

Men's Physique

Judging Criteria: Judges will look for physically fit contestants who display proper shape and symmetry combined with muscularity, absence of body-fat, and overall condition. This is not a bodybuilding contest so extreme muscularity will be marked down. Competitors should NOT have a shredded and vascular look. Judges will look for an aesthetic symmetrical physique. Competitors should appear to have achieved a physical health Fitness Model look. All men will be compared for body shape, symmetry, muscle development, definition, conditioning, general fitness appearance, and overall stage presence.

Attire: Competitors will wear board shorts. Board shorts are to be above the knee in length and can be 1in below the belly button. Spandex on shorts are not permitted. Manufacturers logos like Nike and Billabong are acceptable. Competitors will present their physique on stage barefoot and without shirts.

Prejudging- Group Comparisons: Quarter Turns – Competitors will walk out individually to the front line of the stage and strike 4 of your best poses. Then you will step to the rear line of the stage by the awards table in order. After each person in the class has done this you will all proceed to the front line of the stage, in a numerical order, and we will proceed with the ¼ turn comparisons.

Description of quarter turns:

Front - Competitors should face front. Hand on hip or in pocket permitted. Competitor should choose a pose that best displays a semi relaxed physique. Abdominals should be tight along with arms and chest. Lats should not be flared like a bodybuilder. Feet flat.

First Quarter Turn Right- Side pose - Competitors should twist to face judges. Abdominals, shoulders and arms should be tight. One hand may be on the hip.

Second Quarter Turn Right- Rear pose - Competitors should face the rear. Lats should be semi relaxed. Arms at sides tensed but not flexed.

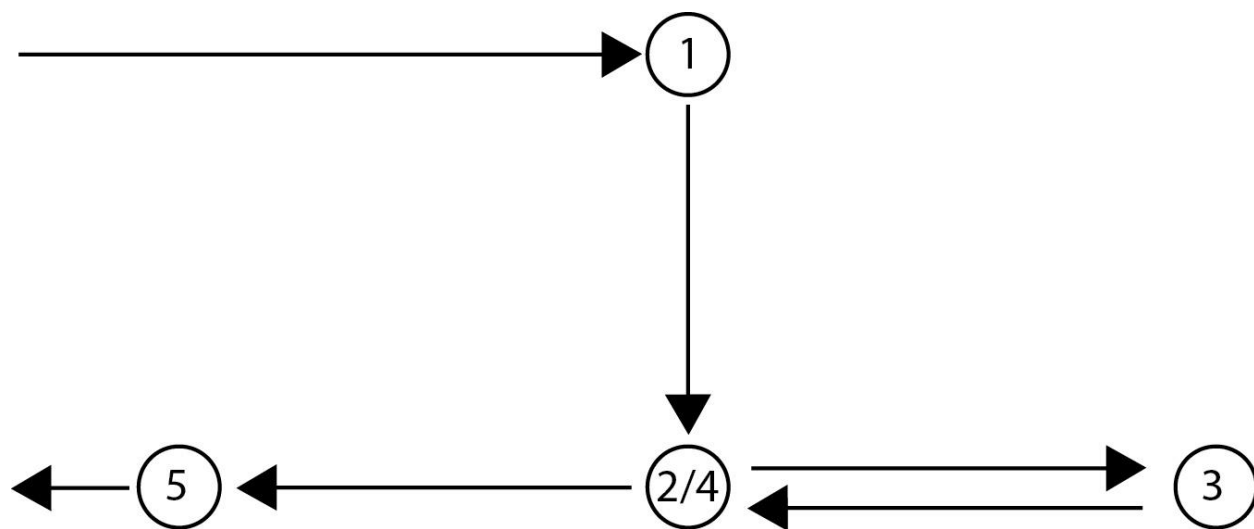
Third Quarter Turn Right- Side Pose- Competitors should twist to face judges. Abdominals, shoulders and arms should be tight. One hand may be on the hip.

Final Quarter Turn Front- Competitors should face front again. Hand on hip or in pocket permitted. Competitor should choose a pose that best displays a semi relaxed physique. Abdominals should be tight along with arms and chest. Lats should not be flared like a bodybuilder. Feet flat.

Finals Individual Presentations – (T- Walk)

The individual presentation portion for SMA Men's Physique competitions is a T- walk (see Figure 1). Competitors walk out to music provided by the SMA and perform a T- walk. walk consisting of walking out to the rear line center stage and pausing briefly in a stance of choice. Competitors then walk up to front line center position, pause to show a front and back view of their physiques, then walk to their left while still on the front line, pause to show a front and back view of their physiques then walk back to center of the front line briefly in two poses of their choice, then walk to the right side of stage and pause briefly in a two poses of choice, and finally walk off stage on that side. We will reverse the order if the stage entry is coming from the right of the stage. Individual presentations should be done tastefully and be conducive to a family atmosphere. Bodybuilding-type poses, fitness moves (like push-ups) and costumes/props should be avoided.

Figure 1 Stage Left Entry (Reverse for Stage Right Entry)



2 poses at each position

Front Of Stage