



WORLD FITNESS FEDERATION WORLD BODY BUILDING FEDERATION

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MUSCLE MODEL

In Men's muscle model the emphasize is placed on an athletic looking physique and a handsome face assessed by comparisons of the four quarter turns designed for physique with more muscular body-mass than fitness model and less body-mass compared to bodybuilders and bodyclassic competitors with more emphasize given to a male sport model overall aesthetic look including a handsome face and overall appearance.

Regulations according to categories

1. Senior Men's Muscle Model, three categories.
 - A) - 170 cm
 - B) - 180 cm
 - C) + 180 cm

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)

Master class +40, +50, +60 years together with bodybuilding.

(open class without weight control + after can also compete in other category)

Men's Muscle model consists of 2 round as follows.

Round 1 in evening dress

The competitors will enter the stage one by one in **evening dress** they will be introduced by number, name and country and may upon their discretion present a few poses (Bodybuilding and vulgar Poses are not allowed) during their “ catwalk”.

The competitor will walk to the center of the stage, will stop and perform 4 different positions of her choice.

Comparisons in the quarter turns in evening dress

The competitors are guided on stage by the onstage expeditors in numerical order in a single line. 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 judges will score the competitors from the first place to the last place in the same way like in other disciplines.

The scoring of the preliminary is the same like in other disciplines.

Evening dress choice from competitor



Round 2:

The competitors will enter the stage one by one, they will be introduced by number, name and country and may upon their discretion present a few poses (Bodybuilding Poses are not allowed) during their “T-Walk”.

Comparisons in the quarter turns.

The competitors are guided on stage by the onstage expeditors in numerical order in a single line. In groups of not more than 6 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 6 competitors at one time. After the individual comparisons are concluded the onstage expeditors will guide the competitors off the stage.

judges shall go for the muscle model

1. The judges will score the competitors from the first place to the last place in the same way like in other disciplines.
2. The scoring of the preliminary is the same like in other disciplines.
3. The main emphasize should be given on the total appearance of a symmetrical athletic body and handsome face,
4. Muscularity and body condition:
5. The main emphasize should be given on the total appearance of a symmetrical athletic body and handsome face
6. The judge should first assess the overall male athletic appearance of the body.
7. This assessment should begin at the head and extend downwards, taking the whole physique into account.
8. The assessment, beginning with the general impression of the physique, should take into consideration the condition of the skin and skin tone and also the hair. Judges will be looking for fit contestants who display proper shape and body proportions, combined with balanced muscularity and overall condition.
9. The judges are reminded that extreme muscularity and definition should be marked down.

Attire.

- 1.The competitors wear Beach short that reach from the lower abdominals area down to just above the quadriceps. Viewed from the back the beach short have to cover all of the glut area down to just above the hamstring 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.
- 6. The excessive application of oil on the body is strictly prohibited; however, body oils and moisturizers may be used in moderation.

Judging and posing

DESCRIPTION OF THE MUSCLE MODEL T WALK, QUARTER TURNS AND PHOTOS

T-Walk 25% scores

- The competitor will walk to the center of the stage, will stop and perform front stance, with optional pose of hand in pocket or on hip, finishing facing the judges.

-The judges will be assessing each competitor on how well they display their physique in move. Competitors shall be assessed on whether or not they carry themselves in a graceful manner while walking to the stage. The pace, the elegance of moves, gestures, “showmanship”, personality, charisma, stage presence, as well as a natural rhythm should play a part in the final placing of each competitor.

Quarter turns 75% scores

Front position: Erect, tense stance, head and eyes facing the same direction as the body, one hand resting on the hip, with four fingers at the front of the body, and one leg slightly moved to the side. Second hand hanging down along the body, slightly out of to the side, elbow slightly bent, with open palm and straight, aesthetically configured fingers. Knees unbent, abdominal and latissimus dorsi muscles slightly contracted, head up. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

Quarter Turn Right: Competitors will perform the first quarter turn to the right. They will stand left side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Left hand resting on the left hip, right arm hold down and slightly to the front from the centerline of the body, elbow slightly bent, with open palm and straight, aesthetically configured fingers. Left leg (nearest the judges) slightly bent in the knee, resting flat on the floor. Right leg

(farthest to the judges) bent in the knee, with foot moved back and resting on the toes.

Quarter Turn Back: Erect, tense stance, head and eyes facing the same direction as the body, one hand resting on the hip, with four fingers at the front of the body, second hand hanging down along the body, slightly out of to the side, elbow slightly bent, with open palm and straight, aesthetically configured fingers and one leg slightly moved back and to the side, resting on the toes. Latissimus dorsi muscles slightly contracted, head up.

Quarter Turn Right: Competitors will perform the next quarter turn to the right. They will stand right side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Right hand resting on the right hip, left arm hold down and slightly to the front from the centerline of the body, elbow slightly bent, with open palm and straight, aesthetically configured fingers. Right leg (nearest the judges) slightly bent in the knee, resting flat on the floor. Left leg (farthest to the judges) bent in the knee, with foot moved back and resting on the toes.