

# **Form Activity Handout: Body Building**

(CSU, Northridge, KIN 428, Spring 2002, Ron Jones & Tim Flora)



**Reflection & Introduction:** (Ron Jones) I had never attended a body building competition before this assignment nor investigated the sport of bodybuilding. With the help of two personal friends who informed me about the event and took me along, I attended the 2002 MetRx Worldwide Ironman Pro Invitational; it was quite an experience, and I learned a great deal from getting personally involved (Mary & Gary Williams personal communication with Ron Jones, February 16, 2002). By the end of the show, I had gained an understanding of basic posing, the judging process, and learned to appreciate the dedication these athletes have to their difficult sport. The primary differences between pro and amateur bodybuilding is that pro competitions are “open class” with no weight divisions and the athletes are higher quality. The 2002 MetRx event was sanctioned by the International Federation of BodyBuilders—one of the main sanctioning bodies of bodybuilding. *The IFBB 2001 Amateur Rulebook was the primary source used for this report. The following report relates to “international amateur competitions.”*

## **Background Information**

**Categories:** There are junior, senior, and master categories in both male and female classifications.

- Junior Men and Women: lightweight, middleweight, and heavyweight.
  - Junior=under 21 years of age
- Senior Women: lightweight, middleweight, and heavyweight.
- Senior Men: bantamweight, lightweight, welterweight, middleweight, light-heavyweight, and heavyweight.
- Master Men 40-49: lightweight and heavyweight
- Master Men 50+: open category
- Master Women: open category
  - Master Women=35 years of age or older
- Master Mixed Pairs: open category
- Women’s Fitness (junior & senior): up to 160 cm, up to 167 cm, and over 167 cm.

**Judges & Officials:** IFBB judges must progress sequentially through the ranks from the state level to national to eventually professional level competitive judging. The following officials are mandatory for international competition: chief judge, judge’s secretary, nine judges from as many countries as possible, two statisticians, time keeper, chief marshal and appropriate number of assistants, and a master of ceremonies or announcer.

### **Judging Rounds:**

1. Prejudging Elimination: If more than 15 competitors are present, a prejudging round is held to eliminate extra participants. Only four

- compulsory poses of front double biceps, side chest, back double biceps, and abdominals and thighs will determine who proceeds to the next round. There is NO music during this round.
2. **Prejudging:** The 15 finalists will perform the “seven compulsory poses” listed in the next section. There is NO music during this round.
  3. **Finals:** The top 6 will perform a “free posing routine” individually to music of their choice for a time span of 60 seconds (men), 90 seconds (women), or two minutes (mixed pairs). As a group, the finalists will perform the seven compulsory poses immediately followed by a posedown to music of the organizer’s choice. Only the free posing and compulsory poses are judged.

**Aesthetic Assessment:** “A judge should follow a routine procedure which will allow a comprehensive assessment of the physique as a whole. During the comparisons of the compulsory poses, the judge should first look at the primary muscle group being displayed. The judge should then survey the whole physique, 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, all of the arm muscles, front of the trunk for pectorals, pec-delt tie-in, abdominals, waist, thighs, legs, calves, and feet. The same procedure for back poses will also take in the upper and lower trapezius, teres and infraspinatus, erector spinae, the gluteus group, the leg biceps group at the back of the thighs, calves, and feet. A detailed assessment of the various muscle groups should be made during the comparisons, at which time it helps the judge to compare the muscle shape, density, and definition while still bearing in mind the competitor’s overall balanced development. The comparisons of the compulsory poses cannot be over-emphasized as these comparisons will help the judge to decide which competitor has the superior physique from the standpoint of the muscular bulk, balanced development, muscular density and definition” (IFBB 2001 Amateur Rulebook, Appendix 2, 1:1, General, page 36).

### ***The Competition & Criteria for Determining Success***

**Show Prep:** Athletes go through various measures before the actual competition to make their bodies look more aesthetically pleasing to the judges. Some diet manipulations begin a couple of weeks before the competition. Bodybuilders go with almost a total protein diet right before the event. The process of protein degradation is dehydrating; dehydration pulls the skin closer to the muscles so there is more muscular definition. They also go through a fluid dehydration to get the above effect although too much dehydration can decrease the enhancement of muscle definition—some hydration balance must be present for optimal results. Oils are also used to enhance muscularity along with tanning or bronzing agents. The amount of oils and bronzing used are adjusted for the individual’s

natural skin color. Excessive oils are illegal and will actually decrease aesthetics of muscularity.

**Compulsory Poses:** There are seven compulsory poses that are primary sources of scoring during prejudging and final rounds.

1. front double biceps
2. front lat spread (men only)
3. side chest
4. back double biceps
5. back lat spread (men only)
6. side triceps
7. abdominals and thighs

**Key Elements:** Judges evaluate muscle shape, density, and definition while still bearing in mind the competitor's overall balanced development. Bodybuilders also refer to the key elements as "size, symmetry, and shape."

### **Other Interesting Bodybuilding Factoids, Aspects, & Information**

**Psychology:** Bodybuilders only perform part of the competition individually. Some parts are performed in small groups. When they all pose together, competitors jostle for space and also seem to be trying to intimidate the other competitors. Each competitor wants the best possible angle and appropriate space to show off their own muscularity.

**Mr. Olympia "Sandow" Trophy:** This is the pinnacle event of bodybuilding at the largest and most prestigious bodybuilding competition—Mr. Olympia (Darin Novak personal communication with Tim Flora, February 24, 2002). The Sandown Trophy is named after the first modern bodybuilder Eugen Sandow born in Prussia (now Germany) in April of 1867. Sandow began his career as a strongman in the sideshow.

**Web Links to Bodybuilding & Our References:** You can access key bodybuilding website links on Ron Jones' personal website.

- Ron's web page for CSUN KIN 428 is: [www.ronjones.org/csun428.htm](http://www.ronjones.org/csun428.htm)

### **References**

Anderson, R. Christian. (1998-2001). *The Life of Eugen Sandow*. Retrieved March 10, 2002, from <http://www.sandowmuseum.com/index.html>

International Federation of Bodybuilding. (2001 Edition) *Amateur Rules Bodybuilding*. Retrieved February 1, 2002, from <http://www.ifbb.com/amarules/Body.pdf>