



INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS (IFBB)

**IFBB RULES
SECTION 11: MEN'S WHEELCHAIR BODYBUILDING**

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SECTION 11: MEN'S WHEELCHAIR BODYBUILDING

Article 1: Introduction	3
Article 2: Responsibilities of Organizers to Athletes and Delegates	3
Article 3: Categories	3
Article 4: Rounds	3
Article 5: Contest Procedure	3
Article 6: Prejudging: Elimination Round	3
Article 7: Posing Attire for All Rounds	4
Article 8: Prejudging: Assessing and Scoring of the Elimination Round	5
Article 9: Prejudging: Presentation of Round 1 (Comparisons in Mandatory Poses)	5
Article 10: Prejudging: Scoring of Round 1	6
Article 11: Assessing of the Elimination Round, Round 1 and Round 2 (Comparisons in Mandatory Poses)	7
Article 12: Finals	7
Article 13: Finals: Presentation of Round 2 (Mandatory Poses and Posedown)	8
Article 14: Finals: Scoring of Round 2	8
Article 15: Finals: Assessing of Round 2	8
Article 16: Finals: Presentation of Round 3 (Posing Routines)	8
Article 17: Finals: Scoring of Round 3	9
Article 18: Finals: Assessing of Round 3	9
Article 19: Finals: The Awarding Ceremony	9
Appendix 1: Detailed Description of the Seven Mandatory Poses	10
Appendix 2: Pictures of the Seven Mandatory Poses	11

Article 1 – Introduction

Men's Wheelchair Bodybuilding was officially recognized as a sport discipline by the IFBB International Congress in Manama, Bahrain, November 6th, 2008.

1.1 General:

The IFBB Rules for Men's Wheelchair Bodybuilding consist of regulations, policies, directives and decisions intended to guide the IFBB and its Members in the administration of the sport of Men's Wheelchair Bodybuilding.

1.2 Rules:

Certain administrative and technical rules that appear in Section 1: General Rules are the same for Men's Wheelchair Bodybuilding and therefore, are not repeated in this section.

Article 2 – Responsibilities of Organizers to Athletes and Delegates

2.1 Responsibilities

Following the IFBB Congress decision made at the 2013 meeting in Marrakesh, Morocco, Wheelchair Bodybuilding will temporarily not be included in the World Championships; however, will remain at the continental and national levels.

Responsibilities of organizers to athletes and delegates are determined by the Continental and National Federations' rules and will be provided in the Inspection Report published prior to each event.

Article 3 – Categories

3.1 Categories:

There is one open category at the Men's Wheelchair Bodybuilding Championships.

Article 4 – Rounds

4.1 Rounds:

Men's Wheelchair Bodybuilding competition will consist of the following four rounds:

1. Prejudging: Elimination Round (Four Mandatory Poses)
2. Prejudging: Round 1 (Four Mandatory Poses and Comparisons of Seven Mandatory Poses)
3. Finals: Round 2 (Seven Mandatory Poses and Posedown)
4. Finals: Round 3 (Free Posing Routines – 60 sec.)

Article 5 – Contest Procedure

5.1 Contest procedure:

Men's Wheelchair Bodybuilding category is run on the stage as one block, from the beginning to the end. From the technical reasons, competitors enter the stage as a group and remain on it till the end of the victory ceremony.

Article 6 – Prejudging: Elimination Round

6.1 General:

A time-table for prejudging and finals of the Men's Wheelchair Bodybuilding category should be published after the Official Athlete Registration. In order to give athletes time to warm up and change into their posing attire, competitors should be in the backstage warm-up area at least 60 minutes prior to the start time of the judging of their category. All competitors will be solely responsible for ensuring that they are present and prepared to compete when their category is called onstage failing which they may be eliminated from the competition.

6.2 Elimination Round Procedures:

An Elimination Round will be held when there are more than 15 wheelchair competitors in their category. The Elimination Round will be carried out as follows:

1. The entire line-up is brought onstage, in numerical order and in a single line or two lines, if necessary.
2. The line-up is divided into two equal-size groups and is positioned onstage so that one group is to the left of the stage; the other group is to the right of the stage. The center portion of the stage is left open for comparison purposes.
3. In numerical order, and in groups of not more than eight competitors at a time, each group is directed to the center-stage area to perform the following four Mandatory Poses:
 - a. Front double biceps
 - b. Side chest
 - c. Back double biceps
 - d. Abdominals

*Note 1: Detailed description of the Men's Wheelchair Bodybuilding mandatory poses is provided in **Appendix 1** to this Section.*

Note 2: Competitors will not chew gum or candy while onstage.

Note 3: *Competitors will not drink water or any other liquids while onstage.*

4. On completion of four mandatory poses, the entire line-up is divided into two equal-size groups positioned on both sides of the stage, leaving the center portion of the stage for comparison purposes.

Article 7 – Posing Attire for All Rounds

7.1 The posing attire for all rounds must meet the following guidelines:

1. Competitors will wear one-coloured, loose-fitting, long training pants which are clean and decent. The colour, fabric and style of the trunks will be left to the competitor's discretion. Competitors will wear sport shoes.
2. Except for a wedding ring, competitors will not wear glasses, watches, bangles, pendants, necklaces, bracelets, earrings, wigs, distracting ornamentation or artificial aids to the figure.
3. The use of props during the Prejudging or Finals presentation is strictly prohibited.

7.2 The IFBB has banned all tans and bronzers that can be wiped off. If the tan comes off by simply wiping, the athlete will not be allowed to enter the stage. Artificial body colouring and self-tanning products may be used provided that it is applied at least twenty-four hours prior to the Prejudging. Professional competition tanning methods (airbrush tanning, cabin spray tanning) may be used if applied by the professional companies and qualified personnel. Sparkles, glitter, shiny metallic pearls or gold coloring are prohibited whether applied as part of a tanning lotion or applied separately.

7.3 The excessive application of oil on the body is strictly prohibited; however, body oils and moisturizers may be used in moderation.

7.4 Implants or fluid injections to change the natural shape of any part or muscle of the body are strictly prohibited and may result in disqualification of the competitor.

7.5 The IFBB Chief Official, or a delegated representative, will have the right to determine if a competitor's attire meets an acceptable standard of taste and decency and, eventually, recommend the athlete to change the attire, if it doesn't meet the IFBB

standards.

Article 8 – Prejudging: Assessing and Scoring of the Elimination Round

8.1 Assessment of the Elimination Round:

The same criteria used in judging Round 1 (see Article 10) will be used in judging of the Elimination Round.

1. At this time, the judges will be assessing the competitor's upper body for the degree of proportion, symmetry, muscle size and quality (density, separation, definition) as well as skin tone. The scoring for the Elimination Round will proceed as follows:

8.2 Scoring of the Elimination Round

The scoring for the Elimination Round is carried out as follows:

1. If there are more than 15 competitors, the judges will select the top 15 by placing an "X" beside their numbers, using Form 1, entitled "Elimination Round (Judges)".
2. Using Form 2, entitled "Elimination Round (Statisticians)", the statisticians will transcribe the judge's selections onto this sheet and will then tally the judge's scores to select the top 15 competitors.
3. If there is a tie between two or more athletes at the 15th place, the tied athletes will be brought back onstage, and will once again be directed through the four mandatory poses for the purpose of breaking the tie.
4. Only the top 15 competitors will advance to Semifinals (Round 1).

Article 9 – Prejudging: Presentation of Round 1 (Comparisons in Mandatory Poses)

Round 1 may not be held if there are 6 or less competitors in a category. Decision will be made by the Chief Judge and will be announced after the Official Athlete Registration.

9.1 Round 1 will proceed as follows:

1. All 15 semifinalists will form a single line and in numerical order.
2. The line-up will be divided into two equal-size groups and will be positioned onstage so that one group is to the left of the stage; the other group is to the right of the stage. The center portion of the stage will be left open for comparison purposes.
3. In numerical order, and in groups of no more than eight competitors at a time, each group will be directed to center-stage area to perform the following initial four Mandatory Poses:
 - a. Front double biceps
 - b. Side chest
 - c. Back double biceps
 - d. Abdominal

This initial grouping of competitors and performance of the four Mandatory Poses is intended to assist the judges in determining which competitors will take part in the comparisons of the seven Mandatory Poses. Detailed description of the Men's Wheelchair Bodybuilding Mandatory Poses is provided in **Appendix 1** to this Section.

4. All judges will be asked now to submit individual propositions for the first comparison of the top five athletes to the IFBB Chief Judge. Chief Judge will analyze propositions submitted by all of the panel judges and, based on them, he will form the first comparison with competitors most often proposed by the panel judges, what means that these competitors are the best in the line-up. The number of athletes to be compared will be determined by the Chief Judge but no less than three and no more than eight competitors will be compared at any one time.

Then the judges may be asked to submit individual propositions for the second comparison of the next five athletes, included competitors placing in the middle of the group. Then the third comparison will be formed by the IFBB Chief Judge, with competitors to be placed in the rearmost part of the group of 15 semifinalists.

All competitors will be called out one time at least. The total number of comparisons will be decided by the IFBB Chief Judge.

5. All comparisons will be carried out center-stage.

6. In Round 1 individual comparisons, formulated by the IFBB Chief Judge, competitors are directed to perform the following seven Mandatory Poses:

- a. Front double biceps
- b. Front lat spread
- c. Side chest
- d. Back double biceps
- e. Back lat spread
- f. Side triceps
- g. Abdominals

7. Upon completion of the last comparison, all competitors will return to their places in a line-up and will stay on the stage.

Article 10 – Prejudging: Scoring of Round 1

10.1 Scoring of Round 1:

The scoring for Round 1 will proceed as follows:

1. Using Form 3, entitled “Judge’s Individual Placings (Prejudging)”, each judge will award each competitor an individual placing from 1 to 15, ensuring that no two or more competitors receive the same placing. The judges may use Form 4, entitled “Judge’s Personal Notes” to record their assessment about each competitor.

2. The statisticians will collect Form 3 from the judges and will then transcribe each judge’s placings onto Form 5, entitled “Score Sheet (Statisticians)”. They will then discard two highest and two lowest scores (if nine judges) or one highest and one lowest (if less than nine judges) for each competitor, and will add up the remaining scores to produce a “Round 1 Subscore” and a “Round 1 Place”. The competitor with the lowest subscore is awarded 1st place while the competitor with the highest subscore is awarded 15th place.

3. Should a tie occur in the “Round 1 Subscore”, the tie will be broken using the “Relative Placement” method.

Note: The Relative Placement Method procedure:

Each individual judge’s scores for the tied athletes will be compared on a column-by-column basis with a dot being placed on top of the number for the athlete with the lower placing. All nine regular panel judge’s scores will be included in the tie breaking calculations. The number of dots will be tallied for each of the tied athletes. The athlete with the greater number of dots will be declared the winner of the tie and will then receive the better placing.

4. The scores for the Prejudging will be used to place the top 15 competitors from 1st place to 15th place. The top 6 competitors from the Prejudging will advance to the Finals and will start the Finals with zero points.

5. The top 6 finalists will be announced just after the Prejudging, These top 6 finalists will stay on the stage, while the other competitors will leave the stage at this moment.

Article 11 – Assessing of the Elimination Round, Round 1 and Round 2 (Comparisons in Mandatory Poses)

11.1 General:

When assessing a competitor's upper body, a judge should follow a routine procedure which will allow a comprehensive assessment of the upper body as a whole. During the comparisons of the mandatory poses, the judge should first look at the primary muscle group being displayed. The judge should then survey the whole upper body, starting from the head, and looking at every part of the physique in a downward sequence, beginning with general impressions, and looking for muscular bulk, balanced development, muscular density and definition.

The downward survey should take in the head, neck, shoulders, chest, all of the arm muscles, front of the trunk for pectorals, pec-delt tie-in, abdominals and waist. The same procedure for back poses will also take in the upper and lower trapezius, teres and infraspinatus, erector spinae.

A detailed assessment of the various muscle groups should be made during the comparisons, at which time it helps the judge to compare muscle shape, density, and definition while still bearing in mind the competitor's overall balanced development. The comparisons of the Mandatory Poses cannot be overemphasized as these comparisons will help the judge to decide which competitor has the superior physique from the standpoint of muscular bulk, balanced development, muscular density and definition.

11.2 Assessing the Male Physique:

In assessing prejudging, overall shape and that of the various muscle groups is important. The judge should favour competitors with a classic upper body. The judge should look for good posture and athletic bearing, correct anatomical structure (including body framework, broad shoulders, high chest, correct spinal curves, limbs and trunk in good proportion).

The judge should also look for good skin tone with an absence of surgical or other scars, spots, acne or tattoos, which the IFBB considers as a skin blemish, tidily dressed hair. When having difficulty in placing two or more competitors who seem to be on the same level, the judge should look for faults in those aspects listed above which will help to differentiate among the competitors.

Detail description of the men's wheelchair bodybuilding Mandatory Poses may be found in **Appendix 1** to this Section.

Article 12 – Finals

12.1 The procedures for the Finals:

The top 6 athletes from the Prejudging advance to the Finals, which consists of two rounds as follows:

1. Round 2: Mandatory Poses and Posedown
2. Round 3: Posing Routines

12.2 The attire for Round 2 will conform to the same criteria as for Round 1 (see Article 6).

Article 13 – Finals: Presentation of Round 2 (Mandatory Poses and Posedown)

13.1 Presentation of Round 2:

Round 2 will immediately follow Round 1. The procedures for Round 2 will be as follows:

1. The top 6 finalists will be positioned in the center of the stage. Each finalist will be introduced by number, country and name.
2. The top 6 finalists will perform the 7 Mandatory Poses, as a group and at the same time. After the 7th pose, the Chief Judge will reverse the order of the competitors and will repeat the seven Mandatory Poses once again. This part of Round 2 will be scored.
3. As soon as the Mandatory Poses are completed, the IFBB Chief Judge will call for a 30- to 60-second Posedown to music of the Organizer's choice. This part of Round 2 will not be scored.
4. After the Posedown, the top 6 finalists are reformed into a single line, in numerical order, on the right or left side of the stage.

Article 14 – Finals: Scoring of Round 2

14.1 Scoring of Round 2:

The scoring for Round 2 will proceed as follows:

1. The judges, using Form 6, entitled "Judge's Individual Placings (Finals)", and using the same criteria for judging as used during the Prejudging, will place the competitors from 1st to 6th, giving no two athletes the same placing.
2. The statisticians will collect Form 6 from the judges and will then transcribe each judge's placings onto Form 5, entitled "Score Sheet (Statisticians)". They will then discard two highest and two lowest scores (if nine judges) or one highest and one lowest (if less than nine judges) for each competitor, and will add up the remaining scores. These scores **will be multiplied by 2** and will be recorded in the column marked "Round 2 Subscore". Points from the Prejudging (Round 1) are not taken into consideration in the Finals. Each competitor begins the Finals with "zero points".
3. Ties in the "Round 2 Subscore" need not be immediately broken, as the "Round 2 Subscore" will be added to the "Round 3 Subscore" to produce a "FINAL SCORE".

Article 15 – Finals: Assessing of Round 2

15.1 Assessing of Round 2

The same criteria used in judging Round 1 (see Article 10) will be used in this round. More details in **Appendix 1** to this Section.

Article 16 – Finals: Presentation of Round 3 (Posing Routines)

16.1 Procedures:

Round 3 will immediately follow Round 2. Round 3 will proceed as follows:

1. Each of the top 6 finalists, in numerical order, will perform an individual posing routine to music of his choice, up to a maximum of 60 seconds. This round will be scored.
2. The use of props is prohibited.
3. The attire for Round 3 is training pants, which must conform to the same criteria as for the other rounds (see Article 6).

Article 17 - Finals: Scoring of Round 3

17.1 The scoring for Round 3 will proceed as follows:

1. Using Form 6, entitled "Judge's Individual Placings (Finals)", each judge will mark the competitors in placings of 1 through 6, and will not give more than one athlete the same placing.
2. The judges may use Form 4, entitled "Judge's Personal Notes", to write notes about the athletes.
3. The statisticians will collect Form 6 from the judges and will then transcribe the judge's placings onto Form 5, entitled "Score Sheet (Statisticians)", under the Finals section, Round 3. They will then discard two highest and two lowest scores (if nine judges) or one highest and one lowest (if less than nine judges) for each competitor, will add up the remaining five scores and will write the total under the column marked "Round 3 Subscore".
4. They will then add the "Round 2 Subscore" and the "Round 3 Subscore" to produce a "FINAL SCORE". Points from the Prejudging (Round 1) are not taken into consideration in the Finals. Each competitor begins the Finals with "zero points". They will then record a placing for each competitor under the column marked "FINAL PLACE". The competitor with the lowest "FINAL SCORE" is awarded 1st place while the competitor with the highest "FINAL SCORE" is awarded 6th place.
5. Ties in the "Round 3 Subscore" need not be immediately broken, as the "Round 3 Subscore" will be added to the "Round 2 Subscore" to produce a "FINAL SCORE".
6. Should a tie occur in the "FINAL SCORE", the tie will be broken using the Round 2 Subscores. If a tie still exists, the "Relative Placement Method" will be used and the athlete's "Round 2 Subscore" (see Article 9, point 3).

Article 18 – Finals: Assessing of Round 3

18.1 Round 3 will be assessed using the following criteria:

1. In the Finals, the judges will be assessing each competitor on how well they display their physique to music. The judge will look for a smooth, artistic, and well-choreographed routine which may include any number of poses; however, the mandatory poses must be included.
2. The judges are reminded that, during this round, they are judging 50% physique and 50% routine.

Article 19 – Finals: The Awarding Ceremony

19.1 Awarding Ceremony:

The top 6 finalists will be called onstage to take part in the award ceremony. The Master of Ceremonies will announce the number, name and country of the competitor in 6th place and will continue to the competitor in the 1st place.

The President of the IFBB, or the top IFBB official at the contests, accompanied by the other official(s) invited by him to take part in this Ceremony, will present the IFBB Medals and/or trophies to the winners.

The national anthem (short version) of the country of the 1st place winner will be played immediately following his receipt of the 1st place award(s).

After the national anthem, the finalists are obliged to remain onstage for a brief period of time for photographic purposes, and to follow the IFBB Chief Judge or Stage Director commands. During the Awarding Ceremony, competitors are not allowed to display their country's flag.

Competitors are expected to accept their places, medals and/or awards and to take part in the Awarding Ceremony to its end (photo session). Competitor, who ostentatiously

manifests his disapproval and/or leave the stage prior to the end of the Awarding Ceremony, may be disqualified.

Detailed description of the Awarding Ceremony is available in Section 1: General Rules, Article 16.

APPENDIX 1: DETAILED DESCRIPTION OF THE WHEELCHAIR BODYBUILDING SEVEN MANDATORY POSES

1.1 MEN'S WHEELCHAIR BODYBUILDING MANDATORY POSES:

1. Front Double Biceps (see Figure 1)

Sitting on his wheelchair, face front to the judges, the competitor will raise both arms to shoulder level and bend them at the elbows. The hands should be clenched and turned down so as to cause a contraction of the biceps and forearm muscles, which are the main muscle groups that are to be assessed in this pose. In addition, the competitor should attempt to contract as many other muscles as possible as the judges will be surveying the whole upper body, from head to hips.

The judge will first survey the biceps muscles looking for a full, peaked development of the muscle, noting whether or not there is a defined split between the anterior and posterior sections of the biceps, and will continue the head-to-toe survey by observing the development of the forearms, deltoids, pectorals, pec-delt tie-ins and abdominals. The judge will also look for muscle density, definition, and overall balance.

2. Front Lat Spread (see Figure 2)

Sitting on his wheelchair, face front to the judges, the competitor will place the open hands, or clenched fists, against, or gripping, the lower waist or obliques and will expand the latissimus muscles. At the same time, the competitor should attempt to contract as many other frontal muscles as possible.

The judge should first see whether the competitor can show a good spread of the latissimus muscles, thereby creating a V-shaped torso. Then the judge should continue with the head-to-hips survey, noting first the general aspects of the physique and then concentrating on the more detailed aspects of the various muscle groups.

3. Side Chest (see Figure 3)

Sitting on his wheelchair, the competitor may choose either side for this pose, in order to display the "better" arm. He will sit with his left or right side towards the judges and will bend the arm nearest the judges to a right-angle position, with the fist clenched and, with the other hand, will grasp the wrist. The competitor will then expand the chest and by upward pressure of the front bent arm and contract the biceps as much as possible.

The judge will pay particular attention to the pectoral muscles and the arch of the rib cage, the biceps, and will conclude with the head-to-hips examination.

4. Back Double Biceps (see Figure 4)

Sitting on his wheelchair, with his back to the judges, the competitor will bend the arms and wrists as in the Front Double Biceps pose. He will then contract the arm muscles as well as the muscles of the shoulders, upper and lower back.

The judge will first survey the arm muscles and then do the head-to-hips survey, during which there are more muscle groups to look at than in all of the other poses. This includes the neck, deltoids, biceps, triceps, forearm, trapezius, teres, infraspinatus, erector spinae, external obliques and latissimus dorsi. This pose, probably more than the others, will help

the judge to determine the quality of the competitor's muscle density, definition, and overall balance.

5. Back Lat Spread (see Figure 5)

Sitting on his wheelchair, with his back to the judges, the competitor will place his hands on his waist with his elbows kept wide. He will then contract the latissimus dorsi as wide as possible.

The judge will look for a good spread of the latissimus dorsi, but also for good muscle density and will again conclude with the head-to-hips survey.

6. Side Triceps (see Figure 6)

The competitor may choose either side for this pose so as to show the "better" arm. Sitting on his wheelchair, with his left or right side towards the judges, he will place both arms behind his back, either linking his fingers or grasping the front arm by the wrist with his rear hand. The competitor will exert pressure against his front arm, thereby causing the triceps muscle to contract. He will also raise the chest and contract the abdominal muscles.

The judge will first survey the triceps muscles, and conclude with the head-to-hips examination.

7. Abdominals (see Figure 7)

Sitting on his wheelchair, face front to the judges, the competitor will place both arms behind the head. He will then contract the abdominal muscles by "crunching" the trunk slightly forward.

The judge will survey the abdominal muscles, and then conclude with the head-to-hips examination.

APPENDIX 2

PICTURES OF THE SEVEN WHEELCHAIR BODYBUILDING MANDATORY POSES