

Bodybuilding Categories:

Competitors can choose to enter in more than one category on either of the days subject to the categories age, weight or height restrictions and applicable entry fees.

Open Women: Open to all women bodybuilders. The Open Women has only one open division.

Teenage Men: Open to all male bodybuilders between 16 years of age and 19 years of age. You must be between 16 and 19 years of age as of 1st January of the year you are competing in. (proof of age required)

Junior Men: Open to all male bodybuilders between 19 years of age and 22 years of age. You must be between 19 and 22 years of age as of 1st January of the year you are competing in. (proof of age required).

Novice Men: Open to any competitor who has not won the same competition previously. No weight restrictions apply. As from 2012 the Asia Pacific Novice Mens category will now have two height divisions as follows:-

- 171cms and Under (Short) and
- Over 171cms (Tall)

Open Men: Open to all male bodybuilders. The Open Men has several weight divisions as follows:-

- Under 65kg,
- Under 70kg,
- Under 80kg,
- Under 90kg and
- Over 90kg open division.

Masters Men: Open to all male bodybuilders of the age 40 years and over as of 1st January of

the year you are competing in.

Grand Masters Men: Open to all male bodybuilder of the age 50 years and over as of 1st January of the year you are competing in.

Ultra Grand Masters Men: Open to all male bodybuilders of the age 60 years and over as of 1st January of the year you are competing in.

Men's Bodybuilding Guidelines:

Round 1 - Muscularity

Score Percentage of Round 1 - 50%

In this round competitors perform the following compulsory poses:

1. Front Double Biceps
2. Front Lateral Spread
3. Side Chest (*either side at the choice of the competitor*)
4. Side triceps (*again either side*)
5. Rear Double Biceps (*spike one calf*)
6. Rear Lateral Spread
7. Abdominal and Thigh
8. Most Muscular

In this round judges are comparing competitors for the following:

Muscularity - The shape, thickness and quality of muscle.

Proportion - The balance of one muscle group against another.

Definition - Muscle separation, definition and vascularity.

Balance - Left side of the body compared to the right, front compared to rear.

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Round 2 - Symmetry

Score percentage of Round 2 - 50%

In this round the competitors will stand in numerical order facing the judges and they will perform four one quarter turns - the first will be facing the judges, then the competitors will be asked to make three one quarter turns to the right, thus displaying their physique from every angle.

In this round judges are looking for the following:

Structural Flaws - Faults within the competitor's skeletal structure.

Proportion - The balance of one muscle group to another eg. Lower body to upper body, biceps to calves, waist to quadriceps etc.

Balance - The left side of a competitor's body compared to the right, the front compared to the

rear.

Symmetry - The competitor's overall shape and line.

Pose Down (Will replace Routines)

At the completion of Rounds 1 and Rounds 2, competitor's will have 60 seconds as a group to a pose down round. House music will be provided for this final pose down session, and is more to entertain the crowd and to mark the completion of the Pre-judging. The posedown is not scored and Routines have been removed from all categories.

MUSCLE MASS

It must be remembered that, first & foremost, a physique contest is a Bodybuilding contest. Contestants must exhibit a degree of muscular development which will naturally vary according to the class being judged. Obviously, one would not expect a Teenage competitor to exhibit the mass of an Open class competitor. Muscular size will vary between Male & Female competitors. However, when making comparisons within a class, muscle mass & size plays an important part with the more advanced muscularity scoring higher points.

SEPARATION

This factor must be considered in conjunction with muscle mass. Separation is the delineation between the muscle groups of the physique. Excess subcutaneous fatty tissue under the skin blurs this muscular division resulting in a smooth appearance which detracts from muscular mass. A good physique must have muscular mass which is complemented by sharp muscular separation rather than being flawed by being too smooth.

DEFINITION

This must not be confused with separation. Definition is the display of the individual muscles & muscle fibers taken to a wish degree (often referred to as 'ripped' or 'shredded').

A physique that has good muscle mass, separation & definition must be scored highly.

However, definition that is taken to the point of emaciation, will only reduce mass & fullness can not be judged so highly.

Definition should be only to show clean muscle mass, otherwise the muscles appear stringy & flat.

SYMMETRY

A key ingredient in a winning physique & one that owes it's qualities mainly to the genetic component of the competitor. Wide shoulders, narrow hips, trim waist & a deep rib-cage are genetically endowed qualities on which a championship physique can be built. Faults such as knock-knees, bowed legs, rounded shoulders or any curvature of the spine, whilst unfortunate, are to be scored down during the symmetry round.

PROPORTION

This must not be confused with symmetry, although a proportionate physique owes much to it being symmetrical in the first place.

A proportionate physique is one that has no overall development in which each individual

bodypart complements the others in both size & shape. The upper body should not be developed to the extent that it overpowers the lower body & vice-versa. All bodyparts should flow in harmony with no bodypart being over developed to the detriment of the others. Right & left sides should be equally developed, so as to not exhibit no readily observable differences in size. Adjoining muscle groups should enhance each other rather than detract.

These qualities; **Muscle Mass, Separation, Definition, Symmetry & Proportion**, are the major considerations when assessing any physique, but must be viewed in conjunction with some rather less important, (but not trivial) considerations which can enhance or detract from the major qualities mentioned.

Womens Bodybuilding:

Women's Bodybuilding Guidelines

Round 1 - Muscularity

Score percentage of Round 1 - 50%

In this round competitors perform the following compulsory poses:

1. Front Double Biceps
2. Front Lateral Spread
3. Side Chest (*either side at the choice of the competitor*)
4. Side triceps (*again either side*)
5. Rear Double Biceps (*spike one calf*)
6. Rear Lateral Spread
7. Abdominal and Thigh

In this round judges are comparing competitors for the following:

Muscularity - The shape, thickness and quality of muscle.

Proportion - The balance of one muscle group against another.

Definition - Muscle separation, definition and vascularity.

Balance - Left side of the body compared to the right, front compared to rear.

Round 2 - Symmetry

Score percentage of Round 2 - 50%

In this round the competitors will stand in numerical order facing the judges and they will perform four one quarter turns - the first will be facing the judges, then the competitors will be asked to make three one quarter turns to the right, thus displaying their physique from every angle.

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