IMPORTANT CBBF ANNOUNCEMENT

The CBBF is proud to announce that in 2012 we will be providing the Women's and Men's Physique classes at our one or many yet to be determined CBBF national events.

The following information provides potential classes, determined by numbers of athletes wishing to participate as well as the rules for women's and men's physique.

Women's Physique Height Classes:

Up to and including 5'4"
Over 5'4 and up to and including 5'6"
Over 5'6"

For 2012 CBBF Physique Championships inclusion into a CBBF national event to be determined shortly!

In addition in 2012 at the CBBF national event only two classes will be provided, at this time, Up to and including 5'5" and over 5'5.

Depending on numbers we may increase to the above mentioned 3 classes.

Men's Physique Height Classes:

As an optional choice in the new Men's Physique division, a promoter may elect to have three height classes in the division as follows:

- One Class

For contests with two classes:

- **Up to including 5'8"**
- **Over 5'8"**

For contests with three classes:

- Under 5'7"
- Over 5"7" up to and including 5'10"
- Over 5'10"

For 2012 CBBF Physique Championships inclusion into a CBBF national event to be determined shortly!

In addition in 2012 at the CBBF national event only two classes will be provided, at this time, **Up to and including 5'8" and over 5'8**.

Depending on numbers we may increase to the above mentioned 3 classes.

WOMENS PHYSIQUE

DEFINITION:

WOMEN'S PHYSIQUE DIVISION (HERIN REFERRED TO AS "WP") HAS BEEN CREATED TO GIVE A PLATFORM FOR WOMEN WHO ENJOY WEIGHT TRAINING, COMPETING, CONTEST PREPERATION. COMPETITORS SHOULD DISPLAY A TONED, ATHLETIC PHYSIQUE SHOWCASING FEMININITY, MUSCLE TONE, BEAUTY/FLOW OF PHYSIQUE.

JUDGING CRITERIA:

WP WILL BE JUDGED ON THE FOLLOWING CRITERIA:

*** SYMMETRY, SHAPE, PROPORTION, MUSCLE TONE, POISE AND BEAUTY FLOW**
***PHYSIQUE ASSESSMENT AND COMPARISON WILL TAKE PLACE DURING PREJUDGING**

PHYSIQUE SHOULD DISPLAY ALL OF THE ABOVE CRITERIA WITHOUT COMPROMISING FEMININITY, BEAUTY/FLOW OF PHYSIQUE, ETC.

THE FOLLOWING ARE EXAMPLES OF COMMON TERMS USED IN THE BODYBUILDING INDUSTRY. THESE WORDS CAN BE HELPFUL TO ASSESS WHAT SHOULD **NOT** BE DESCRIPTIVE TO THE PHYSIQUES BEING JUDGED IN WP:

EX.) RIPPED, SHREDDED, PEELED, STRIATED, DRY, DICED, HARD, VASCULAR, GRAINY, MASSIVE, THICK, DENSE, ETC.

WHILE ALL TYPES OF PHYSIQUES WILL BE CONSIDERED WHEN IT COMES TO HEIGHT, WEIGHT, STRUCTURE, ETC. EXCESSIVE MUSCULARITY SHOULD BE SCORED DOWN ACCORDINGLY.

WP SHOULD BE JUDGED AS A STANDARD BETWEEN WOMEN'S FIGURE AND WOMENS BODYBUILDING.

JUDGING FORMAT:

PREJUDGING

QUARTER TURNS, IF WARRANTED!

MANDATORY POSING COMPARISONS/ CALLOUTS

FINALS

INDIVIDUAL POSING ROUTINE

RULES

*SUITS WORN BY WP COMPETITORS FOR PREJUDGING MUST BE A TWO PIECE. SUITS DO NOT HAVE TO BE SOLID IN COLOR. THE BOTTOM OF THE SUIT MUST BE V-SHAPED. NO THONGS ARE PERMITTED. COMPETITORS CAN COMPETE IN AN OFF THE RACK SUIT. ALL SUITS MUST BE IN GOOD TASTE.

*MANDATOTY POSES WILL BE PERFORMED WITH OPEN HAND STYLE AND INCLUDE THE FOLLOWING POSES:

FRONT DOUBLE BICEPS/OPEN HANDS (NO FLAT FOOTED FULL FRONT POSE – SOME SORT OF FRONT TWISTING POSE)
BACK DOUBLE BICEPS/OPEN HANDS
SIDE TRICEP WITH LEG EXTENDED
SIDE CHEST WITH ARMS EXTENDED
FRONT AB/THIGH

*FINALS ROUTINE WILL BE MAXIMUM **60 SECONDS** IN LENGTH, PERFORMED TO MUSIC OF ATHLETES CHOICE.

MUSIC CONTAINING PROFANITY OR EXPLICIT LANGUAGE SHOULD NOT BE USED AND MAY RESULT IN ROUTINE BEING CUT SHORT.

*NO PROPS WILL BE USED.

*NO HEELS MAY BE WORN AT ANY TIME DURING
THE COMPETITON/JUDGING OF WP.

MEN'S PHYSIQUE

JUDGING CRITERIA:

- **Muscularity and Body Condition**

Judges will be looking for fit contestants who display proper shape and symmetry combined with muscularity and overall condition. This is not a bodybuilding contest so extreme muscularity should be marked down.

- **Stage Presence and Personality**

Contestants will be asked to walk in board shorts (shorts must be just above the knee in length and can be one inch below the belly button, no spandex and **no logos** are permitted on the board shorts however a manufacturer's logo such as Nike symbol or Billabongs are acceptable.) Competitors will enter the stage without a shirt and barefoot. No lewd acts allowed for example the moon pose. Judges are looking for the contestant with the best stage presence and poise who can successfully convey his personality to the audience.

COMPETITION JUDGING

Presentation:

- Competitors will walk to the center of the stage alone and perform quarter (1/4) turns with **optional pose of hand on hip or hand in pocket**, face the judges as directed then proceed to the side of the stage.

Comparison Round –

- The competitors will be brought back out in a group and directed to do quarter turns
- Judges will have the opportunity to compare competitors against each other in quarter turns.

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