



CJBBF MEN'S PHYSIQUE RULES

PRESENTATION

- Competitors will walk to the center of the stage alone
- Perform front and back turns with optional pose of hand on hip or hand in pocket
- Finishing 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 turns.
- Judges will have the opportunity to compare competitors against each other in turns.

CJBBF HEIGHT CLASSES

- Up to & including 5'8" 172.7 cm & below
- Over 5'8" and 172.8 & above

Competitors MAY crossover into Bodybuilding at the discretion of the promoter with the CJBBF CHAIRPERSON'S approval.



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 will be marked down.

- 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 board shorts however a manufacturer's logo such as Nike symbol or Billabongs are acceptable.)
 - 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.