

MEN'S PHYSIQUE JUDGING CRITERIA

Competitors will be judged on "Muscularity and Body Condition" as well as "Stage Presence and Personality."

"Muscularity and Body Competition" - 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 will 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 a Nike symbol or Billabongs is acceptable.). Competitors will enter the stage without a shirt and barefoot. No lewd acts are 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."

*****NOTE:** You may look bigger and leaner than someone else, but this doesn't mean the judges see you as a winner according to the official criteria. You may have the body, but do you possess the look, the stage presence, the charisma, or the personality that one can display on stage to win over the crowd and ultimately the judges.

This is a new division that will be even more popular next year, as we can see by the ever-growing number of competitors at each National-level show. New divisions usually take time to get sorted out.