

**RULES**  
**Athletes**



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These rules substitute any previous ones.

Made by **WABBA INTERNATIONAL**

**EXECUTIVE and TECHNICAL COMMITTEE**

# ATHLETES RULES

## GENERAL RULES

### PREAMBLE

WABBA INTERNATIONAL is a Bodybuilding and Fitness Organization and therefore all the judging criteria are focused on the athletic aspects of the male and female physiques. All competitors are commonly called *athletes*, which means that the athletic component of the human body aesthetics plays a major role during the competitions.

Criteria will vary according to the categories, but the main focus of WABBA INTERNATIONAL is to promote a culture of physical aesthetics based on athletic and muscular bodies.

### ENTERING INTERNATIONAL COMPETITIONS

- All athletes entering an International Competition can do so after being selected by the National Organization affiliated with WABBA INTERNATIONAL of their Country of residence. If an athlete lives in a Nation where there is no affiliated Organization, a permission by WABBA INTERNATIONAL technical committee is required to compete.

- Athletes can compete with a National team other than that of their Country of residence only if 1) There is no affiliated Organization in their Country, or 2) They have the written consent by the President or Delegate of the affiliated Organization of their Country of residence.

- The Presidents, Vice Presidents and Delegates of all affiliated Organizations cannot compete in any WABBA INTERNATIONAL official competition.

- Athletes can compete in only one category at any given competition. It is forbidden to compete in two or more categories at the same event.

### REGISTRATION AT INTERNATIONAL COMPETITIONS

- During the registration process, athletes competing in categories with height or weight divisions will have their height and/or weight checked. A scale and a height measuring tool will be available *outside* the registration room to allow all the athletes to check their weight and height *before* registration. Once inside the registration room, only one measurement will be taken and there will be no possibility to come back later for a second measurement.

- A table with height/weight ratios and a copy of the rules will be available for the athletes either inside and outside the registration room.

- Women can give a first indication of the category they wish to enter but the final category they will be allowed to compete in will be decided by a selected group of judges at *line-up*, before the beginning of the competition. All female athletes will be informed of this at registration.

- The Nations must go to the registration with the full team of athletes, after paying all the fees and taking the room keys. At registration, each athlete must have his/her passport or National ID and, for the categories where it is applicable, the music for the routine (CD with a SINGLE track or pen drive).

- The Nations must send the team registration sheet with all the competitors data, at least two weeks before the competition. All details must be given, including the categories for each athlete (presumed).

### OTHER RULES

- No tanning creams are allowed. Only self tanning products like Pro Tan or Jan Tana (just to name a few) are permitted.

# WABBA INTERNATIONAL CATEGORIES

## MEN

### MEN BODYBUILDING

JUNIOR – All athletes born in 1991 and after (as of 2015)

SHORT – up to 170 cm

MEDIUM – up to 175 cm

TALL – up to 180 cm

X-TALL – over 180 cm

MASTER – 40 years old the day of the competition

SUPERMASTER – 50 years old the day of the competition

### PRO-CLASS BODYBUILDING

The PRO-CLASS is a MEN BODYBUILDING category. Access to this category is granted to the winners of an International competition of the past, plus the winners of the actual competition where the PRO-CLASS contest is being held. The PRO-CLASS category must be present at the two major international competitions (World Championship and Mr/Ms Universe).

### MEN CLASSIC

Up to 175 cm – maximum weight = (height – 100) + 5%

Over 175 cm – maximum weight = (height – 100) + 5%

**(Example: athlete 172cm tall. His max weight is  $172-100=72+5\%=75,6\text{kg}$  – MAX WEIGHT=75,6kg)**

### MAN MODEL

Maximum weight = (height – 100) – 5%

**(Example: athlete 178cm tall. His max weight is  $178-100=78-5\%=74,1\text{kg}$  – MAX WEIGHT=74,1kg)**

### MAN FITNESS

Maximum weight = (height – 100)

**(Example: athlete 178cm tall. His max weight is  $178-100=78$  – MAX WEIGHT=78kg)**

### DISABLED

## WOMEN

### MISS MODEL (BEAUTY)

#### MISS BIKINI

Up to 165 cm

Over 165 cm

#### MISS SHAPE (TONED)

#### MISS FITNESS (TRAINED)

#### MISS BODY (PHISIQUE)

## COUPLES

### COUPLES

**NOTE:** The age limit to enter a WABBA INTERNATIONAL competition is 65 years for all categories.

# MEN

## JUDGEMENT CRITERIA FOR MEN BODYBUILDING and MEN CLASSIC

Athletes are judged on three main criteria:

- **SIMMETRY**

The skeletal structure and the proportions of the development of the various

- **MUSCULAR DEVELOPMENT**

Pure muscular volume and mass

- **DEFINITION**

The lack of body fat, vascularity and the separation of the various muscles.

### MANDATORY POSES – SIMMETRY

The following poses will be called in the order listed below. During this phase the athletes must keep a slight muscular contraction while maintaining the requested position, in order to allow the judges to fully evaluate all competitors.

1. **FRONT RELAXED**
2. **RIGHT SIDE RELAXED WITH BOTH FEET ON THE GROUND**
3. **BACK RELAXED**
4. **LEFT SIDE RELAXED WITH BOTH FEET ON THE GROUND**

### MANDATORY POSES – MUSCULAR DEVELOPMENT and DEFINITION

The evaluation of muscular development and quality needs seven mandatory poses:

1. **FRONT CHEST EXPANSION**
2. **FRONT DOUBLE BICEPS**
3. **SIDE CHEST**
4. **SIDE TRICEPS**
5. **BACK ESPANSION**
6. **BACK DOUBLE BICEPS**
7. **ABDOMINALS AND THIGHS**

**FREE POSING ROUTINE (with music): 1 minute**

## JUDGEMENT CRITERIA FOR MEN MODEL

This category is aimed at all athletes displaying beauty and elegance in their physiques. The fundamental factors in the judging of the athletes of this category are beauty, structural elegance and physical grace.

### AESTHETICS

50% of the total Score. This aspect considers general bauty of the body, face and care in the details of the grooming (skin, hair).

### PHYSIQUE

30% of the total Score. Elegance and structural symmetry, lack of structural defects. Proportions between upper and lower body.

### MUSCULARITY

This is less important than the general physical structure. Athletes must display low bodyfat but an excessive definition is not allowed.

**POISE**

20% of the total Score. Elegance during the T-walk and masculine attitude without posing.

**Posing suite**

Knee length beach shorts, not tight fitting, of any colour and shape.

**Accessories**

There are no limitations, provided they do not impede the athlete evaluation by the judges.

**JUDGEMENT CRITERIA FOR MEN FITNESS**

This category differs from Men Model because athletes display a more muscular physique with more definition. Structural elegance and body proportions still play a major role.

**AESTHETICS**

10% of the total Score. This aspect considers general beauty of the body, face and care in the details of the grooming (skin, hair).

**PHYSIQUE**

50% of the total Score. Elegance and structural symmetry, lack of structural defects. Proportions between upper and lower body and display of a V-Shaped physique.

**MUSCULARITY**

Athletes must display low bodyfat, proportion in the development of the muscle groups but an excessive definition is not allowed.

**POISE**

10% of the total Score. Elegance during the T-walk and masculine attitude without posing.

**Posing suite**

Knee length beach shorts, not tight fitting, of any colour and shape.

**Accessories**

There are no limitations, provided they do not impede the athlete evaluation by the judges.

# WOMEN

## JUDGEMENT CRITERIA FOR MISS MODEL BEAUTY

This category is aimed at all girls, athletes or models, displaying beauty and elegance in their physiques. The fundamental factors in the judging of the athletes of this category are beauty, structural elegance and physical grace.

### **AESTHETICS**

50% of the total Score. This aspect considers general beauty of the body, face and care in the details of the grooming (skin, hair).

### **PHYSIQUE**

30% of the total Score. Elegance and structural symmetry, lack of structural defects. Proportions between upper and lower body.

### **MUSCULARITY**

This is less important than the general physical structure. Athletes must display low bodyfat but an excessive definition is not allowed.

### **POISE**

20% of the total Score. Elegance during the T-walk and feminine attitude, without posing.

### **Posing suite**

Bikini of any colour and shape. High heels are mandatory.

### **Accessories**

There are no limitations, provided they do not impede the athlete evaluation by the judges.

## JUDGEMENT CRITERIA FOR MISS BIKINI

Athletes competing in this category have a slightly more muscular physique than the Miss Model Beauty, but beauty is still the predominant feature sought. The ladies must display a proportioned, feminine, elegant and athletic physique.

### **AESTHETICS**

20% of the total Score. This aspect considers general beauty of the body, face and care in the details of the grooming (skin, hair).

### **PHYSIQUE**

30% of the total Score. Elegance and structural symmetry, lack of structural defects. Proportions between upper and lower body.

### **MUSCULARITY**

30% of the total Score. The athlete must show a low bodyfat percentage, right proportions in the development of upper and lower body, round muscles and an overall athletic appearance. Abs must be slightly visible with no vascularity and excessive definition is not allowed.

### **POISE**

20% of the total Score. Elegance during the T-walk and very feminine attitude, without posing.

### **Posing suite**

Bikini of any colour and shape. High heels are mandatory.

### **Accessories**

There are no limitations, provided they do not impede the athlete evaluation by the judges.

## **JUDGEMENT CRITERIA FOR MISS SHAPE**

Athletes competing in this category should have a muscular physique, but must still display beauty. The face cannot be emaciated and the overall figure cannot be too virilized.

### **SIMMETRY**

Proportions between upper and lower body and V-shape are important.

### **MUSCULARITY**

The athlete must show a higher grade of muscularity than the Bikini Category, without bodyfat, in particular on thighs and glutes. Definition of the back is also important without excessive vascularization or definition.

### **DEFINITION**

Excessive definition, vascularity and an emaciated face are not allowed.

Athletes must take care of all the details and put emphasis on the athlete's femininity.

### **Posing suite**

Bikini of any colour and shape. High heels are mandatory.

### **Accessories**

There are no limitations, provided they do not impede the athlete evaluation by the judges.

## **MANDATORY POSES – SIMMETRY, MUSCULARITY AND DEFINITION**

Poses will be called in the following order. Athletes must exert a slight muscular contraction.

1. **FRONT RELAXED**
2. **RIGHT SIDE RELAXED**
3. **BACK RELAXED**
4. **LEFT SIDE RELAXED**

## **JUDGEMENT CRITERIA FOR MISS FITNESS**

Athletes competing in this category should display a good muscular development, but must still be feminine.

### **SIMMETRY**

Proportions between upper and lower body, V-shape and lateral simmetry are important.

### **MUSCULARITY**

The athlete must show a high degree of muscularity, without being highly developed as the Ms Body. Muscles must be round and well separated, vascularity is allowed.

### **DEFINITION**

Athletes must display a high level of definition, with a very low bodyfat percentage. Vascularity is allowed but the face should not be emaciated or masculine.

Athletes must take care of all the details and put emphasis on the athlete's femininity.

### **Posing suite**

Bikini of any colour and shape. High heels are mandatory.

### **Accessories**

There are no limitations, provided they do not impede the athlete evaluation by the judges.

## **MANDATORY POSES – SIMMETRY**

Poses will be called in the following order. Athletes must exert a slight muscular contraction.

1. **FRONT RELAXED**
2. **RIGHT SIDE RELAXED**
3. **BACK RELAXED**
4. **LEFT SIDE RELAXED**

## **MANDATORY POSES – MUSCULARITY AND DEFINITION**

In order to evaluate muscular development and definition, the following poses will be called:

1. **FRONT CHEST EXPANSION**
2. **FRONT DOUBLE BICEPS**
3. **BACK EXPANSION**
4. **BACK DOUBLE BICEPS**
5. **ABDOMINALS AND THIGHS**

**FREE POSING ROUTINE (with music): 1 minute**

## **JUDGING CRITERIA FOR MISS BODY**

Athletes are judged on three main criteria:

- **SIMMETRY**

The skeletal structure and the proportions of the development of the various

- **MUSCULAR DEVELOPMENT**

Pure muscular volume and mass

- **DEFINITION**

The lack of body fat, vascularity and the separation of the various muscles.

The competition suite can be of any colour or style and competitors of this category cannot wear shoes. During the mandatory poses all fashion accessories and jewelry is allowed, given that they do not interfere with the judges evaluation of the physical characteristics of the athletes (for example, accessories that hide part of the body).

**During the free routine, any clothing and accessory is allowed.**

## **MANDATORY POSES – SIMMETRY**

The following poses will be called in the order listed below. During this phase the athletes must keep a slight muscular contraction while maintaining the requested position, in order to allow the judges to fully evaluate all competitors.

5. **FRONT RELAXED**
6. **RIGHT SIDE RELAXED WITH BOTH FEET ON THE GROUND**
7. **BACK RELAXED**
8. **LEFT SIDE RELAXED WITH BOTH FEET ON THE GROUND**

## **MANDATORY POSES – MUSCULAR DEVELOPMENT and DEFINITION**

The evaluation of muscular development and quality needs seven mandatory poses:

6. **FRONT CHEST EXPANSION**
7. **FRONT DOUBLE BICEPS**
8. **SIDE CHEST**
9. **SIDE TRICEPS**



- 10. BACK EXPANSION
- 11. BACK DOUBLE BICEPS
- 12. ABDOMINALS AND THIGHS

**FREE POSING ROUTINE (with music): 1 minute**

## GENERAL NOTES

**HOW TO DECIDE WHICH IS THE RIGHT CATEGORY FOR YOU.**

**APPLICABLE TO THE FOLLOWING CATEGORIES: MEN MODEL - MEN FITNESS - MISS MODEL – MISS BIKINI – MISS SHAPE – MISS FITNESS – MISS BODY**

The athlete chooses the category he/she thinks is best for him/her. Before the beginning of the competition, the technical committee will decide if the athlete's choice is aligned with the judging criteria and, if necessary, will move athletes from one category to another. This is necessary to make the athletes fit in the correct category, preventing people to compete in the wrong environment.

### FREE ROUTINE

Athletes in the categories MEN MODEL - MEN FITNESS - MISS MODEL – MISS BIKINI – MISS SHAPE there is NO free routine.

### COMPETITION TAN / COLOUR

WABBA INTERNATIONAL prohibits the use of any tanning cream or colouring that cover the athletes skin and are dirty. It is absolutely forbidden to apply any colour in the backstage, only the use of baby oil is allowed.

The ONLY colouring allowed are self tanning products like Pro-tan and Jan tana or similar products.

**T-WALKING for the categories MAN FITNESS – MAN MODEL – MISS MODEL – MISS BIKINI (see picture)**

During this phase the athlete starts walking in the position corresponding to the star, go to the center of the stage (place 1), stop and look at the public for a few seconds. Then turn left and walk to the end of the stage (place 2), stop and then go to the other end of the stage (place 3). Then go back to place 1 and back to the starting point.













