



The World Fitness Alliance & Triple-A Fitness & Bodybuilding Sponsored 2017 Orange County Elite Powerlifting & Bodybuilding Competition and Expo Saturday, June 24, 2017

Judging Criteria

Bodybuilding

- Low Body fat 5 – 7 %
- Clear definition
- More muscle mass
- Clear definition all body parts
- Vascularity over body
- Muscle striations
- Barefoot

Women's Physique

- Clear vascularity entire body
- More size
- Very Clear definition all body parts
- Symmetrical
- Barefoot
- Suit with straps connecting top to bottom

Men's Physique

Competition Attire: Board Shorts. The waistband should fit no lower than 3 inches below the navel. The legs of the shorts should fit relatively loosely. Physical Criteria Judges are looking for a lean, fit, muscular physique that is balanced and aesthetically pleasing. Judges are not looking for the level of muscle mass or extreme leanness that are necessary for success in bodybuilding. It is very important to display nicely shaped overall muscle, a small waist, good V-taper and good abs. Competitors are also judged for their male fitness model qualities. Good looks, grooming, and overall aesthetic appeal are taken into consideration as judges look for the best overall package. Poses Comparisons will be conducted in 1/4 turns. The head judge will turn competitors to the right. • Front Pose Competitors will face the judges. Feet must remain parallel. Hands may be held at the sides or one hand may be placed on a hip. • Side Poses Competitors hips must face the side of the stage and heads should be turned toward the judges. Shoulders may be turned as much as 30 degrees toward the judges in order to accentuate the V-taper. Hands may be held at the sides or one hand placed on a hip. Feet may be slightly staggered. • Back Pose Competitors will face the back curtain. Feet must remain parallel. Lats should be spread to display V-taper. Hands may be held at the sides or one hand may be placed on a hip. Other Criteria If the individual stage walk is conducted during prejudging, judges may take poise and stage presence during the walk into consideration for the overall look and presentation. If a T-walk is done competitors should execute a side pose facing toward the middle of the stage when posing on the outside posing spots. At the middle spot competitors should perform a front pose, back pose and turn back to a front pose before walking to the next outside spot. Poses should not be held for more than 3 seconds each, and the entire individual presentation should be completed in 30 seconds (the head judge may allow more time depending on the size of the stage).

Bikini

- Sports Illustrated Body Type
- Not Hard
- Flat Abdomen no six pack
- Slight Glute Hamstring Tie-in
- Slight Quad sweep
- Rounded Shoulders but not defined
- Legs slim and firm
- Suit Scrunch butt, not to low in front
- 4 to 5 inch heels no platforms

Figure

- X Frame – Wide Lats equal to hip width
- No thigh gap
- Clear Definition in Shoulders, Biceps and Triceps
- Some vascularity in arms and chest
- No vascularity in legs
- Small waist clearly defined abs
- Slight definition Quad and Hamstrings
- Clear Definition of back
- Clear Glute Hamstring tie-in
- Symmetrical
- Firm in the hip area
- High Heels
- Suit with Straps connecting top to the bottom