



# **CJBBF Bodybuilding Rules - Men**

## **CHECK – IN - PREJUDGING**

- Competitors will be checked in and weighed

## **POSING SUITS**

- Suits worn by male competitors at the prejudging and finals must be plain in color with no fringe, wording, sparkle or fluorescents.
- All Prejudging suits will be checked at the morning check-in.
- Competitors are not permitted to alter the fit of the posing suit by hiking it up in the back or by pulling up the sides during Front and Rear Lat Spreads.

## **POSING MUSIC**

- Posing music will be used at the Finals.
- Posing music must be on a format designated by promoter on registration information.
- Posing music must not contain vulgar lyrics. Competitors using music containing vulgar lyrics will be disqualified.
- 60 seconds maximum



## **ONSTAGE**

- During the Prejudging competitors are not permitted to wear any jewelry onstage other than a wedding band. Decorative pieces in the hair are not permitted.
- No glasses, props or gum are permitted onstage.
- Any competitor doing the “Moon Pose” will be disqualified.
- Lying on the floor is prohibited.
- Bumping and shoving is prohibited. First and second persons involved will be disqualified.
- Competitor’s numbers will be worn on the left side of the suit bottom.

## **COMPETITORS HEALTH**

- Any competitor who appears to be disoriented, light-headed or experiences undue cramping will not be permitted to compete.
- Any competitor disqualified for health reasons must be checked by the attending EMT and, if it is advised by the EMT, must go to the nearest hospital for evaluation.
- Competitors who refuse to be evaluated by the EMT or at the hospital will be suspended from competition for a period of one year from the date of the occurrence.



## **CJBFF MEN'S BODYBUILDING WEIGHT CLASSES**

Lightweight – Up to 154 ¼

Middleweight – Over 154 ¼ up to 176 ¼

Light-Heavyweight – Over 176 ¼ up to 198 ¼

Heavyweight – Over 198 ¼

## **PREJUDGING POSING ROUNDS FOR MALE COMPETITORS**

Judges will score competitors according to the NPC “total package” which is a balance of size, symmetry and muscularity.

### **Relaxed Round**

- Keep your feet flat
- Keep your heels together
- Hold your arms at your sides
- No twisting
- Your head must be facing the same direction as your feet.



### **Individual Round**

- Begin when ready – no signal is necessary from the Head Judge.
- Maximum of 30 seconds with a warning when 10 seconds remain.
- You are not obligated to use all 30 seconds.
- Lying on the floor is not permitted.

### **Mandatory Round**

- Front Double Bicep
- Front Lat Spread
- Side Chest
- Side Triceps
- Rear Double Bicep
- Rear Lat Spread
- Abdominals/Legs
- Most Muscular

Competitors are permitted to crossover at the discretion of the promoter with appropriate approval from CJBBF Chairperson.