



Rules for AAU Bodybuilding, Physique, Figure and Bikini



3/9/17 REVIEWED 3/12/2017

SANCTIONING:

All events must be sanctioned per the AAU Rules. www.aausports.org

Memberships:

All athletes must have a current membership card. Adult cards are \$24 and youth cards (19 and under) are \$14. Card year is Sept 1- Aug 31/. All adult memberships require a felony background check.

WWW.AAUSPORTS.ORG Select either powerlifting or weightlifting as your sport code for the time being.

Those with a felony background will need to apply directly to the AAU.

All Officials/Judges must have either an athlete membership or a non-athlete membership. Non athlete memberships are \$16. All adult memberships require a felony background check.

WWW.AAUSPORTS.ORG Select either powerlifting or weightlifting as your sport code for the time being.

Those with a felony background will need to apply directly to the AAU.

AAU Cards are good for Bodybuilding (all sections), Weightlifting, Powerlifting, Feats of Strength, MAS and Combines.

Referees/Judges/Officials

Must be current AAU member **in good standing** and pass the **Judge's** test. Contact Martin Drake at

naturalpower@earthlink.net

The head judge will manage the stage activity once the lineups are available. In so **doing, the Head Judge** shall NOT manipulate the lineup in such fashion as to influence the decisions of the other judges.

A judging panel shall be constituted of a minimum of 3 judges and a maximum of 7 judges. Panel must be in an odd number.

The back stage Marshall will have ABSOLUTE control of access and conduct.

Venues:

Depending on **the size of the** event and stage availability, events may be run on a stage, risers, indoors on a floor surface or outdoors. Lighting should be such as to provide an adequate evaluation of all competitors.

Behavior:

Anyone acting in an inappropriate manner, swearing, acting abusive and/or offensive actions shall be immediately disqualified and asked to leave the venue.

Back Stage Access:

NO PERSON WILL BE ALLOWED BACK STAGE UNLESS THEY HAVE A CURRENT AAU CARD! NO EXCPETIONS. The number of people back stage will be controlled by the event Marshall.

No back stage access fees (other than AAU Membership card) may be assessed by an Event Director.

CLASSES AND CATEGORIES OFFERED

No promoter can reduce the number of classes offered on their entry form, UNLESS no entries have been received by early entry closing date as shown on the entry form.

In some categories, the Event Director has the option of ADDING classes or height classes based on the number of entries. If height classes are used, **the** athletes will be measured and divided into appropriate groups based on keeping the numbers balanced.

CROSSOVER:

Athletes are encouraged to crossover between the various Categories such as Bodybuilding and Physique. Athletes may also enter age groups below their own age group as well. All contestants are encouraged to enter the Open division as well as their specific age group.

AUDIENCE BEHAVIOR:

ANYONE ACTING IN AN OFFENSIVE, ABUSIVE OR DISRESPECTING MANNER WILL BE REQUIRED TO LEAVE THE VENUE.

Drug Testing:

All drug testing at any AAU Strength Sport event will be conducted by a third party testing house, The Center for Drug Free Sports. Banned substances are listed on the USADA and WADA sites.

Athletes are subject to **out-of-meet** (OMT) TESTING per the AAU Strength Sports process and procedures.

No athlete will be charged for their own drug test. All fees will be paid by the Event Director.

Tanning products, lotions etc. shall be applied only in designated areas. EACH ATHLETE IS RESPONSIBLE FOR KEEPING THE BACK-STAGE AREA FREE OF STAINS OR OTHER DAMAGE.

Music Selection for routines:

No music with obscene or vulgar lyrics are allowed.

PROFESSIONAL PHOTOGRAPHIC AND/OR VIDEO EQUIPMENT:

Must be approved by the Event Director. **NO LIVE STREAMING WITHOUT WRITTEN PERMISSION FROM THE EVENT DIRECTOR.**

BODYBUILDING CRITERIA**Round One – Symmetry Round**

In this **round**, the competitors come on stage in their respective class as a group.

Competitors will stand in a **natural**, non-posing stance with their feet together and heels flat, torso erect, arms directly to their sides facing towards the judge's panel. The Head Judge will command quarter-turns **to the right** keeping the same erect stance and facing directly in front to the back of the head of the competitor in front of them. The competitors will be commanded to perform two more quarter-turns **to the right** until the competitors are facing the judge's panel again.

In this **round**, the judges are looking for the following:

1. Balance - The left side of a competitor's body compared to the right **side and** the front compared to the rear.
2. Proportion - The balance of one muscle group to another e.g. lower body to upper body, biceps to calves, chest to quadriceps, V-back (wide shoulders to the small waistline).
3. Symmetry - The competitor's overall balance and shape.

Round Two – Muscularity - Round

In this **round**, competitors perform the following mandatory poses in this sequence.

1. Front Double Biceps

2. Front Lateral Spread
3. Left Side Chest
4. Left Side Triceps
5. Rear Double Biceps
6. Rear Lateral Spread
7. Right Side Chest
8. Right Side Triceps
9. Abdominals and Quadriceps (either leg forward)
10. Hands on Hips Most Muscular
11. Crab Most Muscular (MEN ONLY)

In this **round**, the competitors are being compared for the following:

Muscularity - mass, density and quality muscle.

Definition – clear separation of the muscle groups, definition and vascularity.

Proportion - balance of one muscle group against another and left side to the **right side** of the body.

Structural flaws - faults within the competitor's skeletal structure **or muscular development**.

FIGURE CRITERIA (WOMEN ONLY)

Attire/Costume:

Two-piece posing suit and high heels.

Round One - Symmetry & Muscularity Round

Each competitor will perform a “T-Walk” and do a pose at each mark (located on the floor) that will highlight their figure to the judges.

After each competitor has performed their “T-Walk”, the competitors will come back on stage in their respective class as a group and stand in their “Figure Freestyle Stance” until the Head Judge commands them to stand in their “Figure Stance”

Figure Stance: Competitors will stand with their feet together and heels flat, torso erect, arms directly to their sides facing towards the judge’s panel. The Head Judge will command quarter-turns **to the right** keeping the same erect stance and facing directly in front to the back of the head of the competitor in front of them.

The competitors will be commanded to perform two more quarter-turns **to the right** until the competitors are facing the judge’s panel again.

Symmetry:

- 1 Balance - The left side of a competitor's body compared to the right **side and** the front compared to the rear.
2. Proportion - The balance of one muscle group to another e.g. lower body to upper body, biceps to calves, chest to quadriceps, V-back (wide shoulders to the small waistline).
3. Symmetry - The competitor's overall balance and shape.

Muscularity:

Muscularity - shape, density and quality muscle.

Definition – good separation of the muscle groups, definition and **no significant** vascularity.

Proportion - balance of one muscle group against another and left side to the **side** of the body.

Structural flaws - faults within the competitor's skeletal structure **or muscular development**.

BIKINI CLASS CRITERIA

ATTRIBUTES:

- Good body tone and slight degree of definition in the abdominals and lower torso extremities.
- Good Symmetrical body curves **and nice symmetrical hour-glass figure**.
- Stage Presence and Charisma/Personality is very important.

COSTUME/ATTIRE

Competitors will wear two-piece bathing suit and high heels.

CLASSES AND AGE GROUPS:

Novice: Never having won an overall competition

Open: Any age

Masters: 40-49, 50-59, 60-69, 70-79, 80+

PRESENTATION

Competitors will walk on stage individually and will be asked to do a “T-walk” where they will pose at each point of the markers on the floor.

The Competitors will then line-up in their group to do quarter-turns **to the right** on the head judge’s command.

Each judge on the panel will have the opportunity to compare competitors to make their final decision.

Note: While we are looking for an athletically fit Bikini competitor, excessive sensual poses will not be allowed.

MEN’S PHYSIQUE CRITERIA

ATTRIBUTES:

Excellent Body Conditioning

Good Upper Torso Muscularity to express an athletic build and not displaying as much mass as a bodybuilder.

Good Upper Torso Symmetry

-arms in harmony with the shoulders

-wide shoulders tapering down to a small waist

Stage Presence and Charisma/Personality

The lower torso will not be part of the judging criteria.

CLASSES AND AGE GROUPS:

Youth: 13 and under

Teen: 14-17 and 18-19 (based on participation numbers)

Novice: Never having won an overall competition

Open: Any age

Masters: 40-49, 50-59, 60-69, 70-79, 80+

ATTIRE/COSTUME

Competitors will only wear board shorts.

PRESENTATION

Competitors will walk on stage individually and will be asked to do a “T-walk” where they will pose at each point of the markers on the floor.

The Competitors will then line-up in their group to do quarter-turns **to the right** on the head judge’s commands

The competitors will go through their mandatory poses on the head judge’s commands

- 1) Front Double Biceps
- 2) Left Side Chest
- 3) Left Side Triceps
- 4) Left Side Intercostals
- 5) Rear Double Biceps
- 6) Right Side Chest
- 7) Right Side Triceps
- 8) Right Side Intercostals
- 9) Abdominals

The following poses are NOT allowed: Lat Spreads, Bent-over “Moon pose”, any type of Most Muscular pose.

Each judge on the panel will have the opportunity to compare competitors to make their final decision.

WOMEN’S PHYSIQUE CRITERIA

ATTRIBUTES:

Excellent Body Conditioning.

Good Upper & Lower Torso Muscularity but not bulky and mass of a bodybuilder.

Good Symmetry

-arms in harmony with the shoulders and calves

-wide shoulders tapering down to a small waist and narrow hips

Stage Presence and Charisma/Personality

CLASSES AND AGE GROUPS:

Youth: 13 and under

Teen: 14-17 and 18-19 (based on participation numbers)

Novice: Never having won an overall competition

Open: Any age

Masters: 40-49, 50-59, 60-69, 70-79, 80+

ATTIRE/COSTUME

Competitors will wear two-piece posing suit and high heels.

PRESENTATION

Competitors will walk on stage individually and will be asked to do either a “T-walk” or an “I-walk” depending on the size of the competition.

The Competitors will then line-up in their group to do quarter-turns **to the right** on the head judge’s commands

The competitors will go through their mandatory poses on the head judge’s commands

- 1) Front Double Biceps
- 2) Left Side Chest
- 3) Left Side Triceps
- 4) Left Side Intercostals
- 5) Rear Double Biceps
- 6) Right Side Chest

- 7) Right Side Triceps
- 8) Right Side Intercostals
- 9) Abdominals

The following poses are NOT allowed: Lat Spreads, Bent-over "Moon pose", any type of Most Muscular pose. Each judge on the panel will have the opportunity to compare competitors to make their final decision.

FITNESS CLASSIC SWIMSUIT CRITERIA

In this division competitors present themselves in a one-piece swimsuit in high heels and accessories such as earrings, bracelets, rings may be worn. Hair and makeup are all part of their presentation.

Judging criteria is based on their presentation, and their bodies must. Competitors will display confidence, femininity and keep a relaxed posture. There will be no flexing allowed.

Competitors will walk on stage individually and will be asked to do a "T-walk" where they will pose at each point of the markers on the floor.

The Competitors will then line-up in their group to do half-turns (face front to rear, and face rear to front) on the head judge's command.

Key Elements

Presentation: Overall grooming, self confidence and poise in their walk.

Beauty: photogenic, grooming, good skin tone and physical appeal.

Physical Body: display a athletic and toned body. A slight degree of definition is allowed while muscular shoulder, arms and legs are not.

Poise: confidence in her walk

Charisma: photogenic and personality

Outfit: Does their swimsuit compliment her physical shape?

Sports Model

The outfits can be a "sports theme" or "fitness wear." You may use props with your outfits such as fitness wear with boxing gloves, or wearing a basketball wear with a basketball as a prop. Footwear may be barefoot or rubber soles. Absolutely NO HEELS.

In Sports Model, you will come out on stage first individually doing a T-Walk. There will be tape on the stage so you know at what places on stage you will walk to. This will be a walk-through before the contest begins. At the end of your T-Walk you will be given the microphone and give your personal philosophy or view on what fitness means to you. You will have up to 30 seconds for your speech. Remember to say "thank you" at the end of your speech.

Then you will come out with your class (group) and will be asked to do half-turn on command of the Head Judge.

If the judges would like to move you around in the line-up in your class. When your number is called out, raise your arm to be recognized and switch your position with the other competitor whose number was also called.

The idea of Sports Model is being able to represent a company physically and verbally.

When the judges are down with your class you will be excused.

Your judged, on your overall presentation physically, verbally and on your outfit creativity.

For Finals, you will be doing exactly what you did for pre-judging (explained above) and awards will be presented.

And yes, sex sells so absolutely you make present a sexy and classy presentation.

Poses for Sports Model is very flexible, but must highlight your outfit and body.

Classic Physique Judging Criteria

Consists of Two Rounds: Group comparison and posing routine.

Judging Criteria is based on symmetry, muscularity, definition, (conditioning) and stage presence.

Round 1- Symmetry of Proportion: Definition: Correspondence in size, shape, and relative position of parts on opposite sides of a dividing line or median plan or center of axis.

Competitors will be instructed by the Head Judge to stand erect with their feet together, and arms down to their sides of their torso, shoulders and head facing directly front.

Competitors will make quarter turns to the right on command as they are judged on overall balance, shape of their physique. Their structure should be overall aesthetically pleasing from all four sides viewed.

Symmetry is defined as the proportional balance of opposite body parts such as:

Shoulder caps to the arms and to the calfs

Barrel of the chest to the width of upper legs together

Upper torso tapering down to the waist and hips

Round 1- Muscularity, Definition & Separation: Competitors will perform a number of mandatory poses and “Classic Physique” poses on command of the Head Judge. The competitors will be judged on overall muscularity and size, muscle shape and fullness, and muscle density.

Definition is judged on the competitor’s distinct muscular detail level that separates the different muscle groups of their physique while attaining the mass and fullness of their muscle groups. A very stringy runners look is NOT acceptable in this division.

Mandatory Poses

- Front Double Biceps
- Front Lat Spread
- Abdominal and Quadriceps
- Left Side Chest
- Left Side Triceps
- Rear Double Biceps w/ Right Calf Flexed
- Rear Lat Spread w/ Left calf Flexed
- Rear Double Calf Flexed
- Right Side Chest
- Right Side Triceps
- Hands on Hips Most Muscular
- Crab (The Hulk) Most Muscular
- Classic Pose – Frank Zane’s Double Biceps signature pose
- Classic Pose – Sergio Oliva’s Victory Pose
- Classic Pose – Arnold Schwarzenegger’s Twisting Back pose

Individual Posing Routine (Round 2)

Each competitor will be allowed a maximum of 90 seconds (some events will have a max of 60 seconds) Creativity and “Classic Physique” Pose(s) must be portrayed in posing routine along with presentation of physique and physical conditioning in the overall routine. Competitor to provide posing routine music at registration.