

IFBB PROFESSIONAL LEAGUE
RULES



2009 Edition



RULES

BRIEF HISTORY

The IFBB was co-founded in 1946 by brothers Joe and Ben Weider in Montreal, Canada. The first IFBB professional competition, the “IFBB Mr. Olympia”, was held in 1965. The first IFBB Professional Committee was formed in 1975. In 1987, this Committee was reorganized into the IFBB Professional Division. In 2005, this Division was legally separated from the IFBB [amateur] and was restructured to become the current IFBB Professional League (“*Pro League*”).

Rule 1 – Introduction

1.1 *Pro Rules:*

The IFBB Professional Rules for Bodybuilding, Fitness and Figure (“*Pro Rules*”) consist of regulations, policies, directives, decisions and rulings enacted for the purpose of administering the *Pro League*.

1.2 *Pro Committee:*

The *Pro League* is managed by the IFBB Professional Committee (“*Pro Committee*”), which has authority to conduct the overall management and operation of the *Pro League*, including the power to prescribe and amend the *Pro Rules*. The day-to-day management of the *Pro League* is vested in the senior officers of the *Pro Committee*.

1.3 *Code of Ethics:*

The Code of Ethics, which forms an integral part of the *Pro Rules*, is a set of beliefs that have been written to serve as guidelines for the way in which all Members, be they Athletes, Judges or Officials, should strive to conduct themselves as Members of the *Pro League*.

1.4 *Membership Agreement:*

Athletes, Judges and Officials choose to become Members of the *Pro League* by their own free will. All individuals, on signing their Membership Application Form, acknowledge, accept and agree to abide by the *Pro Rules* and, throughout the full term of their membership, to remain at all times Members in Good Standing; specifically, to remain in conformity with [not in breach of] the *Pro Rules*. The *Pro League* has authority to place into effect and enforce such regulations, policies, directives, decisions and rulings as it may from time to time deem necessary to manage itself and the sport it governs. The *Pro League* also has power to impose disciplinary measures or sanctions against any Member found to be in breach of the *Pro Rules*. Members acknowledge, accept and agree to be solely responsible for remaining current with the *Pro Rules*, which are published at www.IFBBPRO.com.



1.5 Non-sanctioned Competitions:

Any Member, whether Athlete, Judge or Official, who participates in a competition not approved or sanctioned by the *Pro League* may be fined, suspended or expelled. Participation includes, but is not limited to, competing, guest posing, giving a seminar, judging, officiating, promoting, endorsing or otherwise taking part in any capacity whatsoever in a non-approved or non-sanctioned competition. An Athlete under a sponsorship contract may represent his or her sponsor at a display booth, regardless of whether or not the competition is sanctioned by the *Pro League*. However, the Athlete may not otherwise participate in the competition.

1.6 Membership in Other Organizations:

Once accepted as a Member of the *Pro League*, no Athlete, Judge or Official will hold membership in any other professional bodybuilding, fitness or figure organization; nor will that Member participate in, promote or endorse in any capacity whatsoever their activities, failing which the Member may be fined, suspended or expelled.

1.7 Membership Criteria:

The *Pro League* has authority to determine the membership criteria for Athletes, Judges and Officials and is charged with the responsibility of granting or denying professional status within the *Pro League*. The membership criterion includes, but is not limited to, a signed agreement to abide by the *Pro Rules*.

1.8 License:

All Athletes, Judges and Officials who become Members of the *Pro League* must possess a valid *Pro League* License (membership card) in order to compete in, or judge at, a professional competition or act in an official capacity within the *Pro League*. The License must be renewed (and postmarked) by January 15th of each year for a fee of USD \$200. After this date, the fee is USD \$400. Should an Athlete, Judge or Official resign, retire, or be suspended or expelled, the License must be returned to the *Pro League*.

1.9 Rights:

Every Member of the *Pro League* has the right to participate in, and to benefit from, any activity of the *Pro League* so long as that Member is a Member in Good Standing of the *Pro League* and meets the qualification criteria of that activity.

Rule 1A – Promotion of Professional Competitions

1A.1 Application for Official Sanction:

Any Promoter who wishes to stage a professional competition must apply to the *Pro League* for an Official Sanction at least nine (9) months before the date of the proposed competition. The application must contain, but need not be limited to, the following information:



1. Name of competition.
2. Date and time.
3. Venue site (city and country).
4. Prize money and breakdown of prize money.
5. An undertaking to fully abide by *Pro Rules* and to agree that the *Pro League* shall have the final decision in any dispute.
6. Travel, accommodations and meal arrangements for Athletes, Judges and Officials participating in the competition.

1A.2 Sanction Fee:

If the *Pro League* approves the application for an Official Sanction, a Sanction Fee is charged, said fee which is in an amount as determined from time to time by the *Pro League*. The Sanction Fee must be paid in full as agreed between the Promoter and the *Pro League*. This permit only authorizes sanctioning of the competition and, except where otherwise noted, in no way obligates the *Pro League* to any responsibilities in any way whatsoever to the Promoter or to the participants.

1A.3 Failure to Abide:

If the Promoter fails to fully abide by the *Pro Rules*, and/or refuses to abide by the decisions and rulings of the *Pro League*, the Official Sanction for the competition is withdrawn and the competition may be canceled.

1A.4 Liability:

The *Pro League* is not liable or responsible for any financial or other loss or harm to the reputation of the Promoter or any associated parties resulting from the withdrawal of the Official Sanction for a failure to abide by the *Pro Rules* and/or the decisions and rulings of the *Pro League*. Organizers applying for Official Sanctions must unreservedly accept these conditions, including recognition of the fact that the *Pro League* cannot be held liable for any financial or other loss which the Promoter may sustain as a result of a cancellation under Rule 1.A.3. When the Official Sanction is granted, the Promoter and the Promoter's associates must agree that the *Pro League* is not liable for any financial or personal loss, accident or incident that may arise as a result of the granting of an Official Sanction and the promotion of the competition.

1A.5 Insurance:

The Promoter must arrange for his or her own liability/medical insurance, as the *Pro League* does not accept any liability for accidents or other incidents arising out of the promotion of the competition.

1A.6 Medical:

The Promoter must ensure that qualified medical personnel are on duty at the venue site throughout the whole of the Judging and Finals.

1A.7 Pro League Responsibility:

Promoters, Athletes, Judges and Officials recognize that the responsibility of the *Pro League* is limited to the official sanctioning of the competition and to



ensuring that it is organized in accordance with the *Pro Rules*. All parties recognize and accept this condition when they promote a competition, participate in a competition, or otherwise attend a competition or event.

1A.8 Advertising:

The Promoter cannot advertise the competition or event until he or she is in receipt of a Letter of Official Sanction from the *Pro League*.

1A.9 Television/Webcast/Videotape:

As a professional competition or event is the exclusive property of the *Pro League*, the Promoter must advise the *Pro League* if the competition or event is televised or webcast and must provide details of any agreement with a television or webcast company, including any financial arrangements. Further, the Promoter must advise the *Pro League* of any agreement with an individual or company to videotape the competition or event, including any financial arrangements made for the purpose of profiting from the videotape. The *Pro League* has the right to request a percentage of any sales generated from television, webcast or videotapes.

1A.10 Prize Money:

The Promoter must agree to pay to the *Pro League* the full sum of the prize money as agreed between the *Pro League* and the Promoter.

1A.11 Refund Policy:

Once the organizer pays the *Pro League* the total sum of the prize money, that money cannot be returned to the organizer for any reason. If, for any reason, the competition is canceled, the total sum of the prize money is distributed in equal amounts to each of the competitors who signed a contract to participate in the competition.

1A.12 Rights:

The granting of an Official Sanction in no way, shape or form means that the *Pro League* relinquishes its right to ownership of the competition or event. All *Pro League* competitions and events are the exclusive property of the *Pro League* and remain so from the initial granting of an Official Sanction to the conclusion of all competition or event activities.

Rule 2 – Participation in *Pro League* Competitions

2.1 General:

Pro League Athletes are eligible to compete in all *Pro League* competitions, except where conditions limit entry due to specific qualification criteria e.g. Mr./Ms./Fitness/Figure Olympia. *Pro League* Athletes must be Members in Good Standing in order to compete in a *Pro League* competition.



2.2 Invitation:

At all *Pro League* competitions, except for the Olympia competitions where the Athlete must qualify to enter, the Promoter has the right to select those *Pro League* Athletes he or she wishes to invite and to pay expenses for.

2.3 Competition Contracts:

Athletes must have a written Competition Contract postmarked no later than three (3) weeks before the date of the applicable competition. Contracts received after this date will be subject to a late fee of USD \$200, payable to the Promoter. The deadline date may be reviewed by the *Pro League* and Promoter up to one (1) week before the competition. No entry will be permitted after the Monday of the week of the competition.

2.4 Cancellation of Competition:

If a competition is canceled, Athletes in possession of a contract will split the sanction fee on deposit with the *Pro League* at the time of the cancellation.

Rule 3 – Athlete Participation Procedures

3.1 General:

The procedures by which a *Pro League* Athlete requests participation in a *Pro League* competition are as follows:

1. An Athlete indicates on his or her Membership Application Form which competitions he or she has an interest in competing.
2. The *Pro League* compiles a List of Participants by competition and forwards these lists to the appropriate Promoter.
3. The Promoter, in consultation with the *Pro League*, then decides which Athletes will be offered contracts for full expenses, partial expenses, or no expenses.
4. The *Pro League* then sends out the proper Competition Contract to each Athlete.

3.2 Olympia:

Except as otherwise stated, in Olympia competitions, all competitors, since they must qualify, will be provided with one (1) round-trip economy-class airline ticket, accommodations at the Official Hotel for a minimum of three (3) nights, US \$75.00 per day for food and miscellaneous expenses, and one (1) guest ticket for the Prejudging and Finals. For the Figure Olympia, the promoter will pay the above expenses for the top 6 finalists from the previous year's Figure Olympia, the top 6 finalists from the same year's Figure International, the top 3 finalists from the same year's New York Pro Figure, and the 1st-place winner of all other Figure competitions. If the 1st-place winner is already qualified, the Promoter will pay for 2nd-place. If 2nd-place is already qualified, the Promoter will pay for 3rd-place. This does not affect the number of Athletes who qualify for the Figure Olympia pursuant to Rules 4.4 - 4.5.



3.3 Other Events:

In all other *Pro League* competitions, the Promoter has the right to recommend which Athletes he or she wants to invite to compete. The expenses that are covered by the Promoter depend on the type of Competition Contract sent to the Athlete (full expenses, partial expenses, no expenses). Any Athlete who is not invited by the Promoter but who wishes to compete may do so, except where conditions limit entry. These competitors are not entitled to any of the considerations listed in Rule 3.2 except for one guest ticket to the Prejudging and Finals. Transportation, accommodations, and meals are at their own expense.

3.4 “Invitational” Designations:

A Promoter has the right, subject to agreement by the *Pro League*, to designate his or her competition as an “invitational” event, which means that only invited competitors may compete.

3.5 Conditions:

All competitors must agree to the following conditions and must accept that the failure to abide by them may result in disciplinary action in accordance with the *Pro Rules*:

1. To compete in his or her best physical condition.
2. To follow the timetable and special procedures agreed to for the competition.
3. To assist the Promoter, within reason, with publicity and promotion of the competition, and to allow his or her likeness to be used in conjunction with any publicity pertaining to the successful promotion of the competition.
4. To abide by the *Pro Rules* in the conduct of the competition.

3.6 Arbitration:

Should a conflict arise between a Promoter and a competitor, both parties must agree that the *Pro League* will act as arbitrator, and that the decision of the *Pro League* will be unreservedly accepted as final and binding.

3.7 Damages/Expenses:

If an Athlete causes damage to his or her room, or charges expenses at the Official Hotel in excess of those agreed to in the Competition Contract for which the Promoter must subsequently pay, this will be considered a serious breach of the *Pro Rules*, and the individual in question must refund to the Promoter the extra expenditure which has been incurred. Depending on the circumstances, further disciplinary measures may be taken against the Athlete.

3.8 Failure to Compete:

An Athlete who signs a contract to compete and who subsequently fails to do so will be subject to a USD \$1,000 fine and a suspension from all *Pro League* competitions for a period to be determined by the *Pro League*. If the failure occurs at the Olympia competition, the fine will be USD \$10,000. If the reason for not competing is medical in nature, the Athlete must report to a doctor selected by the *Pro League*, at his or her own expense, to prove the illness.



3.9 Reimbursement to Promoter:

Any Athlete who signs a Competition Contract to compete and who subsequently fails to do so, whether such failure occurs before the competition or during the competition, for whatever reason (including medical), must reimburse the Promoter any and all expenses incurred by the Promoter on the athlete's behalf. Failure to reimburse the Promoter will result in the Athlete being placed under suspension until all expenses are paid in full.

3.10 Withdrawal:

Any Athlete who wishes to withdraw from a competition must obtain written permission from the *Pro League* to do so, failing which the Athlete will be subject to disciplinary measures.

3.11 Hotel Accommodations:

If required, the Promoter must provide a business-class airline ticket, suite accommodations and all reasonable meal expenses at the Official Hotel for the Chairman of the *Pro League* when he is attending a professional event.

3.12 Unfit to Compete:

If the Promoter of the Olympia competition considers that one of the participants, even though qualified in accordance with the eligibility criteria for this competition, is not in appropriate condition to compete, the Promoter may lodge a complaint to the *Pro League*. The *Pro League* will evaluate the physical condition of the Athlete and will render a decision on whether or not he or she may compete. If the Athlete is ruled unfit to compete, the Promoter of the competition will be relieved of all financial obligations towards the Athlete concerned.

Rule 4 – Qualifications for Special Events

4.1 Mr. Olympia:

The Promoter of the Mr. Olympia competition must invite the following competitors:

1. The top 6 from the previous year's Mr. Olympia;
2. The top 6 from the same year's Arnold Classic;
3. The top 5 from the same year's Ironman Pro Invitational and New York Men's Professional Bodybuilding Championships;
4. The top 3 from any Grand Prix or similar competition held after the previous year's Mr. Olympia; and
5. Any other competitor who qualifies pursuant to Rule 4.5.



4.2 Ms. Olympia:

The Promoter of the Ms. Olympia competition must invite the following competitors:

1. The top 6 from the previous year's Ms. Olympia;
2. The top 6 from the same year's Ms. International;
3. The top 3 from any other bodybuilding competition held after the previous year's Ms. Olympia [except as detailed in Rule 4.5.5 and Rule 4.5.6]; and
4. Any other competitor who qualifies pursuant to Rule 4.5.

4.3 Fitness Olympia:

The Promoter of the Fitness Olympia competition must invite the following competitors:

1. The top 6 from the previous year's Fitness Olympia;
2. The top 6 from the same year's Fitness International;
3. The top 3 from any other fitness competition held after the previous year's Fitness Olympia; and
4. Any other competitor who qualifies pursuant to Rule 4.5.

4.4 Figure Olympia:

The Promoter of the Figure Olympia competition must invite the following competitors:

1. The top 6 from the previous year's Figure Olympia;
2. The top 6 from the same year's Figure International;
3. The top 3 from any other professional figure competition held subsequent to the previous year's Figure Olympia; and
4. Any other competitor who qualifies pursuant to Rule 4.5.

4.5 Additional Factors:

The following additional factors apply:

1. Any former Mr/Ms/Fitness/Figure Olympia winner has lifetime eligibility. However, this eligibility is not automatic. Where more than five (5) years have elapsed since the last Olympia win, approval of the *Pro League* is required.
2. The *Pro League* has the right to increase or decrease the number of qualifying competitors from any *Pro League* competition.
3. The Promoter of the Mr. Olympia has the right to nominate one competitor, as a "special invitee", who has not qualified for the current year's Mr. Olympia competition. This competitor may compete only with the approval of the *Pro League*.
4. In men's and women's competition, if the Athletes who qualify for the next year's Olympia pursuant to Rules 4.1, 4.2 (see Rule 4.5.5 and Rule 4.5.6), 4.3 and 4.4 are already qualified, the next highest placed Athlete will also qualify, provided he or she is not already qualified, in which case, no further



Athletes will qualify.

5. In any year where there are less than three “open” women’s professional bodybuilding competitions (the term “open” is defined as competitions other than the Ms. Olympia and the Ms. International), the following qualifying criteria shall apply (otherwise Rule 4.5.4 and Rule 4.5.6 shall apply):
 - a. At the Ms. International, the top 6 finalists qualify for the Ms. Olympia. If any of the top 6 finalists are already qualified, up to a maximum of three previously unqualified athletes may also qualify. For example, if five of the top 6 finalists are already qualified, the remaining top-6 finalist will qualify as well as 7th and 8th place.
 - b. At “open” competitions, the top 3 finalists qualify for the Ms. Olympia. If any of the top 3 finalists are already qualified, up to a maximum of three previously unqualified athletes may also qualify. For example, if the top finalist is already qualified, the remaining two top-3 finalists will qualify as well as 4th place.

MS. INTERNATIONAL (TOP 6 FINALISTS QUALIFY FOR THE MS. OLYMPIA)		
Number of competitors already qualified from among the top 6 finalists*	[Remaining] number of competitors who qualify from among the top 6 finalists	Number of competitors who qualify outside the top 6 finalists
0	6	0
1	5	0
2	4	0
3	3	0
4	2	1
5	1	2
6	0	3

*Top 6 finalists from previous year’s Ms. Olympia qualify for next year’s Ms. Olympia

“OPEN” COMPETITIONS (TOP 3 FINALISTS QUALIFY FOR MS. OLYMPIA)		
Number of competitors already qualified from among the top 3 finalists	[Remaining] number of competitors who qualify from among the top 3 finalists	Number of competitors who qualify outside the top 3 finalists
0	3	0
1	2	1
2	1	2
3	0	3



6. At any bodybuilding competition that is divided into two categories, only the top finalist in each category shall qualify for the Ms. Olympia. Rule 4.5.4 shall still apply.

Rule 5 – Press Accreditation

5.1 General:

The *Pro League* reserves the right to control all press accreditation (television, radio, printed press, photographic press, video, Internet, etc.) at all *Pro League* competitions.

5.2 Press Officer:

The *Pro League* may, at its own discretion, appoint a Press Officer who is authorized to issue press accreditations to bona-fide members of the press, to photographers, writers, journalists, reporters and others.

5.3 Press Pass:

The *Pro League* issues Press Passes bearing the designated area (press area, backstage area) as a means of identification. Only those individuals holding such passes are allowed to enter the areas officially designated for the press during the Prejudging and Finals. The *Pro League* Press Pass remains the exclusive property of the *Pro League* and must be returned upon request. The *Pro League* reserves the right to dismiss any person from the designated press areas for just cause.

5.4 Backstage Access:

Access to the backstage area must be cleared through the *Pro League* at all *Pro League* competitions. Cameras may be permitted in the immediate backstage area. Cameras are prohibited in the dressing room area.

5.5 Conditions:

Possession of a *Pro League* Press Pass does not automatically give the bearer the right to cover the competition from the areas officially designated for the press. To obtain permission to cover a *Pro League* competition from such areas, the pass holder must submit a written request directly to the *Pro League* or Press Officer no later than ten days before the date scheduled for the competition in question. This procedure must be followed for each competition or event. Accreditation is granted on a first-come first-serve basis. Press passes are normally distributed the day before the competition or event.

Rule 6 – Medical

6.1 General:

The *Pro League* advocates a clean, healthy and fit lifestyle, with regular exercise and proper nutrition. The *Pro League* encourages its members to engage in health-promoting activities and not to engage in practices which may endanger their health.



6.2 Medical Personnel:

The Promoter is responsible to ensure that qualified medical personnel are on duty throughout the whole of the Prejudging and Finals of all *Pro League* competitions.

6.3 Medical Committee:

The Medical Committee has authority over medical issues, to include drug testing matters. The committee will assist its Members with any questions they may have regarding issues of a medical or drug testing nature. The *Pro League* regularly provides relevant information on health, nutrition, training and doping control.

6.4 Medical Coverage:

The *Pro League* encourages its Members to acquire and maintain medical coverage and to obtain a yearly physical examination. Health maintenance is an individual matter which the *Pro League* actively endorses. The *Pro League*, however, does not endorse any particular form of medical treatment as this decision is left solely to the Member.

Rule 7 – Muscle Implants

7.1 Muscle Implants:

The *Pro League* does not condone, accept, or endorse the use of muscle implants. Any artificial improvement of the muscle, by whatever means, is considered a violation of the *Pro Rules*. Therefore, any Athlete who acquires muscle implants for competitive purposes will face disqualification from the event in which he or she is competing and possible suspension for a period of time to be determined by the *Pro League*. Breast implants are not considered muscle implants.

Rule 8 – Drug Testing

8.1 Policy Statement:

Sport involves physical health and fitness, mental application and dedication to training. Doping – the use of prohibited substances and/or prohibited methods – to artificially enhance performance is unethical, contrary to the concept of fair play, undermines the values of sport, and can endanger the health of the athletes.

8.2 Power and Authority:

As a condition of membership and competition in the *Pro League*, all Athletes agree that the *Pro League* has power and authority to conduct in-competition and/or out-of-competition drug testing.

Rule 9 – Discipline

9.1 General:

Athletes, Judges, and Officials join the *Pro League* of their own free will and, in so doing, agree to abide by the *Pro Rules*.



9.2 Failure to Abide:

Failure to abide by the *Pro Rules* will normally call for an investigation by an ad hoc Pro Disciplinary Committee. If a Member is found guilty of contravening the *Pro Rules*, that Member may be fined, suspended, or expelled.

9.3 Suspension Conditions:

If a Member is suspended, that Member may not compete, give exhibitions or seminars, judge, officiate or otherwise participate in any *Pro League* competition, event or activity.

9.4 Threats/Assaults:

Any Member who threatens an Athlete, Judge or Official by word or gesture will be suspended for a period of time to be determined by the *Pro League*. Any Member who physically assaults an Athlete, Judge or Official will be expelled.

9.5 Contest or Judging Decisions:

If a Member ignores proper protocol and publicly attacks a judging panel's decision, or individual judge's decision, that Member violates the *Pro Code of Ethics* and may be subject to disciplinary measures as determined by the *Pro League*.

9.6 Public Statements:

If a Member makes a public statement against another Member of the *Pro League*, the *Pro League* itself, the IFBB, or any member of the IFBB that is false, malicious, hateful, offensive, abusive, insulting, demeaning, slanderous or libelous, and if the Member fails to immediately withdraw the statement and apologize in writing, that Member violates the *Code of Ethics* and may be subject to disciplinary measures as determined by the *Pro League*.

9.7 Protests:

All protests, regardless of the reason for the protest, must be carried out in a professional, courteous and respectful manner. Protests will be made in writing to the *Pro League*, which will then cause the protest to be investigated.

9.8 Complaints:

Any Member who believes that he or she has been wronged has the right to file a complaint in writing to the *Pro League*. The *Pro League* will investigate and will make a determination on the complaint within thirty days of the date of the Letter of Complaint.

9.9 Prejudicial Conduct:

Prejudicial conduct is defined as any conduct that is unfairly prejudicial to the *Pro League*, whether through wrongdoing (intentional or otherwise) or through conspicuously bad behavior. Prejudicial conduct is against the *Code of Ethics*. Any Member may be disciplined for prejudicial conduct.



9.10 Code of Ethics:

Disciplinary action may be taken against any Member who contravenes the *Code of Ethics*, which forms an integral part of the *Pro Rules*.

9.11 Provisional Suspensions:

Depending on the circumstances, the *Pro League* may provisionally suspend a Member pending a hearing. In such cases, the hearing will be expedited. Provisional suspension means a loss of status as a Member in Good Standing and a loss of any and all privileges that may accompany membership in good standing.

Rule 10 – Hearings and Appeals

10.1 Hearings:

Except as indicated in Rule 9.11, disciplinary action may not be imposed upon a Member unless that Member is first given an opportunity to be heard at a hearing convened by the *Pro League*. The hearing body will determine the guidelines under which the hearing is to be held. All hearings will be conducted by written submission and by teleconference call. If the Member who is the subject of the hearing fails, for whatever reason, to participate in the hearing; the hearing body will issue a finding in the Member's absence. All documents deemed by the hearing body to be relevant to the hearing must be made available in advance to all parties participating in the hearing. The Member may be represented at the hearing by counsel of his or her choice.

10.2 Appeals:

Any Member who is the subject of disciplinary action as decided pursuant to Rule 10.1 may file a written appeal to the *Pro League*. The appeal must be submitted within ten (10) days of the date of the hearing decision, failing which the right of appeal is lost. A three-member panel shall decide the appeal. No person who voted at a hearing decision may sit on the appeal panel resulting from that same hearing.

Rule 11 – Payment of Fees and Fines

11.1 Payment of Fees and Fines:

The payment of fees and fines will take place as follows:

1. Fees, fines, debts and other outstanding dues will be paid to the *Pro League* Head Office.
2. Payment schedules will be made through the Chairman of the *Pro League*.
3. Sanction fees must be paid in full no later than ten (10) days before the date scheduled for the event.
4. Prize money must be paid in full no later than sixty (60) days before the date scheduled for the event.
5. *Pro League* License fees must be paid in full by January 15th of each year.
6. Fines must be paid in full within thirty (30) days of being levied.



7. Outstanding debts may result in further disciplinary measures unless payment schedule arrangements are made through the President of the *Pro League*.
8. Monies owed must either be wired or sent by certified check or money order, made payable to the "*Pro League*".
9. Fees and fines are non-refundable.
10. Members may not participate in *Pro League* activities without having paid their membership fees, fines, debts or other outstanding dues.

Rule 12 – Officials

12.1 “Chief Official”:

For chain-of-command and decision-making purposes, the “Chief Official” shall be the highest-ranking *Pro League* official in attendance at a professional competition. Normally, within the *Pro League*, the Chief Official is the Chairman of the *Pro League*. No other person shall make any decision related to the *Pro Rules* or the overall running of the event without seeking prior approval from the Chief Official. Should this official be unable to attend an event, he may, at his own discretion, delegate this responsibility to another Member of the *Pro League*.

12.2 “Head Judge”:

The “Head Judge” shall be responsible for implementing the judging format and controlling the judging procedures at all professional competitions according to the *Pro Rules*. The Head Judge shall be appointed by the Chairman. No other person, except the Chief Official, shall make any decision related directly to the judging of the event without seeking prior approval from the Head Judge. Should this official be unable to attend an event, he may, with the approval of the Chairman, delegate this responsibility to another Member of the *Pro League*.

12.3 “Chief Backstage Expediter”:

The “Chief Backstage Expediter” shall be responsible for controlling the athletes while backstage to ensure a smooth and efficient flow of athletes into the onstage area, under the direction of the Head Judge. The *Pro League* shall appoint this individual.

12.4 “Chief Onstage Expediter”:

The “Chief Onstage Expediter” shall be responsible for controlling the athletes while onstage, under the direction of the Head Judge. The *Pro League* shall appoint this individual.

Rule 13 – Registration

13.1 Registration of Athletes:

All Athletes who wish to compete in a *Pro League* competition must officially register at a meeting held for this purpose. The registration of Athletes is controlled by the Head Judge and is normally held on the day before the Prejudging. All Athletes, in addition to satisfying the normal criteria for



participation, must be in possession of a valid *Pro League* Athlete License.

13.2 Registration of Judges:

All Judges who wish to judge at a *Pro League* competition must officially register at a meeting held for this purpose. The registration of Judges is controlled by the Head Judge and is normally held on the day before the Prejudging. All Judges, in addition to satisfying the normal criteria for participation, must be in possession of a valid *Pro League* Judging License.

13.3 Categories:

Where there are weight categories at a professional competition, each Athlete is required to officially register his or her weight at a meeting held for this purpose. This registration is controlled by the Head Judge and is normally held on the day before the Judging.

13.4 Access:

The *Pro League* has authority to control access to the meeting, or meetings, held for the purpose of officially registering participants.

Rule 14 – Press Conference

14.1 Press Conference:

Where applicable, the *Pro League* may, at its own discretion, organize a press conference to promote the event. The press conference is normally held on the day before the Judging. Attendance at the press conference is mandatory for all competitors.

14.2 Access:

The *Pro League* has authority to control access to the press conference.

Rule 15 – Venue Requirements

15.1 Venue Site:

The Promoter must ensure that the venue site (place where the actual competition is being held) is theater-like in appearance, with a professional stage, lighting system and sound system.

15.2 Stage:

The Promoter typically has wide discretion regarding the stage area, to include stage covering, posing platform, backdrop, signage and/or banners, and adornments. The only requirement for the stage area is that the *Pro League* logo and website address www.IFBBPRO.com must be prominently displayed.

15.3 Lighting:

Proper lighting is critical to good judging. The Promoter must ensure that a professional lighting system is used and that the lights are properly adjusted. To this end, the Promoter should use professional lighting technicians to “set the lights” and must verify their proper adjustment, focus and intensity (luminosity)



by using the services of a professional photographer familiar with the special lighting requirements of the sport. *Pro League* lighting requirements typically call for the following general lighting setup:

1. Front Lighting: 1,000W per foot of posing platform frontage, from above and to the front, at an angle of 45°.
2. Back Lighting: 500W per foot of posing platform frontage, from above and to the back, at an angle of 65°.
3. Other Lighting (Back Floor Level and/or Side): used to remove dark shadows from the sides and to create the effect of having the competitor stand out against the stage backdrop.

15.4 Sound:

The Promoter must ensure that a professional sound system is used to play the athlete's music CDs and that the sound system is controlled by a professional sound technician.

15.5 Microphones:

The Promoter must ensure that microphones are made available for the Head Judge and the Master of Ceremonies.

15.6 Judging Area:

The judging area is under the control of the Head Judge. The Promoter must ensure that sufficient tables and chairs are made available for the regular judging panel, which normally consists of not less than seven judges and not more than eleven judges. The Promoter must also ensure that sufficient tables and chairs are made available for the Head Judge, the Judging Assistant and/or Judging Secretary, and the Statisticians. The judges should be seated not more than 25' from the lineup of competitors.

15.7 Press Area:

The press area is normally under the control of the Press Officer. The Promoter, in consultation with the *Pro League*, must ensure that only bona-fide members of the press are seated in the Press Area. To this end, access should be strictly controlled and all press seats should be individually marked with the person's name and/or company. The Press Area must not interfere with the judging panel's unobstructed view of the competitors while onstage.

15.8 Special Seating Area:

The Promoter, in consultation with the *Pro League*, must ensure that sufficient seats are made available for VIPs, special guests and other special invitees.

15.9 Backstage Area:

The *Pro League* has authority to control access to the backstage area.

15.10 Medical Personnel:

The Promoter must ensure that qualified medical personnel are on duty throughout the whole of the Judging and Finals.



15.11 Television and/or Videotape Cameras:

The Promoter must ensure that the placement of television and/or videotape cameras does not obstruct the view of the judging panel.

Rule 16 – Judging Criteria

16.1 General:

The *Pro League* remains committed to using only the best-qualified judges to adjudicate its competitions. To this end, the *Pro League* has authority as follows:

1. To ensure that all requests for a *Pro League* Judging License derive from reputable persons of good character.
2. To have the right to subject the person requesting a *Pro League* Judging License to a test of his or her ability by conducting an analysis of his or her Judging Accuracy Scores at *Pro League* competitions, during an initial probationary period.
3. To have the right to refuse or withdraw a *Pro League* Judging License if, in the determination of the *Pro League*, such refusal or withdrawal is merited.

16.2 Selection of Judges:

The *Pro League* has sole authority to select the judging panels at its competitions. Under no circumstances will the Promoter take part in the selection process.

16.3 Conflict of Interest:

No *Pro League* judge will adjudicate a *Pro League* competition where there exists a clear and present conflict of interest between the judge and any of the competitors. If such a conflict of interest exists, or if it is felt that a conflict of interest might exist, that judge must declare the conflict to the Head Judge, who will make a determination as to whether or not that judge may sit on the judging panel. Failure to disclose conflicts of interest may result in disciplinary measures.

16.4 Power and Authority:

The *Pro League* will empower a regular panel of normally not less than seven and not more than eleven judges to adjudicate its competitions. Once the judges are empanelled, they have sole power and authority to adjudicate the competition for which they have been duly constituted, to include both Judging and Finals. The decision of a duly constituted judging panel on the placement of competitors is final and binding.

16.5 Alternate Judges:

The *Pro League* has sole authority to select a number of alternate judges in addition to the regular panel of judges. Should the need arise, the Head Judge has authority to discard the scores of a regular panel judge and replace these with the scores of an alternate judge.



16.6 Rules of Conduct:

Once the judging panel has been duly constituted and is seated, the following rules of conduct will apply and, if breached, will warrant immediate dismissal from the panel:

1. No judge will converse with any other judge while the competition is being adjudicated.
2. No judge will attempt to influence the decision of any other judge.
3. No judge will take photographs or videotapes while the competition is being adjudicated.
4. No judge will coach any competitor, or competitors;
5. No judge will adjudicate while under the influence of drugs and/or alcohol; or consume any alcoholic beverages while the competition is being adjudicated.
6. No judge will discuss his or her individual placement of any athlete with any other person until the completion of the competition.

16.7 Judging Accuracy Scores:

The *Pro League* has authority to conduct an analysis of the Judging Accuracy Scores at any *Pro League* competition. Where such an analysis is performed, the “Deviation Method” of calculating judging accuracy will be used. This method computes the difference between an individual judge’s placement of an athlete and the entire regular judging panel’s placement of that same athlete, subsequent to any highs and lows being discarded and any ties being broken.

Rule 17 – Judging Attire

17.1 Judging Attire - Men:

The official uniform for all male judges at *Pro League* competitions is as follows: Black suit [jacket and pants] with *Pro League* crest on the left breast [pocket], white dress shirt, *Pro League* tie, black socks and black dress shoes.

17.2 Judging Attire – Women:

The official uniform for all female judges at professional competitions shall be as follows: Black suit [jacket and pants, or skirt] with *Pro League* crest on the left breast [pocket], white dress shirt or white blouse, *Pro League* tie (if shirt worn), black socks (if pants worn) and black dress shoes.

17.3 Removal:

The Head Judge has authority to remove from the judging panel any judge who is not appropriately attired.

17.4 Relaxed Attire:

The *Pro League* has authority to implement a “relaxed-dress” code during the Judging only. If so ordered by the Head Judge, the attire will be as follows:

1. Black short-sleeve golf or polo shirt with the *Pro League* logo on the left



- breast [pocket].
2. Black dress pants for men; black dress skirt or black dress pants for women.
 3. Dark socks and black shoes for men; black shoes for women.

Rule 18 – Judges Remuneration

18.1 Remuneration:

The Promoter is responsible for remunerating the judges as follows:

1. Transportation to and from the event. If by air, this means an economy-class airline ticket. If by car or other means, this means all reasonable transportation expenses, subject to receipts.
2. Single-room accommodations at the Official Hotel.
3. US \$75.00 per day for meal expenses.
4. US \$100.00 Judging Fee except for the Arnold Classic and Olympia competitions, where this fee is US \$200.00.
5. The Promoter must pay all fees to the Head Judge who then distributes the fees appropriately upon completion of the event.

Rule 19 – Competitor Attire

19.1 Competitor Attire – Men’s Bodybuilding:

For all rounds, male competitors must wear posing trunks of a solid, non-distracting color, made from cloth fabric, which are clean and decent. Metallic material, such as gold or silver lame, or shiny rubberized material, may not be used to make up the trunks. The use of padding anywhere in the trunks is prohibited. The posing trunks and/or the competitor’s body must not contain any commercial advertising and/or endorsements. If a competitor’s posing attire does not conform to the above rules, or does not conform to acceptable standards of taste and decency, the Head Judge has authority to direct that the competitor change his posing attire, failing which the competitor may be disqualified.

19.2 Competitor Attire – Women’s Bodybuilding:

For all rounds, female competitors must wear a two-piece bikini of a solid, non-distracting color, made from cloth fabric, which is clean and decent. Metallic material, such as gold or silver lame, or shiny rubberized material, may not be used to make up the bikini. The fastenings of the bikini must be plain with no attached ornamentation. The bikini must reveal both the abdominal muscles and the lower back muscles. The use of padding anywhere in the bikini is prohibited. The posing trunks and/or the competitor’s body must not contain any commercial advertising and/or endorsements. If a competitor’s posing attire does not conform to the above rules, or does not conform to acceptable standards of taste and decency, the Head Judge has authority to direct that the competitor change her posing attire, failing which the competitor may be disqualified.



19.3 Other Conditions – Bodybuilding:

The following other conditions apply to men's and women's bodybuilding:

1. During the Judging, the competitor's number must be securely attached to the left side of the posing attire. This number is not required during the Finals.
2. During the Judging, competitors must not wear footwear, watches, rings (except wedding rings), bangles, pendants, chains, bracelets (wrist or ankle), earrings, pierced jewelry, ornamentation or artificial aids to the physique. During the Finals, these prohibitions may be somewhat relaxed, within reason.
3. The use of props during the Judging or Finals is strictly prohibited.
4. During the Judging of women, the hair must be worn off the shoulders so as not to hide the musculature of the upper back and shoulders. The hair may be styled for the Finals.
5. The excessive application of oils, moisturizers, skin creams, tanning creams and like products is strictly prohibited and may be used only in moderation. The application of tanning products must produce a natural tone so as to give the appearance of a natural tan. Products which produce an unnaturally colored tone, with an orange, yellow, red, green or gold hue, are strictly prohibited. Bronzing agents that produce a metallic look are also strictly prohibited.
6. The Head Judge has authority to take disciplinary measures against any competitor who, after one initial warning, does not conform to the above standards.

19.4 Competitor Attire – Women's Fitness:

Women's fitness attire must conform to the following regulations:

1. In *Round One*, competitors must wear a full-length (to the neck, wrist and ankle), plain, opaque, black leotard, with black athletic shoes. Jewelry (accept wedding ring) and/or other adornments is prohibited.
2. In *Round Two*, competitors must wear a two-piece bikini, the color and style of which is at the competitor's discretion. The bikini must cover a minimum of one-half of the buttocks area. G-strings are strictly prohibited. Footwear (high-heels) must be worn.
3. In *Round Three*, competitors must wear costumes of their own choosing; however, the costume must cover a minimum of one-half of the buttocks area. G-strings are strictly prohibited. Footwear is at the discretion of the competitor.
4. In *Round Four*, competitors must wear a one-piece swimsuit, the color and style of which is at the competitor's discretion. The swimsuit must contain no cutouts, strips or criss-crosses and must cover a minimum of one-half of the buttocks area. G-strings are strictly prohibited. Footwear (high-heels) must be worn.
5. The Head Judge has authority to take disciplinary measures against any competitor who, after one initial warning, does not conform to the above standards.



19.5 Competitor Attire – Women’s Figure:

Women’s figure attire must conform to the following regulations:

1. For the Judging, competitors must wear a one-piece swimsuit and high-heels, style and color at the competitor’s discretion. The swimsuit must cover a minimum of one-half of the buttocks area and conform to accepted standards of taste and decency. G-strings are strictly prohibited.
2. For the Finals, competitors must wear a two-piece bikini and high-heels, style and color at the competitor’s discretion. The bikini must cover a minimum of one-half of the buttocks area and conform to accepted standards of taste and decency. G-strings are strictly prohibited.

Rule 20 – Judging Procedures for Men’s and Women’s Bodybuilding

20.1 General:

In men’s and women’s professional bodybuilding, all competitors are normally judged as one single class, regardless of weight or height. The entire judging procedure, comprising both Prejudging and Finals, consists of four rounds – two rounds for the Judging (RD1 & RD2); two rounds for the Finals (RD3 & RD4).

**Where circumstances warrant, the Pro League change the order of the rounds.*

***The Pro League, in conjunction with the Promoter and for a specific competition, may determine that there will be two categories in Women’s Bodybuilding, up to and including 135 lbs, and over 135 lbs.*

****If a Promoter who currently does not promote a women’s bodybuilding event is willing to add Women’s Bodybuilding to their event, the Promoter will not be required to pay an additional sanction fee.*

20.2 Placement System:

The “Placement System” is used to judge competitors. In this system, each individual judge awards a unique place to each competitor, making sure that no two or more competitors receive the same place, except as noted in Rule 20.3.

20.3 Special Condition:

The Head Judge may, at his own discretion, determine that there are too many competitors in a competition to allow for a unique placing for each and every competitor. For example, the Head Judge may direct the judging panel to award only 1st to 15th place. All other competitors will be awarded 16th place.

20.4 Finalists:

The Head Judge, in consultation with the Chairman of the *Pro League* and the Promoter, will determine the number of competitors who will perform their complete posing routine during *Round Three* of the Finals.



20.5 Judging: Procedures for *Round One* and *Round Two*:

The procedures for *Round One* and *Round Two* are as follows:

1. In a preliminary assessment, each competitor shall be called onstage individually and in numerical order; shall be introduced by number, name and country; and shall have up to a maximum of sixty (60) seconds to perform the eight (8) mandatory poses, the order of which shall be as follows:
 - a. Front Double Biceps
 - b. Front Lat Spread
 - c. Side Chest [either side]
 - d. Back Double Biceps
 - e. Back Lat Spread
 - f. Side Triceps [either side]
 - g. Abdominals and Thighs
 - h. Most Muscular [men only]
2. The mandatory poses will be called out by the Head Judge at the Olympia, the Arnold Classic and at any other event as decided by the Head Judge. Otherwise, the “60-second rule” will be used.

**“60-second rule”:* the competitor will perform the mandatory poses without them being called out by the Head Judge.

During this procedure, the Promoter shall provide light background music.

3. Immediately on completion of the individual mandatory poses, the entire lineup shall be called onstage in a single line and in numerical order. The Head Judge shall direct the lineup to perform the four (4) quarter turns. Where numbers warrant, the Head Judge may divide the lineup into smaller groups before proceeding with the quarter turns and callouts.
4. RD1 (symmetry) and RD2 (muscularity) shall immediately follow the abovementioned quarter turns. The judges shall proceed directly to the callouts. For each callout, the Head Judge shall direct the competitors to perform first the four (4) quarter turns and then the eight (8) mandatory poses.
5. On the completion of RD1 and RD2, the judges shall submit to the statisticians their placings of the competitors using the form *Judge’s Marks RD1+RD2*.

**Note:* the Head Judge shall use as many comparisons as are necessary to provide for the best possible assessment of all competitors.

20.6 Judging: Scoring of *Round One* and *Round Two*:

The scoring of *Round One* and *Round Two* is carried out as follows:

1. *Round One* and *Round Two* are each valued at 25% of the final score;



therefore, the Judging is valued at 50% of the final score.

2. Although the Judging consists of two separate rounds, the judges submit only one score sheet at the end of the Judging.
3. To maintain the 50% weight of the Judging, the RD1+RD2 score shall be doubled.
4. Using the “*Judge’s Score Sheet*”, each judge awards a unique place to each competitor, ensuring that no two or more competitors receive the same placing, except where noted in Rule 20.3.
5. At the completion of the Judging, the Chief Statistician transcribes the placings from each judge’s score sheet onto the “*Statistician’s Score Sheet*”.
6. If nine judges are used, two high and two low scores are discarded. If seven judges are used, one high and one low score is discarded. The remaining five scores are summed to produce a *Judging Score* and *Judging Place*.
7. If there is a tie in the *Judging Score*, the tie is broken using the Relative Placement Method. Starting with judge #1, the tied competitor’s scores are compared on a column-by-column basis and a small dot is placed in the box of the competitor with the lower (better) score. The entire judging panel is used to break a tie. The numbers of dots for each competitor is summed. The competitor with the most number of dots (better placings) wins the tie and receives the better placing.

**Where applicable, the physique round will always be used to break a tie.*

20.7 Finals: Procedures for Round Three and Round Four:

The procedures for *Round Three* and *Round Four* are as follows:

1. In ***Round Three (RD3)***, each competitor is announced by number, name and country and is called onstage, in numerical order, to perform an individual posing routine to music of his or her own choice.
2. The posing routine has a maximum duration of three (3) minutes. The sound technician will keep track of the time and, at the three-minute point, will fade out the competitor’s music over a period of five (5) seconds.
3. The use of vulgar, profane and/or offensive language in the posing music is prohibited.
4. In ***Round Four (RD4)***, the top six (6) finalists are called onstage, in a single line and in numerical order.
5. Under the direction of the Head Judge, the finalists perform the eight (8) mandatory poses ((seven (7) for women)).
6. On completion of the mandatory poses, the finalists are directed to perform a posedown to music of the Promoter’s choice. The duration of the posedown is normally one (1) minute; however, where circumstances warrant, the Head Judge has discretion to prolong the posedown.
7. On completion of the posedown, the finalists reform into one single line, in numerical order, to await the Award Ceremony.



20.8 Finals: Scoring of Round Three and Round Four:

The scoring of *Round Three* and *Round Four* is carried out as follows:

1. *Round Three* and *Round Four* are each valued at 25% of the final score; therefore, the Finals is valued at 50% of the final score.
2. The Finals consist of two separate rounds; the judges submit a score sheet after each round.
3. During *Round Three*, using the “*Judge’s Score Sheet*”, each judge awards a unique place to each competitor, ensuring that no two or more competitors receive the same placing. Only the top ten (10) finalists are judged.
4. At the completion of *Round Three*, the Chief Statistician transcribes the placings from each judge’s score sheet onto the “*Statistician’s Score Sheet*”.
5. If nine judges are used, two high and two low scores are discarded. If seven judges are used, one high and one low score is discarded. The remaining five scores are summed to produce a *RD3 Score*.
6. Ties in the *RD3 Score* need only be broken: 1) to advance a competitor to *RD4*, or 2) to break a tie in the *Final Score* for competitors who did not advance to *RD4*. In all cases, the tie shall be broken in favor of the competitor with the better *Judging Score*.
7. During *Round Four*, using the “*Judge’s Score Sheet*”, each judge awards a unique place to each competitor, ensuring that no two or more competitors receive the same placing.
8. At the completion of *Round Four*, the Chief Statistician transcribes the placings from each judge’s score sheet onto the “*Statistician’s Score Sheet*”.
9. If nine judges are used, two high and two low scores are discarded. If seven judges are used, one high and one low score is discarded. The remaining five scores are summed to produce a *RD4 Score*.
10. Ties in the *RD4 Score* need not be broken, as the *RD4 Score* will be added to the *RD3 Score* and *Judging Score* to produce a *Final Score*.
11. The *Judging Score*, *RD3 Score* and *RD4 Score* are summed to produce a *Final Score*.
12. Ties in the *Final Score* are broken using the competitor’s *RD4 Score*. If the *RD4 Score* is tied, it will be broken using the Relative Placement Method.

20.9 Finals: Procedures for the Award Ceremony:

The procedures for the Award Ceremony are as follows:

1. The Master of Ceremonies (MC) announces 6th place who, after receiving his awards, takes up a position stage right (the left side of the stage when viewed from the front).
2. The MC then announces 5th place, who, after receiving his/her awards, takes up a position stage left (the right side of the stage when viewed from the front).
3. The MC then announces 4th place who, after receiving his/her awards, takes up a position stage right, to the 6th-place competitor’s left side.
4. The MC then announces 3rd place who, after receiving his/her awards, takes up a position stage left, to the 5th-place competitor’s right side.



5. The MC then announces 2nd place who, after receiving his/her awards, takes up a position stage right, to the 4th-place competitor's left side.
6. The MC then announces 1st place who, after receiving his/her awards, takes up a position center-stage, between the 2nd and 3rd place competitors.
7. If applicable, officials and/or sponsors may join the finalists in a raised-arms victory ceremony photo opportunity.
8. Subsequent to this, the finalists should remain onstage for a brief period to allow for further photo opportunities.

6 th	4 th	2 nd	1 st	3 rd	5 th
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20.10 Additional Factors:

The following additional factors apply to the Judging and Finals procedures:

1. If a competitor breaches the *Pro Rules* while participating in a *Pro League* competition, depending on the severity of the breach, the competitor will normally receive one warning from the Head Judge. Any subsequent breach will result in immediate disqualification from the competition.
2. Throughout the actual judging process (while the judges are assessing the competitors), all competitors must remain onstage and in full view of the judging panel unless there arises a medical problem that calls for the competitor to leave the stage area. Regardless of the reason for the absence, a competitor cannot expect to be judged if he/she is not onstage. The competitor must understand that any absence, regardless of how temporary, may impact negatively on his/her placing.
3. The Head Judge may not act as a judge except to replace a regular panel judge who has, for whatever reason, become unable to judge and only then, if no other qualified judge is available to take his/her place.
4. The Head Judge is responsible for the onsite review of the judge's scores and for determining whether or not a judge is biased, prejudiced and/or incompetent. The Head Judge has authority to remove from the judging panel any judge whom he or she believes to be unfit to judge, for whatever reason, for just cause. If a judge is removed for just cause, an investigation will be conducted into the reason for the removal and, if warranted, the offending judge may be further disciplined.
5. Any legitimate complaints lodged by either a competitor or judge during the course of a competition must be acted upon by the *Pro League* without delay.
6. No decision made by the *Pro League* against a competitor or judge precludes that competitor or judge from exercising the right of protest or appeal, pursuant to the *Pro Rules*.

Rule 21 – Judging Procedures for Women's Fitness

21.1 General:

In women's professional fitness, all competitors are judged as one single class, regardless of weight or height. The entire judging procedure, comprising both Judging and Finals, consists of four rounds – two rounds for the Judging (RD1 &



RD2); two rounds for the Finals (RD3 & RD4).

**Where circumstances warrant, the Pro League may determine that the order of the rounds may be changed.*

21.2 Placement System:

The “Placement System” is used to judge competitors. In this system, each individual judge awards a unique place to each competitor, making sure that no two or more competitors receive the same place, except as noted in Rule 21.3.

21.3 Special Condition:

The Head Judge may, at his own discretion, determine that there are too many competitors in a competition to allow for a unique placing for each and every competitor. For example, the Head Judge may direct the judging panel to award only 1st to 15th place. All other competitors will be awarded 16th place.

21.4 Finalists:

The Head Judge, in consultation with the Chairman of the *Pro League* and the Promoter, will determine the number of competitors who will perform their complete posing routine during *Round Three* of the Finals.

21.5 Judging: Procedures for *Round One* and *Round Two*:

The procedures for *Round One* and *Round Two* are as follows:

1. In ***Round One (RD1)***, each competitor is called onstage, individually and in numerical order, to perform a 45-second fitness routine. Each competitor is introduced by number, name and country.
2. The competitor must perform five mandatory movements (three strength and two flexibility), in the following order:
 - a. Two one-arm pushups done in succession
 - b. Four high kicks (alternating legs)
 - c. One straddle hold
 - d. One full side split
 - e. One leg extension hold
3. The 45-second routine must be choreographed to one continuous piece of music (no music changes).
4. In ***Round Two (RD2)***, the entire lineup is called onstage, in a single line and in numerical order.
5. Depending on the number of competitors, and at the discretion of the Head Judge, the entire lineup may be directed to first perform the four quarter turns (to the right) as a group. Where numbers warrant, the lineup may be subdivided into two equal-size groups before this procedure is carried out.
6. The Head Judge then proceeds to the comparisons of the quarter turns, comparing no more than three competitors at a time, except where there are more than 20 competitors, in which case, no more than five competitors at a time may be compared. A description of the quarter turns is attached as



Appendix 2.

7. Wherever the focus is upon one or more competitors to the exclusion of all others onstage, these competitors are positioned in such a manner so as to have no distraction (e.g. other competitors) to their rear and in the direct line-of-sight of the judges.
8. At the discretion of the Head Judge, and except where numbers dictate otherwise, all competitors will undergo at least one comparison.
9. Upon completion of the comparison of the quarter turns, all competitors are reformed into one single line, in numerical order, before being directed offstage.

21.6 Judging: Scoring of *Round One* and *Round Two*:

The scoring of *Round One* and *Round Two* is carried out as follows:

1. *Round One* and *Round Two* are each valued at 25% of the final score; therefore, the Judging is valued at 50% of the final score.
2. The Judging consists of two separate rounds; the judges submit a score sheet after each round.
3. Using the “*Judge’s Score Sheet*”, each judge awards a unique place to each competitor, ensuring that no two or more competitors receive the same placing, except where noted in Rule 21.3.
4. At the completion of *Round One*, the Chief Statistician transcribes the placings from each judge’s score sheet onto the “*Statistician’s Score Sheet*”.
5. If nine judges are used, two high and two low scores are discarded. If seven judges are used, one high and one low score is discarded. The remaining five scores are summed to produce a *RD1 Score*.
6. Ties in the *RD1 Score* need not be broken, as the *RD1 Score* is added to the *RD2 Score* to produce a *Judging Score*.
7. At the completion of *Round Two*, the Chief Statistician transcribes the placings from each judge’s score sheet onto the “*Statistician’s Score Sheet*”.
8. If nine judges are used, two high and two low scores are discarded. If seven judges are used, one high and one low score is discarded. The remaining five scores are summed to produce a *RD2 Score*.
9. Ties in the *RD2 Score* need not be broken, as the *RD2 Score* is added to the *RD1 Score* to produce a *Judging Score* and *Judging Place*.
10. Ties in the *Judging Score* are broken using the Relative Placement Method and the competitor’s *Round Two* scores.

21.7 Finals: Procedures for *Round Three* and *Round Four*:

The procedures for *Round Three* and *Round Four* are as follows:

1. In *Round Three (RD3)*, each competitor is announced by number, name and country and is called onstage, in numerical order, to perform an individual aerobic/dance routine to music of her own choice.
2. The routine has a maximum duration of two (2) minutes. The sound technician shall keep track of the time and, at the two-minute point, will fade out the competitor’s music over a period of five (5) seconds.
3. The two-minute routine may be choreographed to one or more pieces of



- music (competitor's choice).
4. The routine should include elements of strength, flexibility, dance, gymnastics, aerobic movements and cardiovascular endurance.
 5. Costumes and props may be used; however, the Head Judge must be notified, in advance, of the use of props.
 6. In **Round Four (RD4)**, the competitors are called onstage, in a single line and in numerical order.
 7. Under the direction of the Head Judge, the entire lineup of competitors performs the four quarter turns as a group. Where numbers warrant, the lineup may be subdivided into two equal-size groups before this procedure is carried out.
 8. The Head Judge then proceeds to the comparisons of the quarter turns, comparing no more than three competitors at a time, except where there are more than 20 competitors, in which case, no more than five competitors at a time may be compared. A description of the quarter turns is attached as Appendix 2.
 9. Wherever the focus is upon one or more competitors to the exclusion of all others onstage, these competitors are positioned in such a manner so as to have no distraction (e.g. other competitors) to their rear and in the direct line-of-sight of the judges.
 10. At the discretion of the Head Judge, and except where numbers dictate otherwise, all competitors will undergo at least one comparison.
 11. Upon completion of the comparison of the quarter turns, all competitors will be reformed into one single line, in numerical order, before being directed offstage or while awaiting the Award Ceremony.

21.8 Finals: Scoring of Round Three and Round Four:

The scoring of *Round Three* and *Round Four* is carried out as follows:

1. *Round Three* and *Round Four* are each valued at 25% of the final score; therefore, the Finals is valued at 50% of the final score.
2. The Finals consist of two separate rounds; the judges submit a score sheet after each round.
3. During *Round Three*, using the “*Judge’s Score Sheet*”, each judge awards a unique place to each competitor, ensuring that no two or more competitors receive the same placing.
4. At the completion of *Round Three*, the Chief Statistician transcribes the placings from each judge’s score sheet onto the “*Statistician’s Score Sheet*”.
5. If nine judges are used, two high and two low scores are discarded. If seven judges are used, one high and one low score is discarded. The remaining five scores are summed to produce a *RD3 Score*.
6. Ties in the *RD3 Score* need not be broken, as the *RD3 Score* will be added to the *RD4 Score* and *Judging Score* to produce a *Final Score*.
7. During *Round Four*, using the “*Judge’s Score Sheet*”, each judge awards a unique place to each competitor, ensuring that no two or more competitors receive the same placing.
8. At the completion of *Round Four*, the Chief Statistician transcribes the placings from each judge’s score sheet onto the “*Statistician’s Score Sheet*”.



9. If nine judges are used, two high and two low scores are discarded. If seven judges are used, one high and one low score is discarded. The remaining five scores are summed to produce a *RD4 Score*.
10. Ties in the *RD4 Score* need not be broken, as the *RD4 Score* will be added to the *RD3 Score* and *Judging Score* to produce a *Final Score*.
11. The *Judging Score*, *RD3 Score* and *RD4 Score* are summed to produce a *Final Score*.
12. Ties in the *Final Score* are broken using the competitor's *RD4 Score*. If the *RD4 Score* is tied, it will be broken using the Relative Placement Method.

21.9 Finals: Procedures for the Award Ceremony:

The procedures for the Award Ceremony for women's fitness are the same as those described in Rule 20.9.

21.10 Additional Factors:

The same additional factors as detailed in Rule 20.10 also apply to women's fitness.

Rule 22 – Judging Procedures for Women's Figure

22.1 General:

In women's professional figure, all competitors are judged as one single class, regardless of weight or height. The entire judging procedure, comprising both Judging and Finals, consists of two rounds – one round for the Judging (RD1); one round for the Finals (RD2).

**Where circumstances warrant, the Pro League may determine that the order of the rounds may be changed.*

22.2 Placement System:

The "Placement System" is used to judge competitors. In this system, each individual judge awards a unique place to each competitor, making sure that no two or more competitors receive the same place, except as noted in Rule 22.3.

22.3 Special Condition:

The Head Judge may, at his own discretion, determine that there are too many competitors in a competition to allow for a unique placing for each and every competitor. For example, the Head Judge may direct the judging panel to award only 1st to 15th place. All other competitors will be awarded 16th place.

22.4 Judging: Procedures for Round One:

The procedures for *Round One* are as follows:

1. In *Round One (RD1)*, each competitor is called onstage, individually and in numerical order, wearing a one-piece swimsuit and high-heels. Each competitor is introduced by number, name and country.
2. The Head Judge directs each competitor to perform the four quarter turns.
3. On completion of this procedure, the entire lineup is called onstage, in a



single line and in numerical order.

4. The Head Judge then proceeds to the comparisons of the quarter turns, comparing no more than three competitors at a time, except where there are more than 20 competitors, in which case, no more than five competitors at a time may be compared.
5. Where numbers warrant, the lineup may be subdivided into two equal-size groups before this procedure is carried out. A detailed description of the quarter turns is attached as Appendix 2.
6. Wherever the focus is upon one or more competitors to the exclusion of all others onstage, these competitors are positioned in such a manner so as to have no distraction (e.g. other competitors) to their rear and in the direct line-of-sight of the judges.
7. At the discretion of the Head Judge, and except where numbers dictate otherwise, all competitors will undergo at least one comparison.
8. On completion of the comparison of the quarter turns, all competitors will be reformed into one single line, in numerical order, before being directed offstage.

22.5 Judging: Scoring of Round One:

The scoring of *Round One* is carried out as follows:

1. *Round One* is valued at 50% of the final score; therefore, the Judging is valued at 50% of the final score.
2. The Judging consists of one round; the judges submit a score sheet after this round.
3. Using the “*Judge’s Score Sheet*”, each judge awards a unique place to each competitor, ensuring that no two or more competitors receive the same placing, except where noted in Rule 22.3.
4. At the completion of *Round One*, the Chief Statistician transcribes the placings from each judge’s score sheet onto the “*Statistician’s Score Sheet*”.
5. If nine judges are used, two high and two low scores are discarded. If seven judges are used, one high and one low score is discarded. The remaining five scores are summed to produce a *RDI Score*.
6. Ties in the *RDI Score* need not be broken, as the *RDI Score* is added to the *RD2 Score* to produce a *Final Score*.
7. The *RDI Score*, in this case, is also the *Judging Score*.

22.7 Finals: Procedures for Round Two:

The procedures for *Round Two* are as follows:

1. In *Round Two (RD2)*, each competitor is called onstage, individually and in numerical order, wearing a two-piece bikini and high-heels. Each competitor is introduced by number, name and country.
2. At the discretion of the Head Judge, and where numbers warrant, the top finalists only may be directed to proceed to the Finals.
3. The Head Judge directs each competitor to perform the four quarter turns.
4. On completion of this procedure, the entire lineup is called onstage, in a single line and in numerical order.



5. The Head Judge then proceeds to the comparisons of the quarter turns, comparing no more than three competitors at a time, except where there are more than 20 competitors, in which case, no more than five competitors at a time may be compared.
6. Where numbers warrant, the lineup may be subdivided into two equal-size groups before this procedure is carried out. A detailed description of the quarter turns is attached as Appendix 2.
7. Wherever the focus is upon one or more competitors to the exclusion of all others onstage, these competitors are positioned in such a manner so as to have no distraction (e.g. other competitors) to their rear and in the direct line-of-sight of the judges.
8. At the discretion of the Head Judge, and except where numbers dictate otherwise, all competitors will undergo at least one comparison.
9. On completion of the comparison of the quarter turns, all competitors will be reformed into one single line, in numerical order, before being directed offstage or to await the Award Ceremony.

22.7 Finals: Scoring of *Round Two*:

The scoring of *Round Two* is carried out as follows:

1. *Round Two* is valued at 50% of the final score; therefore, the Finals are valued at 50% of the final score.
2. The Finals consist of one round; the judges submit a score sheet after this round.
3. During *Round Two*, using the “*Judge’s Score Sheet*”, each judge awards a unique place to each competitor, ensuring that no two or more competitors receive the same placing.
4. At the completion of *Round Two*, the Chief Statistician transcribes the placings from each judge’s score sheet onto the “*Statistician’s Score Sheet*”.
5. If nine judges are used, two high and two low scores are discarded. If seven judges are used, one high and one low score is discarded. The remaining five scores are summed to produce a *RD2 Score*.
6. Ties in the *RD2 Score* need not be broken, as the *RD2 Score* will be added to the *RD1 Score* to produce a *Final Score*.
7. Ties in the *Final Score* are broken using the Relative Placement Method and the competitor’s *RD2 Score*.

22.9 Finals: Procedures for the Award Ceremony:

The procedures for the Award Ceremony for women’s figure are the same as those described in Rule 20.9.

22.10 Additional Factors:

The same additional factors as detailed in Rule 20.10 also apply to women’s figure.



Rule 23 – Judging Accuracy Scores

23.1 General:

The *Pro League* may, at its own discretion, assess the Judging Accuracy Scores of any *Pro League* judge, at any *Pro League* competition.

23.2 The Deviation Method:

Where Judging Accuracy Scores are assessed, the “Deviation Method” is used. This method compares the difference between an individual judge’s placement of a competitor and the entire regular judging panel’s placement of that same competitor (after highs and lows are discarded and any ties are broken).

Rule 24 – Masters Competition

24.1 General:

The *Pro League* may, at its own discretion, open competition at the Men’s Professional Masters level. To compete in such a competition, a competitor must be 40 years of age or older. Except as stipulated in Rule 24.2, Master competitors may compete in non-Master competitions provided they otherwise qualify.

24.2 Non-Master Competition:

At age 45 and over, if a Master competitor wishes to compete in a non-Master competition, he first requires the approval of the *Pro League*.

Rule 25 – Cross-Competition

25.1 Cross-competition:

Female professional athletes may compete in any of the three sport disciplines, Bodybuilding, Fitness or Figure, at any time throughout the year. The requirement to declare a specific sport discipline on the Membership Application Form is for administrative purposes only and is not intended to restrict the athlete’s ability to compete in any of the three sport disciplines. Athletes may not compete in more than one sport discipline at the same event.

Rule 26 – Tickets to Registered Professional Athletes

26.1 Tickets to Registered Professional Athletes:

Subject to the approval of the Promoter and the conditions below, a Registered Professional Athlete, upon presentation of his or her *Pro League* Professional Card, may receive two (2) free tickets to any Professional Competition that he or she may choose to attend.

**The athlete must contact the Promoter at least two (2) weeks before the competition date. The two (2) free tickets will be selected by the Promoter. The athlete may be asked to participate in the competition e.g. award presenter.*



Rule 27 – Athlete “Per Diem”

27.1 Athlete “Per Diem”:

Athletes participating in a *Pro League* competition shall receive from the Promoter a “per diem” of \$75.

Rule 28 – 202-lb and Under Class

28.1 202-lb and Under Class:

A Promoter, with the approval of the *Pro League*, may elect to open competition in a “202-lb and under” class.

28.2 Competition Condition:

Athletes competing in the “202-lb and under” class are not allowed to also compete in the “open” class in competitions that have both classes.

28.3 Qualification for “202 Olympia Showdown”:

Normally, the top three (3) finalists from a “202-lb and under” event will qualify for the “202 Olympia Showdown”.

Rule 29 – Official Website

29.1 Official Website:

The official website of the *Pro League* is www.IFBBPRO.com.



APPENDIX 1

CODE OF ETHICS

Athletes:

We, *the Pro League Athletes*, realizing that our conduct reflects on the good name of the sport of bodybuilding, fitness and figure, and realizing the responsibility thereby placed upon us, pledge ourselves:

1. To fulfill our responsibility to society, to other Athletes, Judges and Officials of the *Pro League*.
2. To honour, dignify, and support the sport of bodybuilding, fitness and figure by competing in the best condition and to the best of our ability, and by being in top shape when giving an exhibition or a seminar.
3. To respect our opponents on equal terms in the spirit of friendly rivalry and good sportsmanship.
4. To respect the *Constitution* and *Pro Rules* as well as the rules of competition and to observe them honestly in cooperation with other Athletes, Judges and Officials.
5. To accept the decisions of the Judges and Officials in the spirit of good sportsmanship without descending to selfish recriminations, realizing that these decisions have been made honestly, fairly, and objectively.
6. To assist the *Pro League* in the promotion of bodybuilding, fitness and figure by acting as a goodwill ambassador of the sport, promoting the sport in a positive manner, and protecting the good image and integrity of the sport and the *Pro League*.
7. To work *for* the *Pro League*, not *against* it, in promoting its values, morals and ethics.
8. To exercise our right of protest in a courteous, respectful manner, following the proper chain of command.
9. To refrain from malicious gossip and rumour-mongering.
10. To refrain from personal attacks against the *Pro League* or any Member of the *Pro League*, or against the IFBB or any member of the IFBB.
11. To continue striving for bodily perfection and correct moral principles.
12. To honour the special trust conferred upon us by our participation in, and by our representation of, the *Pro League* and our country, at international events, and to adhere to the standards of personal conduct expected of us.
13. To recognize the value of bodybuilding, fitness and figure and to promote its future by serving as an example to inspire other people to participate.
14. To cooperate with our Officials in the development of high standards, both moral and physical, for the sport of bodybuilding, fitness and figure and in the progressive furtherance of the objects of the *Pro League*.
15. To oppose the use of banned substances and methods.
16. To refrain from any conduct that may be considered prejudicial.
17. To conduct ourselves at all times in a manner that reflects positively upon the image of the sport of bodybuilding, fitness and figure, and the *Pro League* and IFBB.



Judges:

We, *the Pro League Judges*, realizing that our actions and decisions as judges reflect on the good name of the sport of bodybuilding, fitness and figure, and realizing the responsibility thereby placed upon us, pledge ourselves:

1. To apply honestly, impartially, and objectively all of the rules governing competitions.
2. To safeguard the interests of all competitors on equal terms.
3. To cooperate in providing the best possible conditions for the benefit of the Athletes, Judges and Officials.
4. To respect the feelings and competitive drive of the Athletes, and to make reasonable allowances for their heightened emotions in the heat of competition.
5. To respect the *Constitution* and *Pro Rules* and the requirements of an effective administration and to cooperate willingly and promptly with the officially elected or appointed Officials in the carrying out of their duties and responsibilities.
6. To cooperate with the Promoters of the competitions by rendering decisions clearly and promptly, and in accordance with the requirements of the competition or judging procedures.
7. To refrain from attempting to influence the decisions of other Judges or Officials, and to respect their individual opinions and decisions.
8. To assist the *Pro League* in the promotion of bodybuilding, fitness and figure by acting as a goodwill ambassador of the sport, promoting the sport in a positive manner, and protecting the good image and integrity of the sport and the *Pro League*.
9. To work *for* the *Pro League*, not *against* it, in promoting its values, morals and ethics.
10. To exercise our right of protest in a courteous, respectful manner, following the proper chain of command.
11. To refrain from malicious gossip and rumour-mongering.
12. To refrain from personal attacks against the *Pro League* or any Member of the *Pro League*, or against the IFBB or any member of the IFBB.
13. To honour the special trust conferred upon us by our selection as Judges, and to adhere to the standards of personal conduct expected of us.
14. To cooperate with the Athletes, Judges and Officials in the development of high standards, both moral and physical, for the sport of bodybuilding, fitness and figure and in the progressive furtherance of the objects of the *Pro League*.
15. To oppose the use of banned substances and methods.
16. To refrain from any conduct that may be considered prejudicial.
17. To conduct ourselves at all times in a manner that reflects positively upon the image of the sport of bodybuilding, fitness and figure, and the *Pro League* and IFBB.



Officials:

We, *the Pro League Officials*, realizing that our policies, decisions, and actions reflect on the good name of the sport of bodybuilding, fitness and figure, and realizing the responsibility thereby placed upon us, pledge ourselves:

1. To serve all members, be they Athletes, Judges or Officials, according to their needs.
2. To promote, through the sport of bodybuilding, fitness and figure, an understanding of its objects, its values and achievements, uniting all those who participate, in whatever capacity, in the feelings of mutual respect and friendship.
3. To safeguard the health and physical fitness of the Athletes.
4. To provide the Athletes with the best possible conditions for achieving bodily perfection.
5. To provide the Athletes, Judges and Officials with the best possible conditions for the conduct of competitions.
6. To cooperate with the Promoters, Judges and Officials in the carrying out of their competition duties with the utmost of efficiency.
7. To respect the *Constitution* and *Pro Rules* and to observe all of the rules of competition and to apply them honestly and fairly when dealing with the membership of the *Pro League*.
8. To assist the *Pro League* in the promotion of bodybuilding, fitness and figure by acting as a goodwill ambassador of the sport, promoting the sport in a positive manner, and protecting the good image and integrity of the sport and the *Pro League*.
9. To work *for* the *Pro League*, not *against* it, in promoting its values, morals and ethics.
10. To exercise our right of protest in a courteous, respectful manner, following the proper chain of command.
11. To refrain from malicious gossip and rumour-mongering.
12. To refrain from personal attacks against the *Pro League* or any Member of the *Pro League*, or against the IFBB or any member of the IFBB.
13. To recognize the value of bodybuilding, fitness and figure and to cooperate with the Athletes in inspiring other people to participate in order to ensure the future of the sport of bodybuilding, fitness and figure.
14. To cooperate with all interested parties in the development of high standards, both moral and physical, for the sport of bodybuilding, fitness and figure and in the progressive furtherance of the objects of the *Pro League*.
15. To oppose the use of banned substances and methods.
16. To refrain from any conduct that may be considered prejudicial.
17. To conduct ourselves at all times in a manner that reflects positively upon the image of the sport of bodybuilding, fitness and figure, and the *Pro League* and IFBB.



APPENDIX 2

DESCRIPTION OF THE QUARTER TURNS

The following is a detailed description of the four quarter turns, which shall be initiated from the front-facing position:

1. **Quarter Turn Right:** Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, left arm hanging relaxed and slightly back from the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, right arm hanging relaxed and slightly front of the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the left, with the left shoulder lowered and the right shoulder raised. This is normal and must not be exaggerated. This position is a relaxed stance. Flexing of the muscles is prohibited. Competitors who fail to adopt the proper stance will receive one warning.
2. **Quarter Turn Back:** Facing the back of the stage, relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms hanging relaxed and at the side along the center-line of the body, elbows slightly bent, thumbs and fingers together, palms facing the body, hands slightly cupped, tips of the fingers resting lightly on the hips. This position is a relaxed stance. Flexing of the muscles is prohibited. Competitors who fail to adopt the proper stance will receive one warning.
3. **Quarter Turn Left:** Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, right arm hanging relaxed and slightly back from the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, left arm hanging relaxed and slightly front of the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the right, with the right shoulder lowered and the left shoulder raised. This is normal and must not be exaggerated. This position is a relaxed stance. Flexing of the muscles is prohibited. Competitors who fail to adopt the proper stance will receive one warning.
4. **Quarter Turn Front:** Facing the front of the stage, relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet



inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms hanging relaxed and at the side along the center-line of the body, elbows slightly bent, thumbs and fingers together, palms facing the body, hands slightly cupped, tips of the fingers resting lightly on the hips. This position is a relaxed stance. Flexing of the muscles is prohibited. Competitors who fail to adopt the proper stance will receive one warning.



APPENDIX 3

DESCRIPTION OF THE EIGHT COMPULSORY POSES FOR MEN

1. **Front Double Biceps**

Standing facing the judges, with legs a short distance apart, the competitor will raise both arms to shoulder level and bend them at the elbows. The hands should be clenched and turned down. This will cause the biceps and forearm muscles to contract, which are the main muscle groups to be assessed in this pose. In addition, the competitor should attempt to contract as many muscles as possible because the judges will be surveying the whole physique.

When assessing a competitor's physique, a judge should follow a routine procedure that will allow a comprehensive assessment of the physique as a whole. In the compulsory poses, he or she should first look at the primary muscle group being displayed. The judge should survey the whole of the physique, starting from the head and looking at every part in a downward sequence, beginning with general impressions, looking for muscular bulk, balanced development, muscular density, and definition. The downward survey should take in the head, neck, shoulders, chest, all of the arm muscles, front of the trunk for pectorals, pec-delt tie-in, abdominals, waist, thighs, legs, calves, and feet. The same procedure for back poses will also take in upper and lower trapezius, teres and infraspinatus, erector spina, the gluteus group, leg biceps group at the back of the thighs, calves, and feet. A detailed assessment of the various muscle groups can be made during the comparisons when it helps the judge to compare muscle shape, density, and definition while still bearing in mind overall balanced development.

2. **Front Lat Spread**

Standing facing the judges, with feet a short distance apart, the competitor will place the hands, preferably clenched, against the lower waist and will expand the latissimus muscles. At the same time, the competitor should attempt to contract as many other frontal muscles as possible.

The judge should first see whether the competitor can show a good spread of the latissimus muscles, thereby creating a V-shaped torso. Then the judge should continue with the head to feet survey as in the first pose, noting first the general aspects and then concentrating on the more detailed aspects of the various muscle groups.

3. **Side Chest**

The competitor can choose either side for this pose, so that he is displaying his better arm. He will stand with his left or right side towards the judges. He will bend the front arm nearest to the judges to a right angle position



with the fist clenched and with the other hand will grasp the wrist. The front leg nearest to the judges will be bent at the knee and will rest on the toes. The competitor will expand the chest, and by upward pressure of the front bent arm, contract the biceps as much as possible. He will also contract the thigh muscles, in particular the biceps femoris group and by downward pressure on his toes will display contracted calf muscles.

The judge will pay particular attention to the pectoral muscles and the arch of the rib cage, the biceps, the leg biceps, and the calves and will conclude his survey once again with the head to feet examination.

4. **Back Double Biceps**

The competitor will stand with his back to the judges; he will bend the arms and wrists as in the front double biceps and will place one foot back resting on the toes. He will contract the arm muscles as well as the muscles of the shoulders, upper and lower back, thigh, and calf muscles.

The judge will first survey the arm muscles and then survey the head to feet, during which there are more muscle groups to look at than in all of the other poses, including: neck, deltoids, biceps, triceps, forearm, trapezius, teres, infraspinatus, erector spinae, external obliques, latissimus dorsi, gluteus, thigh biceps, and calves. This pose, probably more than the others, will help to determine the quality of the competitor's muscle density and definition and overall balance.

5. **Back Lat Spread**

The competitor will stand with his back to the judges and place his hands on his waist with the elbows kept wide, one foot back resting on the toes. He will then contract the latissimus dorsi as widely as possible and display a calf contraction by pressing downward on the rear toes.

The judges will look for a good spread of the latissimus dorsi but also for good muscle density and will again conclude with the head to feet survey.

6. **Side Triceps**

The competitor can choose either side for this pose, so that he is showing the judges his better arm. He will stand with his left or right side towards the judges and will place both arms behind his back. He can either link his fingers or grasp the front arm by the wrist with his rear hand. The front leg nearest to the judges will be bent at the knee and will rest on the toes. The competitor will exert pressure against his front arm thereby causing the triceps muscle to contract. He will also raise the chest and contract the abdominal muscle as well as the thigh and calf muscles.

The judge will first survey the triceps display and then conclude with the head to foot examination. In this pose and the side chest pose, the judge will be able to survey the thigh and calf muscles in profile, which will help him to grade their comparative development more accurately.



7. **Abdominals and Thighs**

Standing facing the judges, the competitor will place both arms behind the head and place one leg forward. He will then contract the abdominal muscles by “crunching” the trunk slightly forward. At the same time, he will contract the thigh muscles in the forward leg.

The judge will survey the abdominal and thigh muscles and then conclude with the head to foot examination. The importance of these comparisons cannot be over emphasized. These will help the judge in deciding which competitor has the superior physique from the aspects of muscular bulk, balanced development, muscular density, and definition.

8. **Most Muscular**

As the name suggests, the most muscular pose should display maximum amounts of muscle to overwhelm the judges. All frontal muscles will be displayed as the competitor crunches each hand together, while contracting the chest, biceps and shoulders. Thighs and calves should also be flexed. There are many versions of the “Most Muscular”; here are a few:

a. “Crab Most Muscular”: This is oftentimes referred to as the “Incredible Hulk” pose. The arms are forward and down, making an arch in front of the body. The fists are clenched and are either touching or close and located somewhere over the stomach. The traps are pulled up and the chest is flexed. The competitor is facing forward.

b. “Hands on Hips Most Muscular”: Facing forward, the competitor places his hands on his hip area with the thumbs forward and fingers pointed down or back. Everything in the front part of the body is flexed. Usually one leg is placed farther forward than the other.

c. “Hands Behind Back Most Muscular”: The competitor is facing forward and both hands are placed behind the back at the waistline. Traps are pulled up and everything from the front is flexed much like the Hands on Hips pose.



APPENDIX 4

DESCRIPTION OF THE SEVEN COMPULSORY POSES FOR WOMEN

1. **Front Double Biceps**

Front view, arms overhead at 45 degrees with hands open or closed, right leg is placed to the side, contraction of the biceps, abdominal, thigh, and calf muscles.

Judges will assess this pose in exactly the same manner as described for the men.

2. **Front Lat Spread**

Standing facing the judges, with feet a short distance apart, the competitor will place the hands, preferably clenched, against the lower waist and will expand the latissimus muscles. At the same time, the competitor should attempt to contract as many other frontal muscles as possible.

Judges will assess this pose in exactly the same manner as described for the men.

3. **Side Chest**

As in the men's Side Chest pose, the female competitor can choose either side for this pose, so that she is displaying her better arm. Left or right side to the judges, front knee bent forward with heel raised, front arm bent to 90 degrees with palm upward, the rear hand gripping on top of the front wrist, contraction of the biceps, pectoral, thigh, and calf muscles.

Judges will assess this pose in exactly the same manner as described for the men.

4. **Back Double Biceps**

Back view, arms overhead at 45 degrees with hands open or closed, one leg placed to the rear with the calf spiked, contraction of the biceps, upper and lower back, thigh, and calf muscles.

Judges will assess this pose in exactly the same manner as described for the men.

5. **Back Lat Spread**

The competitor will stand with her back to the judges and place her hands on her waist with the elbows kept wide, one foot back resting on the toes. She will then contract the latissimus dorsi as widely as possible and display a calf contraction by pressing downward on the rear toes.



The judges will look for a good spread of the latissimus dorsi but also for good muscle density and will again conclude with the head to feet survey.

6. Side Triceps

As in the men's Triceps pose, the female competitor can choose either side for this pose, so that she is displaying her better arm. Right or left side to the judges, front leg extended backward, arms behind the back, contraction of the triceps, pectoral, abdominal, thigh, and calf muscles.

Judges will assess this pose in exactly the same manner as described for the men.

1. Abdominals and Thighs

Front view, both hands behind the head, one leg place forward, contraction of the pectoral, abdominal, and thigh muscles. The competitor will rotate and display both legs to the judges. The competitor will also display the serratus muscles along with the abdominals.

Judges will assess this pose in exactly the same manner as described for the men.