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Bodybuilding



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General Information

Guiding Bodies

World Police and Fire Games Federation (WPFGF)
7944 Convoy Ct., # 107, San Diego, CA 92111
Tele. (858) 579919 FAX: (858) 571641
E-mail: 4info@cpaf.org

International Federation of Bodybuilding and Fitness c/Dublin, n^o 39
28032 Europolis, Las Rozas, Madrid, Spain
Phone: +34 91535 28 19 Fax: +34 91636 12 70
E-mail: headquarters@ifbb.com

Venues

The MET

Entry Deadline

July 15, 2023

Events Information

Women's Physique

- Age Categories
 - 18 - 29, 30 - 39, 40 - 49 & 50+
- Height Categories
 - Up to & including 1.63m (5'4")
 - Over 1.64m (5'4")

Women's Bikini Fitness

- Age Categories
 - 18 - 29, 30 - 39, 40 - 49 & 50+
- Height Categories
 - Up to & including 1.63m (5'4")
 - Over 1.64m (5'4")



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Men's Bodybuilding

- Age Categories
 - 18 - 29, 30 - 39, 40 - 49 & 50+
- Height Categories
 - Up to & including 1.65m (5'5")
 - Over 1.65m and up to 1.72 (5'8")
 - Over 1.72m and up to 1.79m (5'10")
 - 1.80m (5'11") & Over

Men's Physique

- Age Categories
 - 18 - 29, 30 - 39, 40 - 49 & 50 +
- Height Categories
 - Up to & including 1.65m (5'5")
 - Over 1.65m and up to 1.72 (5'8")
 - Over 1.72m and up to 1.79m (5'10")
 - 1.80m (5'11") & Over

Note: A competitor has the option to compete in a younger age division but must ~~submit~~ **submit** his or her application prior to ~~check~~ **check** at the Accreditation Centre and will not change after that.

Height/age class must be declared on the application prior to ~~check~~ **check**

MEDICAL

Medical assistance and basic medical supplies will be available ~~at the~~ **at the** venue.

Communications will be available at the venue and preparations made in case it is necessary to summon emergency services.

Competition Format

Scheduling

Bodybuilding is a 1 day event. See [Sport Schedule](#) for details.



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Awards

Medals are awarded First through Third Place (1strd).

Sport Rules

Scoring / Judging

Scoring: The judgement of the Bodybuilding will have a common format at all levels of the competition. The Event Director will provide adequate seating area for all judging panels and will prevent photographers or the press from intruding upon, or interfering with the judging process.

Pre-Judging: The number of entrants in an event will determine whether or not prejudging will be used. If the officials determine prejudging will be used, then it is a mandatory phase of judging for those affected.

Finalist Selection: Final competitors shall be chosen from the prejudging. Only those competitors who are in the top five (5) in each age and height class will be allowed to go on to the final judging.

Posting finalists' Names: The Sport Coordinator will POST THE NAMES OF ALL FINALISTS IMMEDIATELY AFTER PREJUDGING.

Judging Procedure

The actual judging will 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 will be compared. Standard poses will be used for this phase, and the judges may shift the positions of the contestants in order to facilitate such comparisons.



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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: The same three-step process as used in the prejudging will be used in the finals. At the completion of the final 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.

Sport Rules

Check In Procedures

Check-in will start on time as specified on the Confirmation Letter or Bodybuilding information distributed at the Accreditation Centre.

Checking in will be private and the contestants will be allowed in one at a time. The check room(s) will be private, and persons allowed in will be the competition judges (who will be conducting the check-in procedures), the contestant and their coach/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 the 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 the contestants will be of a solid colour, opaque and non-reflective, devoid of embroidery, stripes or other embellishments in good taste. For males, no boxer shorts or training shorts are permitted. For females, posing outfits will consist of a two-piece bikini



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style suit. Agency initials are not to appear on any apparel worn during the prejudging or the finals.

Cosmetics may be used in the competition. Men may use body oils and body colouring agents. Women may use body oils, body colouring agents and may display painted nails. The attire worn during the check-in procedure will be at the discretion of the competitor; however, prejudging will begin after the completion of the check-in for men's events.

Music

Music is to be furnished on a compact disk (CD) by competitors and will be used in the finals only. Contestants will 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.

Musical selections will be limited to 60 second durations.

Requirements for Contestants

Competitors will cooperate with, and follow the directions of, the Head Judge and the Sport Coordinator (Event Director) to ensure 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 WPFGE Rules
2. Use of alcohol/drugs, or other intoxicants before or during competition
3. Attempts to influence judges or event personnel
4. The only personnel allowed in the warm up area are the WPFGE Director for Bodybuilding, the Sport Coordinator, judges, expeditors, runners, the announcer, scorekeepers and the competitors with one coach each.

Participant Conduct

Any serious violation of conduct, such as fighting or violence toward another participant or officials will result in the participants immediate disqualification from the competition. The sport coordinator shall immediately notify the WPFGE, who will investigate each incident to determine if additional discipline will be imposed.