



WORLD FITNESS FEDERATION WORLD BODY BUILDING FEDERATION

Registration No. 304222948

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AEROBICS PERFORMANCE MAN

Regulations according to categories

1. Categories

- 1. Junior class till 16 years, 18 years and 21years old together with body building.
(open class without weight control + after can also compete in other category)**
- 2. Master class +40, +50, +60 years together with bodybuilding.
(open class without weight control + after can also compete in other category)**

1. Clothing

- The competitors wear short that reach from the lower abdominals area. Viewed from the back the beach short have to cover all of the glut area down to just above the knee area.
- The material, texture and color of the beach short are at the discretion of the competitor.
- Except for a wedding ring, competitors will not wear footwear, glasses, watches, pendants, earrings, wigs, distracting ornamentation or artificial aids to the figure.
- The use of props during the Prejudging or Finals presentation is strictly prohibited.
- The use of tans and bronzers that can be wiped off is not allowed. If the tan comes off by simply wiping, the athlete will not be allowed to enter the

stage. Artificial body colouring and self-tanning products may be used. The use of tans and bronzers that can be wiped off is not allowed.

- Professional competition tanning methods (airbrush tanning, cabin spray tanning) may be used if applied by the professional companies and qualified personnel.
- The excessive application of oil on the body is strictly prohibited; however, body oils and moisturizers may be used in moderation.

2. Presentation.

- Competitors will not chew gum or candy while onstage.
- The use of props is prohibited
- Note: the term “props” means any object, device or item
- A competitor must enter and exit the stage to perform the routine without the assistance of any other person.
- For safety reasons, the use of body oil is strictly prohibited.
- The Performance routine may be performed barefoot, or in tennis or athletic shoes.
- Competitors are solely responsible for making sure that their posing attire meets the standard of decency.

40% of the points will be given for the Physique in swim short , 60% for the routine

The points of the prejudging will be added in the final round.

1 Round

1. All competitors will be brought onstage, in a single line and in numerical order, wearing a swim short.
2. In groups of not more than 5 competitors at a time they will be guided through the four quarter turns. This will give the judges sufficient time to prepare for individual comparisons. Once this preliminary assessment in the quarter turns is completed each judge is given the possibility for call outs of not more than 5 competitors at one time. After the individual comparisons are concluded the onstage expeditors will guide the competitors off the stage.

The 4 Quarter turns are:

- a. Quarter Turn Right
- b. Quarter Turn Back
- c. Quarter Turn Right
- d. Quarter Turn front

- e.
3. If there are a large number of competitors in the category, the chief judge may decide to divide the category into equal number or groups in order to carry out the four quarter turns.
 4. Men Performance athletes are strongly reminded that they are participating in a FITNESS AEROBIC competition and not a men BODYBUILDING competition. Bodybuilding poses are not allowed in this competition.
 5. Throughout the comparisons, competitors will be judged as a “Total Package”. Competitors will be judged on their overall athletic appearance of their physique. The overall athletic of the musculature; the presentation of a balanced, symmetrically developed physique and the condition of the skin tone. The muscle groups should have a round and firm appearance with a small amount of body fat.

Round 2 – Routine

- In this round the athletes perform a fitness performance routine, accompanied by music of their own choice, the length of which shall not exceed 90 seconds.
- Once again, competitors will be judged on the total package, that is, the entire routine from the moment the athlete presents herself onstage until the athlete walks offstage.
- In this round competitors will only be judged on their fitness performance routine and NOT their physique.