

Judging System General Guide-Lines

Classes covered:

JUNIOR	(Under 21 on 1st January of any current year)
MASTERS	Over 40 and Over 50
COUPLES	Disposition
LADIES:	PHYSIQUE and FIGURE
MEN:	AMATEUR (4 Classes)

The format is judging by selection - as opposed to a points marking system.
The objective is to select the best developed and best proportioned bodybuilders - male and female.

Three disciplines are involved:

1. Front, Back and Sides Line-up
2. Individual Routines
3. Comparisons

After all three disciplines have been completed competitors are selected and placed in order of merit by each member of judging panel. The results are then transferred to a 'master-sheet' to determine each competitor's final placing. This is achieved by adding up the place votes of each competitor and recording the total. Before a final count takes place the highest and lowest marking for each competitor is deducted from each judging sheet. .

The deduction of the highest and lowest markings applies up to, and including, a nine-man judging panel. For any increase in panel numbers above that figure in eleven or thirteen deduct the two highest and lowest scores.

A seven man judging panel is the lowest acceptable number at International events. After deductions the competitor with the lowest collective total will be declared the winner.

Finalists:

The number of finalists in each height class or contest shall be pre-determined, and recorded on a judges list of competitors. Six is normally recommended (eight selections).

If the judge refuses the Judges Chairman will direct the reserve judges score to be used. If no reserve judges score is available or if the reserve judges score fails to resolve the problem the Judges Chairman has the right to withdraw that particular judges sheet.

Similarly, if a judge has two or more recorded scores which shows competitors to be five or more places out, the reserve judges sheet will be used. If no reserve sheet is available or if the reserve judges score fails to resolve the problem the Judges Chairman has the right to withdraw that particular judges sheet.

Tie Situations:

In the event of a tie situation the competitor with the highest number of firsts will be declared winner. If two (or more) competitors have the same number of firsts the Judges Chairman will carefully consider the judges score awarded to each competitor. If each of the judges has recorded a vote for both competitors, one competitor will automatically be placed higher by a majority of judges. If a particular judge does not vote for either of the competitors and a tie situation remains, the reserve judges score will be used. If no reserve score is available, or if the reserve score fails to resolve the

situation, the Judges Chairman has the casting vote.

Men Contests Will Comprise Of Four Height Classes

Class 4 - Up to and including 1.65 M

Class 3 - Over 1.65 M up to and including 1.72 M

Class 2 - Over 1.72 M up to and including 1.79 M

Class 1 - Over 1.79 M

The winners from each height class will come together for a pose-down at the evening show to decide the Overall winner.

Standard Required:

Competitors are reminded that the Universe, European and World Championships are world class bodybuilding events, and only their best condition is acceptable. Athletes must qualify through their National Championships, and officials are advised to bring only those athletes who measure up to the high standard required. If the judges consider an athlete does not meet the required standard they have the right to eliminate the athlete from the contest. The Judges Chairman will inform the athlete and the official.

Amateur Status:

Athletes who have never entered and accepted prize money in an advertised professional event will be considered amateurs. Athletes who have competed professionally and wish to compete as amateurs again must give a notification in writing to the Int. Ex. Committee, which will decide about the reinstatement.

Ladies Contests:

In the Ladies contests judging will be divided into: PHYSIQUE (1 category) and FIGURE (2 height classes).

Class 2 - Up to and including 1.63 M

Class 1 - Over 1.63 M

The figure-winners from each height class will come together for a pose-down at the evening show to decide the Overall winner.

The Miss Physique contest will cater for lady bodybuilders, and essentially the judging criteria will be the same as that for men (see ladies physique section).

The Miss Figure contest will cater for those who train for good condition, but still wish to emphasize the natural contours of the body (see ladies figure section).

Discipline 1

Front, Back And Sides Line-Up

This discipline will require judges to evaluate standards of symmetry, proportion, muscular development and condition, posture and general deportment, in a RELAXED state.

Overall symmetry, muscular development and condition will be preferred to competitors with 'exceptional' or 'sensational' development areas which don't come together in the form of overall symmetry or competitors with an imbalance in their physical make-up.

Competitors should remember this discipline in the first view the judges have of their

physiques. By this stage all the serious training is over - so arguably posture and general deportment are the most important items on their list.

How you conduct yourself can impress and influence the judging panel. Don't waste energy doing unnecessary poses or playing to the gallery. Remember it is a RELAXED discipline. Give the judging panel your full time and attention. Concentrate on what the panel are looking for at this point - good posture and bearing, and a dignified portrayal of your physique.

The discipline begins with a full line-up facing the judges. Even at this stage judges should be making preliminary notes and selections. If the line-up is a large one the judges chairman should reserve the line-up to provide a close-up of competitors from opposing ends, and to ensure each group appears under the same lighting. After an appropriate time lapse the chairman will instruct competitors to make a QUARTER turn to the right - the first of four such turns (through 360°) which will allow judges to assess the competitors left side, back and right side - before returning to the front line-up position.

Posture And General Deportment

Some athletes are blessed with exceptionally good posture and deportment. They're the lucky ones. They usually stand tall (regardless of height), are well-groomed, and have looks and a shape of head to match their physique. Some even possess the added bonus of balanced bone-structure. They really are the fortunate few.

The less fortunate will almost certainly carry some form of skeletal faults. These will be most apparent in the early stages of judging in the front, back and sides line-up - rather than individual routines or comparisons pose-down. Experienced judges with a trained eye will have little difficulty spotting such deficiencies. Less experienced judges must look for, and vote accordingly, those with a shortfall in these areas.

The most common of these is the shoulder structure. Narrow shoulders, a long neck (probably coupled with a broad hips structure and heavy legs). Other members of this family are the dropped shoulder in one shoulder lower than the other; and rounded shoulders showing a scapula protrusion which gives the competitor a haunched appearance.

Another major weakness is spine curvature. This one is more common, but is one which can easily be disguised. Watch for the competitor who is persistently anxious to show a slight twist of upper the body in the direction of the judges in the 'side-one' line-up. Or the arms locked slightly backwards to hide the deficiency.

Other frequent faults are long legs and short upper body; or the reverse of this condition; abnormally long arms with large hands; bow-legs; knock knees and various feet and ankle deformities.

Skin Blemishes And Disfigurations:

As a general rule NABBA International has never marked down an athlete with skin blemishes such as tattoos, skin rash, minor burns, scars, etc. Several have figured prominently in major events - one or two have even gone on to win titles. However, in all cases these have been minor blemishes, which the athlete has been able to disguise or cover up with body colouring. Excessive markings of this kind cannot be ignored - however unfortunate - and must count in the general appearance of the athlete.

Similarly, disfiguration from accidents or heredity cannot be ignored. It will, of course, depend on the extent of the disfiguration. Judges must evaluate this and weigh it against the competitors' overall development. But they must remember that the contest is to select the best developed and proportioned athlete. If the skin markings or disfiguration seriously detracts from this exercise then they must be taken into account.

Discipline 2

Individual Routines

This discipline will afford judges the opportunity to extend their assessment of individual competitors.

The time allocation for each competitor will be 90 seconds (1 1/2 minutes) max. In case of a high quantity of competitors the Judges Chairman can decide for 1 minute posing time during the prejudging.

Judges will be looking for tone, shape and quality of individual and collective muscle groups. Presentation will also be an important consideration, but the main criteria for selection and placing will be symmetry, proportion, muscular development and condition.

Presentation in recent years has become an attractive and exciting prospect. This will not in any way be discouraged, however competitors should remember that the most important aspect of any individual routine should reflect the above criteria, and are therefore advised to use their time allocation for this purpose. Gymnastic or acrobatic displays, whilst an enjoyable diversion for the audience, must not influence the judges' decisions on selection.

Discipline 2 should also see the judges consolidating their choice of finalists. It's an important discipline. Competitors who 'stand-out' in the line-ups will most likely further endorse their claims individually, but judges should keep an open mind on this one as some competitors - not particularly striking in the line-ups - can come to life under the spotlight.

Discipline 3

Comparisons

Arguably the most important discipline of all. Eight compulsory comparison poses which allow the judges to assess selected competitors against each other.

Compulsory comparison poses are as follows:

1. Abdominals and thighs
2. Front lat spread
3. Double biceps
4. Side chest
5. Side triceps
6. Full lat spread (back) showing calf and leg biceps
7. Double biceps (back)
8. Most muscular (front)

The above sequence of poses are now firmly established and have been used successfully at all major championships over the last years. Constant repetition of this sequence has made athletes worldwide familiar and comfortable with the requirements. It has also been instrumental in overcoming early language interpretation problems.

The compulsory comparisons are a composite selection of poses considered to display all aspects of the modern day physique to best advantage. The procedure begins with the judges selecting groups of their choice. The judging slips are then collected by senior officials for scrutiny and permutation. After agreement has been reached on permutation the first group of athletes are called forward.

Judges can request any number of athletes up to a maximum of four. The latter number is considered the maximum to which the judges, at any given time, can give their full attention.

The Judges Chairman must ensure that no unnecessary repetition call-outs take place or

calling out the same competitors three times in succession. Groups which contain three competitors which have already been compared in previous groups will be declared void. The Judges Chairman will have the authority to add or subtract competitors from a particular group, and to call a comparison group of his own choice if there is any undue delay of group call-outs. He will also have the authority to bring to an end the comparison call-outs of any given height class if he feels all permutations have been exhausted and further unnecessary call-out will encroach on the overall judging time schedule.

The Poses

1. ABDOMINALS AND THIGHS:

A display which allows judges to assess a competitors overall condition, and to establish if he is carrying any surplus. This will be evident around the abdominal area, including the obliques, inter-costals and serratus. Coupled with the thighs display - which should show separation and striations of the quadricep - it can be a very effective display.

2. FRONT LAT SPREAD:

One of the best known and most widely used displays in bodybuilding. Judges should look for that much sought-after vee-shape. They should also be looking for a 'tie-in' and upper body blend of arms, chest, serratus and deltoids - to compliment the vee-shape. Judges (and competitors) should be aware that although this pose deals primarily with the 'front lat spread' attention should be paid to 'positioning' other parts of the body accordingly - particularly the legs. This applies to all compulsory comparison poses.

3. DOUBLE BICEPS:

This is the pose which - perhaps more than any other- epitomises what bodybuilding is all about! Muscular development....size....power....and strength. The association of the biceps with the strong man goes back a long way. Look for a fully developed arm (even though it's a double biceps the triceps should compliment the overall arm shape). But most of all look for well-developed biceps - thick and high-peaked with good shape and separation. Look also for the arms that enhance the rest of the physique and produce a balance.

4. SIDE CHEST:

A full side-chest pose, properly executed, can be very impressive. In former days it was one of the hallmarks of a top physique. Nowadays it is looked on as a more integral (but no less important) part of the physique. Look for overall thickness and development of the pectorals (major and minor), and a good arch of the rib-cage. Again, either side can be displayed.

5. SIDE TRICEPS:

This is the pose which allows a competitor to display the biggest portion of the upper arm - the triceps. Look for sharpness on the horse-shoe of the triceps - a three-headed muscle. Those with exceptional development may even show horizontal striations, and a fullness which begins at the elbow. Display either arm - or both alternately.

6. FULL LAT SPREAD (from back showing calf and leg biceps)

Like its counterpart (the front version) this one should show the vee-shape - wide shoulders and a narrow waist. Attention should also be paid to thickness of development in upper back area and lumbar region. Watch carefully for any surplus on the lower back and waist areas. Competitors should again remember to position other aspects of their physique to produce an overall attractive display.

7. DOUBLE BICEPS (FROM BACK)

Properly executed this can be one of the most impressive poses in bodybuilding. Those who possess thickness, shape and highly developed muscular separation will stand out immediately. These are the main requirements and they must also include the lumbar region. But particular emphasis must be placed on the peaks of the biceps, forearms, triceps and the three heads of the deltoids.

8. MOST MUSCULAR (front)

This is the final pose of the comparison discipline - the 'clincher' ...the crowd-pleaser. But competitors should be more concerned with pleasing the judges. They can do this if they are in good sharp overall physical condition. The most muscular (or trap-over) provides an opportunity to show the muscle-mass of arms, chest and shoulder areas. But don't forget the legs as well.

GENERAL COMMENT

From a competitors point of view the importance of the comparisons discipline cannot be stressed too highly. A good performance can elevate a competitor several places up the ladder - perhaps even produce a winning vote! Any time or attention given to detail to achieve good presentation will be well spent. Learn the poses thoroughly. Take advice if necessary - preferably from an experienced, but impartial, source. Some competitors' physiques will show better on some poses than others. Work on the ones which don't suit. It may mean only a small change ...a shift in angle of the head...a new legs position...a twist of the upper body in the direction of the judges...or a correction to one of the most common faults - the head bent forward and the shoulders rounded on a double biceps from the back.

Ladies Figure

The agreed NABBA International criteria requirement for the Ladies FIGURE judging is as follows:

The emphasis must be on feminine shape and proportion, while retaining a 'trained look' and a low body fat levels, but not carrying development or definition to an extreme that could be classed as unfeminine. It should not have the degree of development, definition, separation or striation of the female Physique competitor.

Height classes:

Class 2 - up to and including 1.63 M

Class 1 - over 1.63 M

Three disciplines are involved and competitors should prepare with diligence for all three. During the disciplines wearing jewellery and/or shoes is optional.

Discipline 1

Front, Back And Sides Line-Up

This discipline begins with competitors facing the judges 'front-on', knees and ankles together. After an appropriate time lapse the judges chairman will instruct competitors to make a quarter turn to the right - the first of four such turn (through 360°) which will allow judges to assess the competitors left side, back and right hand side before returning to the 'front-on' position facing the judges.

Discipline 2

Individual Routines

This discipline will allow judges to assess each individual competitor. Time allocation for each competitor will be 90 seconds (1 1/2 minutes) max. Prejudging posing-time can be reduced to one minute in case of high quantity of competitors.

Judges are again reminded that however graceful and exciting and individual presentation may be, the most important aspect is the agreed criteria applied to Figure judging. Competitors should construct their routines to reflect this.

Discipline 3

Compulsory Comparisons

A vital discipline. Competitors should strive to achieve their best possible performance.

The five comparison poses listed below are the new accepted guidelines for International FIGURE contests.

1. DOUBLE BICEPS (FRONT):

To emphasise overall upper body condition. Hands to remain 'open' (unclenched) during display. Remember to retain a 'good' legs position.

2. SIDE CHEST:

Display any side to show upper body and chest condition and development.

3. SIDE TRICEPS:

Display any side to show upper arm and shoulder condition.

4. REAR DOUBLE BICEPS SHOWING CALF:

To emphasise overall back and arms conditions. Also calf display.

5. ABDOMINALS AND THIGHS:

To display overall body condition and contour.

NOTE: Hands to remain 'open' during all comparisons poses. Also during individual routines.

Ladies Physique

The agreed NABBA International criteria requirements for the ladies PHYSIQUE (1 category) is as follows:

The emphasis must be on Feminine Shape, without the heavy muscular development desirable in the male. Balanced development and muscular separation are desirable, but must not be carried to an extreme that would render the physique asexual or competitive on equal terms with a male bodybuilder.

Three disciplines are involved. During the disciplines wearing of jewellery is optional. Shoes must not be worn.

Discipline 1

Front, Back And Sides Line-Up

This discipline begins with competitors facing the judges 'front-on'. After an appropriate time lapse the judges chairman will instruct competitors to make a quarter turn to the right - the first of four such turn (through 360°) which will allow judges to assess the competitors leftside, back and right hand side before returning to the 'front-on' position facing the judges.

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4. SIDE CHEST:

A full side-chest pose, properly executed, can be very impressive. Once considered the hallmark of a physique nowadays it is looked on as a more integral (but no less important) part of the physique. Look for overall thickness and development of the pectorals (major and minor), and a good arch of the rib-cage. Again, either side can be displayed.

5. SIDE TRICEPS:

This is the pose which allows a competitor to display the biggest portion of the upper

arm - the triceps. Look for sharpness on the horse-shoe of the triceps - a three-headed muscle. Those with exceptional development may even show horizontal striations, and a fullness which begins at the elbow. Display either arm.

6. FULL LAT SPREAD (from back showing calf)

Like its counterpart (the front version) this one should show the vee-shape - side shoulders and a narrow waist. Attention should also be paid to thickness of development in upper back area and lumbar region. Watch carefully for any surplus on the lower back and waist areas. Competitors should again remember to position other aspects of their physique to produce an overall attractive display.

7. DOUBLE BICEPS (FROM BACK)

Properly executed this can be one of the most impressive poses in bodybuilding. Those who possess shape and developed muscular separation will stand out immediately. These are the main requirements and they must also include the lumbar region. But particular emphasis must be placed on the biceps, forearms, triceps and the three heads of the deltoids.

COUPLES (on disposition)

Judges should look for couples who compliment one another - couples who almost appear as one. Such appearance and demeanour will become quickly apparent. Those who stand out will probably be of similar height and physique. There may even be a resemblance in bone structure, skin tone and general appearance. They will also present a routine which is completely in tune. Couples are advised not to pose independently of each other. They are also advised not to select partners of widely varying heights and other physical dimension.

The official disciplines involved in couples judging are as follow:

1. FRONT, BACK AND SIDES LINE-UP

2. INDIVIDUAL ROUTINES

3. COMPULSARY COMPARISONS

Details of the above disciplines are contained at the beginning.

Selecting Judges

Nominations for judges with a good record for promotion to a higher level is always welcome. The first step in this direction will most likely be as Reserve Judge.

The final selection of judges from the NABBA International is in the hands of the Judges Chairman. The main responsibility for selection and grading lies with the Judges Chairman.

The Overseas nominations are received from Federation Officials of the various countries competing in the Universe, European and World Championships. Again, the criteria must be qualified experience and a good record at International level. Overseas officials can help in this respect by nominating their top men only - and by invoking a judges training

programme for newcomers within their Federation.

Some officials take the view that because their athletes are competing they must have representation on the judging panel. This does not -and should not- necessarily follow. Only the best judges should officiate - regardless of whether or not their athletes compete.

If any judge shows consistently poor scoring in a major event the Judges Chairman will have the right to withdraw that judges sheet and disqualify him from future panels.

Judges Responsibilities

Judges must exercise responsibilities to the best of their abilities. To achieve this the following rules must be strictly adhered to:

1. No talking or conferring with fellow judges.
2. Select the required number of finalists.
3. Sign your judging sheet.
4. Print your name below your signature.
5. Exercise all request through the judges chairman.
6. Check- in with the chairman fifteen minutes before judging time.

Efforts must be made to adhere to all the above rules, but to Rule No 1 in particular. Talking and conferring can influence decisions - it can also add unnecessary judging time. It is also disrespectful to competitors. Judges must select and place according to their conscience and experience, and always in accordance with agreed NABBA International criteria.

Competitors Responsibilities

To assist in making the judging and show as smooth running as possible competitors are requested to observe the following:

1. Adhere to appointed judging and show times. Running times of both events - particularly judging - can vary slightly. Give yourself a built in allowance to meet this and to make all necessary preparations.
 2. Appear in your best possible condition.
 3. Make sure your nominated height class in the correct one.
 4. Wear neatly cut posing trunks or costumes.
 5. Don't spoil your appearance with badly applied tanning lotion - and too much oil.
 6. Make sure your music is record on a quality tape only. And do not record your music in the middle of some other music. Preferably, it should be recorded at the beginning, and on its own.
 7. Be prepared mentally for a lengthy wait if your class contest is at the end of the judging.
 8. Consider bringing your own food to the judging. Some venues may not have the food you want.
 9. Do not insist on having friends, coaches, etc, backstage. It is impossible to cater for such numbers, and would greatly inhibit a smooth running event.
 10. Conduct yourself in a manner befitting a world bodybuilding event, and as a representative of your country.
 11. Consult officials in any problems arise.
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Organisers Responsibilities

To provide good quality judging arrangements and facilities. These should include the following:

1. Provide the Judges Chairman with a full list of competitors (all divisions), including their country of origin.
 2. A reception area - preferably at the judging venue - and officials to check-in athletes and distribute numbers. Competitors numbers must be legible - preferably black numbers on a white background. Minimum size 4" high x 3 1/4" wide (10.16 x 8.25 cm). They must also carry an attachment clip.
 3. Adequate backstage and dressing room facilities (male and female), properly sign-posted, and if possible, close to the stage.
 4. Height measuring equipment.
 5. Two officials to supervise measuring.
 6. Marshals to co-ordinate athletes between dressing room and backstage.
 7. Good stage and lighting facilities.
 8. Good music facilities.
 9. Good microphone facilities - including table microphone.
 10. A proper table and seating arrangement for judging. A supply of blank paper, pens, etc. A supply of refreshments.
 11. Officials to co-ordinate, permutate, and tabulate each and every comparison call-out.
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At The Show

THE OVERALL

Judging the Overall winner, be it MR Universe, MR Europe or MR World (involving height class winners) will take place at the evening show, and will be adjudicated by the same panel.

Members of the judging panel will be required to make themselves readily available and within calling distance for selecting the Overall.

Height class winners will be required to complete the compulsory comparisons poses, after which the votes will be collected and counted by the Judges Chairman.

The winner will then be announced.
