RULES Athletes



Effective 15/12/2015
Rev 03-2015
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%=75,6kg - MAX WEIGHT=75,6kg)

MAN MODEL

Maximum weight = (height - 100) - 5%

(Example: athlete 178cm tall. His max weight is 178-100=78-5%=74,1kg - 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 elegange 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 bauty 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 elegange 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 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 Mode Beauty, but beauty is still the predominant feature seeked. The ladies must display a proportioned, feminine, elegant and athletic physique.

AESTHETICS

20% 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

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 virilizedi.

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 mus 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. Muscled 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 mus 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 ESPANSION
- 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 acessrory 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 ESPANSION
- 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 committe 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.

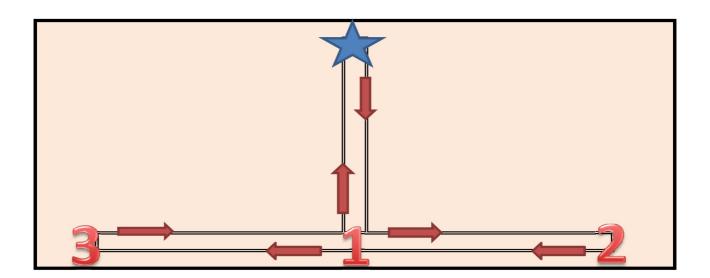
COMPETITION TAN / COLOUR

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 backto the starting point.





BB Classic +5%

Height in cm	max weight (kg)
150	52,50
151	53,55
152	54,60
153	55,65
154	56,70
155	57,75
156	58,80
157	59,85
158	60,90
159	61,95
160	63,00
161	64,05
162	65,10
163	66,15
164	67,20
165	68,25
166	69,30
167	70,35
168	71,40
169	72,45
170	73,50
171	74,55
172	75,60
173	76,65
174	77,70
175	78,75
176	79,80
177	80,85
180	84,00

Height in cm	max weight (kg)
181	85,05
182	86,10
183	87,15
184	88,20
185	89,25
186	90,30
187	91,35
188	92,40
189	93,45
190	94,50
191	95,55
192	96,60
193	97,65
194	98,70
195	99,75
196	100,80
197	101,85
198	102,90
199	103,95
200	105,00



Men Model -5%

Height in cm	max weight (kg)
150	47,50
151	48,45
152	49,40
153	50,35
154	51,30
155	52,25
156	53,20
157	54,15
158	55,10
159	56,05
160	57,00
161	57,95
162	58,90
163	59,85
164	60,80
165	61,75
166	62,70
167	63,65
168	64,60
169	65,55
170	66,50
171	67,45
172	68,40
173	69,35
174	70,30
175	71,25
176	72,20
177	73,15
180	76,00

Height in cm	max weight (kg)
181	76,95
182	77,90
183	78,85
184	79,80
185	80,75
186	81,70
187	82,65
188	83,60
189	84,55
190	85,50
191	86,45
192	87,40
193	88,35
194	89,30
195	90,25
196	91,20
197	92,15
198	93,10
199	94,05
200	95,00



Men Fitness +/- 0%

Height in cm	max weight (kg)
150	50,00
151	51,00
152	52,00
153	53,00
154	54,00
155	55,00
156	56,00
157	57,00
158	58,00
159	59,00
160	60,00
161	61,00
162	62,00
163	63,00
164	64,00
165	65,00
166	66,00
167	67,00
168	68,00
169	69,00
170	70,00
171	71,00
172	72,00
173	73,00
174	74,00
175	75,00
176	76,00
177	77,00
180	80,00

Height in cm	max weight (kg)
181	81,00
182	82,00
183	83,00
184	84,00
185	85,00
186	86,00
187	87,00
188	88,00
189	89,00
190	90,00
191	91,00
192	92,00
193	93,00
194	94,00
195	95,00
196	96,00
197	97,00
198	98,00
199	99,00
200	100,00



BB Classic +5%

Height (inches)	Max weight (lb)
55,00	91,00
55,50	94,00
56,00	97,00
56,50	100,00
57,00	103,00
57,50	106,00
58,00	109,00
58,50	112,00
59,00	115,00
59,50	118,00
60,00	121,00
60,50	124,00
61,00	127,00
61,50	130,00
62,00	132,00
62,50	135,00
63,00	138,00
63,50	141,00
64,00	144,00
64,50	147,00
65,00	150,00
65,50	153,00
66,00	156,00
66,50	159,00
67,00	162,00
67,50	165,00
68,00	168,00
68,50	171,00
69,00	174,00

Height (inches)	Max weight (lb)
69,50	176,00
70,00	179,00
70,50	182,00
71,00	185,00
71,50	188,00
72,00	191,00
72,50	194,00
73,00	197,00
73,50	200,00
74,00	203,00
74,50	206,00
75,00	209,00
75,50	212,00
76,00	215,00
76,50	218,00
77,00	221,00
77,50	223,00
78,00	226,00
78,50	229,00
79,00	232,00



Men Model -5%

Height (inches)	Max weight (lb)
55,00	83,00
55,50	85,00
56,00	88,00
56,50	91,00
57,00	93,00
57,50	96,00
58,00	99,00
58,50	101,00
59,00	104,00
59,50	106,00
60,00	109,00
60,50	112,00
61,00	114,00
61,50	117,00
62,00	120,00
62,50	122,00
63,00	125,00
63,50	128,00
64,00	130,00
64,50	133,00
65,00	136,00
65,50	138,00
66,00	141,00
66,50	144,00
67,00	146,00
67,50	149,00
68,00	152,00
68,50	154,00
69,00	157,00

Height (inches)	Max weight (lb)
69,50	160,00
70,00	162,00
70,50	165,00
71,00	168,00
71,50	170,00
72,00	173,00
72,50	176,00
73,00	178,00
73,50	181,00
74,00	184,00
74,50	186,00
75,00	189,00
75,50	192,00
76,00	194,00
76,50	197,00
77,00	200,00
77,50	202,00
78,00	205,00
78,50	207,00
79,00	210,00



Men Fitness +/- 0%

Height (inches)	Max weight (lb)
55,00	87,00
55,50	90,00
56,00	93,00
56,50	95,00
57,00	98,00
57,50	101,00
58,00	104,00
58,50	107,00
59,00	109,00
59,50	112,00
60,00	115,00
60,50	118,00
61,00	121,00
61,50	123,00
62,00	126,00
62,50	129,00
63,00	132,00
63,50	135,00
64,00	137,00
64,50	140,00
65,00	143,00
65,50	146,00
66,00	148,00
66,50	151,00
67,00	154,00
67,50	157,00
68,00	160,00
68,50	162,00
69,00	165,00

Height (inches)	Max weight (lb)
69,50	168,00
70,00	171,00
70,50	174,00
71,00	176,00
71,50	179,00
72,00	182,00
72,50	185,00
73,00	188,00
73,50	190,00
74,00	193,00
74,50	196,00
75,00	199,00
75,50	202,00
76,00	204,00
76,50	207,00
77,00	210,00
77,50	213,00
78,00	216,00
78,50	218,00
79,00	221,00