relatively discreet

1 : The outfit :

Men's Physique

Forbidden outfits





2 : The passages:

First passage (morning) :

Athletes of the same category present themselves in bermuda shorts.

Under the orders of the chairman, after presentation at the back of the stage, and advancing on the line of comparison, the athletes perform:

→ A quarter turn to the left so as to appear in profile, then again a quarter turn to the left so as to stand facing the judges, then a quarter turn to the left to present their other profile, and finally the athletes finish with a last quarter turn to regain face to face position with the judges.

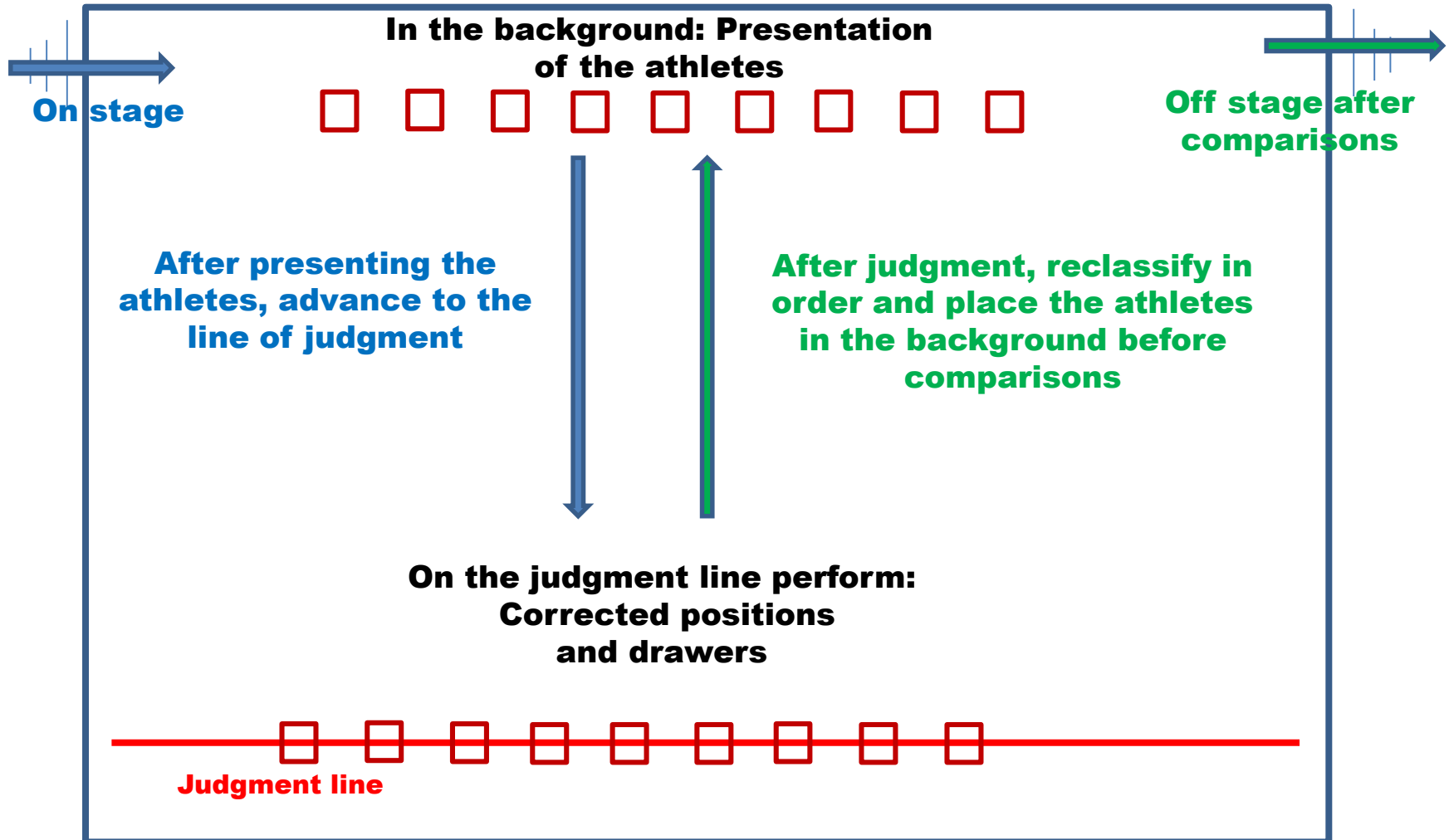
Depending on the number of athletes a drawer can be made. All athletes perform new corrected poses. After being put in the order of the bibs, the athletes are aligned in the background.

At the end of this individual passage, comparisons by 3 can then be requested by the judges in order to better estimate the athletes' physique and refine the ranking. Requests for comparisons will be made by the head of the table.



2 : The passages:

First Bermuda passage in the morning :





2 : Les passages:

Second passage (afternoon):

Athletes in the same category are presented with the same Bermuda shorts as in the morning

Under the orders of the chairman, after presentation in the background, the athletes individually make a passage in " T " lasting 45 seconds in front of the judges before returning to their original position at the back of the stage.

Nota important:

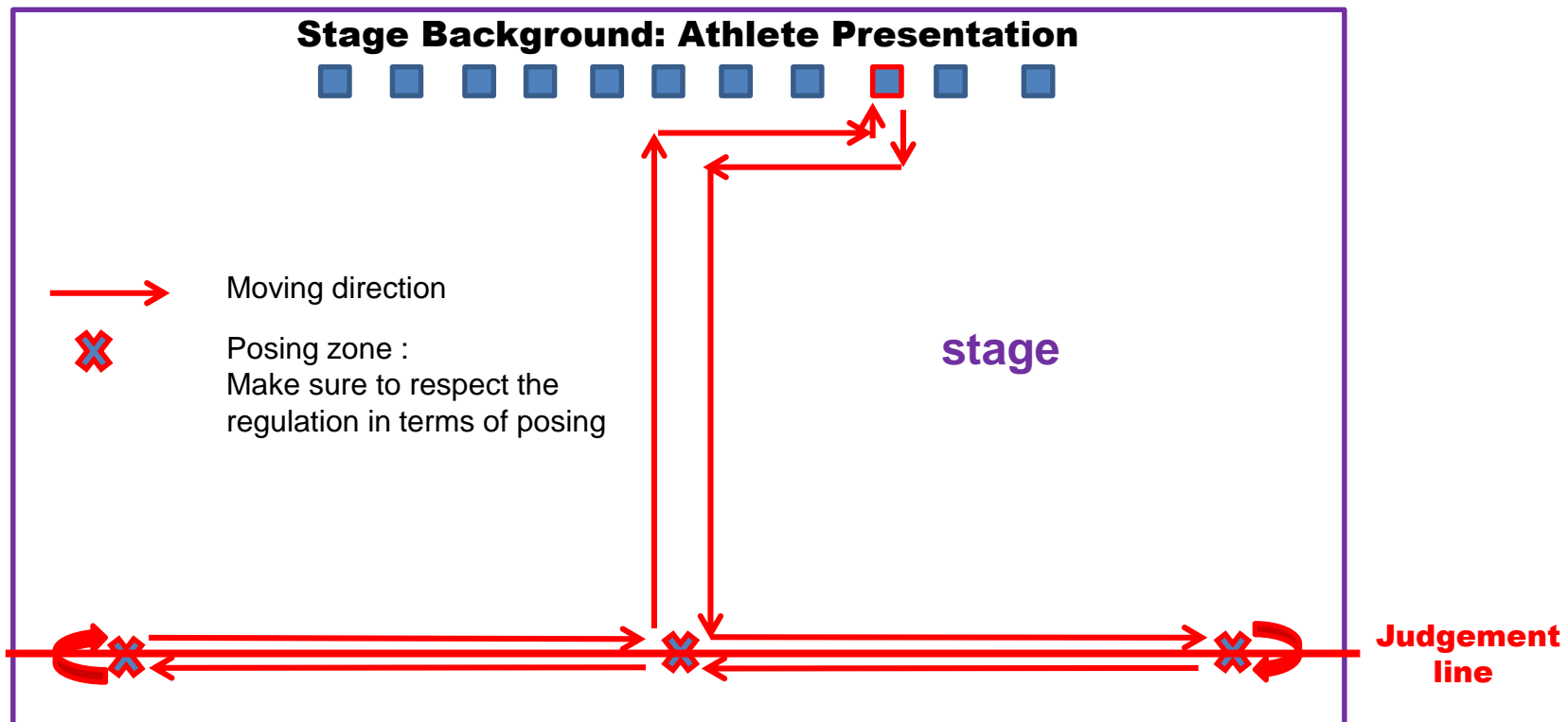
- the music is randomly chosen by the organization and will be the same for every athletes.
- The music lasts 45 " and will automatically cut off after reglementation time.
- The athlete will have to regain his place in the background as soon as possible at the end of the music. Any breach will be sanctioned or disqualify



2 : Les passages:

Deuxième passage en Bermuda (identique au matin):

"T" Passage. Duration :45 secondes. This passage is timed and is the same for each athlete



3 : Les critères de jugement Men Physique:

Overall criteria:

- Volume,
- The lines, the symmetry,
- The muscle tone
- The definition
- The presentation in Bermuda.



3 : Judgment criteria Men's Physique:

More specific criteria:

- Harmony of the body, symmetry, and line are important criterias of this discipline as well as the balance of the muscular masses. Athletes must have a toned and firm musculature, as well as good muscular volume.
- The body appearance of these athletes are broad shoulders, well shaped backs, and must be slender, graceful, and quite massive
- Athletes must be smiling and dynamic. Any vulgarity, or non-respect of poses and good morals will be sanctioned, and may result to the disqualification of the athlete.

