

# WPFG ABRIDGED RULES - BODYBUILDING - Page 1

## GUIDING BODIES

World Police and Fire Games Federation (WPFGEF)  
8304 Clairemont Mesa Blvd., # 107, San Diego, CA 92111 USA  
Tele. (858) 571-9919 FAX: (858) 571-1641 E-MAIL: 4info@cpaf.org

International Federation of Body Builders, 2875 Bates Rd.  
Montreal, Quebec H3S 1B7, Canada  
Tele: (514) 731-3783 Fax: (514) 731-7082

## EVENTS

INDIVIDUAL age categories have been combined as follows:

	MEN:	WOMEN:	
Open:	18 - 34	Open:	18 - 34
Senior (B):	35 - 44	Senior (B):	35 - 44
Master:(B)	45 - 54	Master:(B)	45 +
Grand Master:(B)	55+		

Note: the "(B)" may be omitted in all publications

### **Weight Categories; Men:**

Lightweight:	Up to and including 70.0 kg (154.25 lbs)
Middleweight:	Over 70.0 kg and up to and including 80.0 kg (176.25 lbs)
Light Heavyweight:	Over 80.0 kg and up to and including 90.0 kg (198.25 lbs)
Heavyweight:	Over 90.0 kg
OVERALL:	In each age division; <u>1st place ONLY</u>

### **Weight Categories; Women:**

Lightweight:	Up to and including 52.0 kg (114.5 lbs)
Middleweight:	Over 52.0 kg and up to and including 57.0 kg (125.5 lbs)
Heavyweight:	Over 57.0 kg
OVERALL:	In each age division; <u>1st place ONLY</u>

MIXED PAIRS: Open (18-29), Senior (30-39) and Master (40 & over). Mixed pairs is an event with no weight restrictions.

**\*For 2009: MIXED PAIRS age categories have been combined as follows:**

Open (18-34) and Senior (B)(35 & over).

At the discretion of the Event Director, Head Judge and competition judges, classes may be combined if the number of competitors in each class so dictates. Exception: In Mixed Pairs there will be no combining of classes.

**SCHEDULING**

Bodybuilding is a one day event. It is recommended that the female competition be completed first.

**JUDGING PROCEDURE**

The actual judging shall be accomplished through the following procedure:

**1. Group Facings**

All contestants in the class are brought before the judges. . Standing in a line in front of the judging table, they execute a series of simultaneous quarter turns, allowing the judges to view and compare them from all angles.

**2. Individual Posing**

The contestants come out singly by class and perform their individual routines. These routines must include, but need not be limited to, at least one front, one back, one side and one twisting pose. This session will not exceed sixty seconds per competitor.

**3. Comparison Posing**

All competitors are called back (by class) for detailed comparison. All contestants shall be compared. Standard poses shall be used for this phase, and the judges may shift the positions of the contestants in order to facilitate such comparisons.

At the completion of the prejudging comparison posing round, the judges will forward their choices for final competitors to the Head Judge. The choices will then be forwarded to the announcer. Each finalist will be asked to step forward to the front of the stage. These competitors will be the finalists and will be instructed to return at a pre-set time for the finals competition.

**FINALS**

**Judging Procedure**

The same three-step process as used in the prejudging will be used in the finals. At the completion of the finals comparison posing round, the judges will cast their ballots and they will be forwarded to the Head Judge. Ties will be broken by the Head Judge and the medalists will be named, going from third place to first place. The medals will be awarded at this time.

## WPFG ABRIDGED RULES - BODYBUILDING - Page 3

### GENERAL SPORT RULES for Bodybuilding

**CHANGING DIVISIONS (AGE):** A senior competitor has the option to compete in a younger age division, but must state so on his or her application prior to check-in at the Games' Registration Headquarters and shall not change after that.

**CLASS DESIGNATION:** Weight class must be declared on the application prior to check-in at the Games' Registration Headquarters.

### CHECK IN PROCEDURES

Check-in shall start on time as specified on the Confirmation Letter or Bodybuilding information distributed at the Host Registration Center and shall be conducted in a private room. Accurate beam scales shall be used. Women competitors will be checked in first, preferably at a specified time earlier than the men. The amount of time allowed for the women to check-in will depend on the number of entries.

Checking-in will be private and the contestants will be allowed in one at a time. The check-in room(s) will be locked and persons allowed in will be the competition judges (who will be conducting the check-in procedures), the contestant and his coach or trainer. Check-in results will not be made available until the total check-in is finished.

**FINALS:** At the designated time, the finalists will check-in at a private room set up in the same manner as the original check-in room. Judges will confirm competitor's presence and will confirm the cassette use (if applicable) by the contestant. Competitors who fail to report on time for the final competition may be penalized in their placing or be disqualified from the competition.

### POSING ATTIRE AND USE OF COSMETICS

Posing outfits for contestants shall be of a solid color, opaque and non-reflective, devoid of embroidery, stripes or other embellishment and in good taste. For males, no boxer shorts or training shorts are permitted. For females, posing outfits shall consist of a two-piece bikini style suit (without cut-outs) whose ties match the rest of the suit in color and material. Agency initials are not to appear on any apparel worn during prejudging or the finals. Cosmetics may be used in the competition. Men may use body oils and body coloring agents. Women may use body oils, body coloring agents and may display painted nails.

The attire worn during the check-in procedure shall be at the discretion of the competitor; however, prejudging will begin soon after the completion of the check-in for men's events.

### MUSIC

Music, to be furnished on compact disk (CD) by competitors, shall be used in the finals only. Use of music will be optional, but is highly recommended. Where music is used, contestants shall supply a compact disk (CD) of their music at the time of check-in. The competitor's name should be on the CD and the CD should be picked up at the completion of the event.

## **WPFG ABRIDGED RULES - BODYBUILDING - Page 4**

Musical selections shall be limited to 60 SECONDS duration.

### **REQUIREMENTS FOR CONTESTANTS**

Competitors shall cooperate with, and follow the directions of, the Head Judge and the Sport Coordinator (Event Director) to insure an orderly and timely completion of prejudging and the staging of the final show.

Competitors will be subject to disqualification under the following circumstances:

1. Unsportsmanlike conduct under WPFG Rules.
2. Use of alcohol/drugs, or other intoxicants before or during the competition.
3. Attempts to influence judges or event personnel.
4. The only personnel allowed in the warm up area are the WPFGF Director for Bodybuilding, the Sport Coordinator, judges, expeditors, runners, the announcer, scorekeepers and the competitors with one coach each.