



# BODYBUILDING

## NEW CATEGORY: TRAINED FIGURE



All photos used in this booklet were taken during competitions. They are free of rights and used exclusively for educational and regulatory purposes. Each athlete may request the removal of their photo.



## Summary :

- 1 : The outfit
- 2 : The judgment criteria

We thank Michael Phillips and the NPA for their assistance in developing this new category and their photographic participation.

## 1 : The outfit:

At any level of competition:

- Bikini:

Unicolor

Authorized rhinestones

gloss and glitter effet authorised

minimum side width 1 cm

Two-piece bikini

Open or closed shoes

- jewelry, piercings allowed but not excess

- The tan should be well distributed (body and face - light makeup) and dry to the touch

- Hair removal or shaving of the entire body is mandatory

- Bib number must be at the left side waist and always visible whatever the outfit

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



# 1 : The outfit :

OK



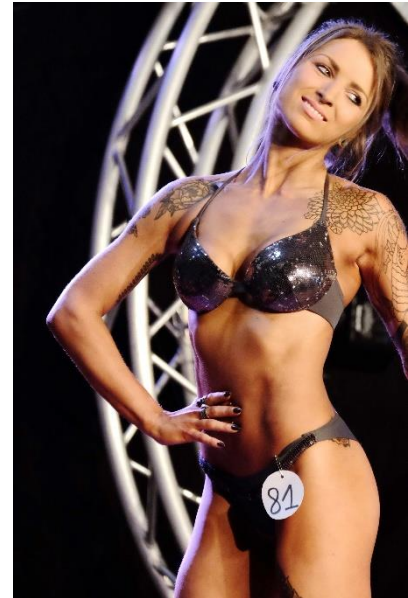
< 4 cm authorised in 2018



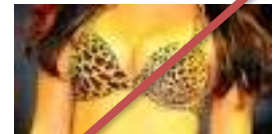


# 1 : The outfit :

The outfit must be unicolor The "amenities" type rhinestones, sequins, sequins on the bikini are allowed



Width dimensioned 1cm minimum regardless of the "material»



## 2 : Trained Figures criteria of judgement:

The judgment is based on the observation of the harmonious muscular development resulting from regular bodybuilding work, and appropriate dieting while respecting the integrity of the athlete. It deals with the following criteria grouped and judged in two items:

- ❑ Harmony of the body, symmetry, line, balance of the masses (the lower body must be proportional to the upper body), hypertrophy, muscle density.

Athletes must have:

- ❖ - shapes
- ❖ - muscle volume.
- ❑ Harmonious muscular definition on the whole body:
  - ❖ - without appearance of thinness or anorexia (very heavily sanctioned point)
  - ❖ - without subcutaneous adipose tissue or visible cellulitis.

**In order to respect the physical and physiological integrity of the female athlete, the athlete must be dry without being streaked**

*Note: Athletes must be well proportioned without hypertrophy and dry exaggeration, have a minimum mass, shapes and shapely muscle. Therefore they must be bigger than the forearms biceps, relatively round shoulders, a V back, shapely thigh quadriceps, hamstrings and calves relatively prominent.*





## **5 : Imposed Poses:**

**IDENTICAL TO THAT OF BODYBUILDING**

## **6 : The free passage:**

Duration : 1mn00

**IDENTICAL TO THAT OF BODYBUILDING**