

Men's Physique Rules

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."

For athletes, interpreting these rules can be confusing. How lean should I be? How big? If you're planning to compete, check out the competitors of previous contests in your area. Pay attention to what the athletes looked like and who did well. It's also a good idea to research other contests around the country to see how the athletes look.

By doing this, you'll be better able to decide the best way to come in (bigger, leaner, etc.) for a particular show. I also suggest reaching out to experienced competitors or coaches. At one point, they were right where you are now. Most are happy to help answer your questions.

Judging Criteria: 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 shorts.) 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

"Judges are looking for the contestant with the best stage presence."

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, finish facing 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."

I think most athletes would like the freedom to do an actual routine to show their personality. I also think that more mandatory poses like the double biceps would show off more of the physique. After all, this is a physique contest and some of the best parts of the physique are never shown because there aren't any poses.

However because these mandatory poses are regulated nationwide, everyone who competes is on an even playing field and presents the same assets on stage. That way, no athlete has any advantage over another.

****RULES & SCHEDULE ARE SUBJECT TO CHANGE IN THE SPIRIT OF THE GAME & FESTIVAL AND THE FINAL DECISION RESTS WITH**

THE RANBHOO MI ORGANIZING TEAM.