



## OFBB Rules Body-Building

### I. GENERAL RULES

#### I. a Requirement

To participate you have to be in championship-form in the sense of the Body-Building-Sport. The organizer or the authorized person can deny the participation, if your body is not in championship-form

#### I. b Right of participation

The competition is open to persons of Swiss and other nationalities.

#### I.c Registration

The deadline for registration is 14 days before the competition. The registration must be completed by online-form . You can fill it out under [www.ofbb.ch](http://www.ofbb.ch).

#### I.d Sign in

The participants will be given a place and a person to check in with. Participants must register on time at the location specified by the organizer. The participants must be there within the 90 minute-window given from the organizer.

The athletes have to appear at the sign-in with their personal trainer. Only one trainer is allowed per athlete.

All athletes registered must have their music-CD, if they are it is required for their category/class.

### II. CATEGORIES

- II. a Women fitness – figure (see page 3)
- II. b Women body-building (see page 4)
- II. c Juniors (see page 6)
- II. d Men body-bukilding Classic (Athletic) (see page 6)
- II. e Men over 40 (see page 7)
- II. f Men Body-Building by size (see page 7)
- II. g Men Body-Building X-Fresh Muscle Swiss Pro (any weight-class) (see page 9)

### III. ELIMINATION ROUND

If they are more than 15 participants per category, the main-judge can carry out an elimination-round. The assessment begins with the numerical list of all participants. After the viewing of the front and back, the athletes are put into groups of 5 participants. The athletes show the 4 body-turnings movements clockwise, instructed by the judge. The results of this judging narrow down to the maximum of 15 participants qualified for the primaries.



**IV. INSTRUCTIONS**

Jewelry has to be removed before you go on stage.  
 These are watches, amulets, necklaces  
 Ear rings or studs are allowed. Wearing of rings on your left ring finger is of course allowed. All other rings on the fingers must be removed.

The moderate use of oil or creme is allowed.

Drinking on stage is not allowed.

The participants leave the stage only on the instructions of the jury.  
 Participants must follow the directions given by the jury and the technical staff  
 Participants not following the directions of the jury and the technical staff will be disqualified.

**V. JURY AND EVALUATION**

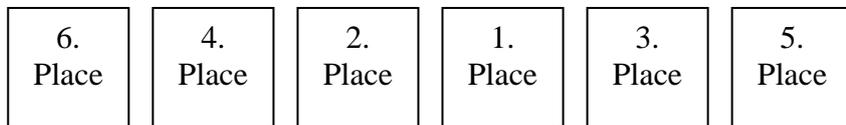
The jury is made of 5 judges or referees.  
 Each participant will receive under the assessment criteria in each round by the judges a place digit.  
 For a 1st Place the number 1 place, for a 2nd Place the place number 2, etc.  
 The best and worst place digits are deleted, the remaining place points added. The athlete with the lowest sum is the winner.

**VI. DISOBEYING THE INSTRUCTIONS**

- a) In case of repeated violation of the orders of the jury, tehcnical staff, the main judge, and repeated incorrect implementation of mandatory poses or any kind of behavior that disrupts the orderly conduct of the competition, can be punished with a maximun penalty award or disqualification
- b) Complains can be filed to the Chief judge or to the Chief of Competition judge.

**VII. FINALIST PRESENTATION CEREMONY**

You are expected to show good sportmanship at the ceremony. Take your correct place on the stage.  
 Starting with the 6 Place, which is seen from the audience is left outside. 5th Place right outside, 4 Place inside next to the sixth, 3 Place inside next to the fifth, 2 Place in the middle left, 1 Place in the center right.



competition judge

Audience



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## II. a Women Fitness Figure

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### Attire

Bikini black – one-piece-bathing-suit – perhaps bathing-suit in an other color – shoes – no music-CD

Every participant, has to wear a clean, smooth, shiny, black Bikini, if she is in the I. Eliminations-round, (see page 1).

In the round 1 (preliminary) is also with a black bikini.

In the round 2 (intermediary) you wear a one-piece bathing-suit. Material and colour you can choose. The plunging backline can be open. During the competition the hair is not allowed to cover parts of the body, like shoulders and back. Strings are allowed.

In the round 3 (final) you can choose another different colored bikini. Jewlery, like necklaces, amulets or watches can not be worn on the stage.

In the rounds 1, 2 and 3 you wear shoes heel high, soles maximum 1 cm (no platform-shoes).

### Division

There is only one women figure class.

### Evaluation - Judgment

Symmetry, harmony, proportion, overall impression, feminine appearance, general body care, feminine aesthetics, sporty, athletic appearance.

A good form is required. Extreme muscularity, extreme vascularity and extreme muscle tone, as in the body-building women's classes lead to poor evaluation.

### PRELIMINARY

#### Round 1 - Line up and comparisons (clothing – black bikini)

After setting up of the participants in numerical order, all participants stated by the speaker's, turn in a clockwise direction (ie to the right) first to the back view and then back to the starting position to the front.

**Posture in the line up:** closed feet, stand up straight, head upright, align gaze straight, keep arms parallel to the body, elbows slightly bent, do not poses (not even a hint of a pose)!

Side view: legs parallel, feet closed, arm position parallel to the body, elbows can be slightly bent, hands in the thighs, look straight ahead. No rotation of the upper body.

After the line up all the participants come back to the stage background. Then the referee to call three to five participants together for comparisons to the stage.

Starting with the front view of the assets declared by the speaker's, turn clockwise to the first side view on the left, then to the back view, side view on to the right and finally back to the starting position to the front.

Each participant must be called at least once.



**Round 2** - compulsory poses and comparisons (one-piece bathing suit clothing)  
 Evaluation criteria as in Round 1 with a special focus on the overall impression of balanced proportions and symmetry

**4 compulsory poses:**

- Double front biceps open (hands open)
- Lateral chest biceps pose
- Rear double biceps open (hands open)
- Side Chest - Triceps Pose

**EVENING EVENT - FINALE**

**Round 3 - Line up without comparisons (one-piece bathing suit clothing)**

The athletes will work together in numerical order, led to the stage and presented. After this proceed as in round 1. Evaluation criteria as in Round 1 with a special focus on the overall impression of balanced proportions and symmetry  
 After that time, the athletes according to the instructions of the chief judge take a few steps back. Now the 6 best athletes are announced – the finalists. The finalists leave the stage, so the athletes, which did not reach the finals can be honored seperatly.

**Round 4** (clothing bikini color but arbitrary)

Only the finalists for Round 4 admitted.  
 The finalists are jointly conducting the 4 body rotations as stated by the speaker in a clockwise direction.  
 During the Posedown (30 seconds) any arbitrary poses are shown.  
 After that is the award ceremony

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**II. b Women Body-Building**

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**Paraphernalia**

Bikini Monochrome / Music CD

Each participant has to wear, to the elimination round (see I. elimination round, page 1), a clean, smooth, bright-colored bikini. Strings are allowed

**Division**

There is only one female body-building class

**Review guidelines / assessment**

- General: - General overall impression of the athletic body
- The muscle groups should be evenly proportioned and have a low body fat percentage.
  - There are deep muscle incisions and / or muscle divisions to be understood.
  - The healthy state of the skin and skin tone are assessed.
  - The referee makes in his assessment of the entire presentation, such as general care and charisma, of the athlete, from the moment of entering the stage until the moment exiting the stage.

**The evaluation criteria are listed according to their order of importance.**



Freestyle: Acceptable is any pose that shows in any way the body development. The Posing can also include dance and gymnastic elements. The program should show the poses flow into one another.

Particularly important are clean execution of the individual poses and their variations, an optimal utilization of the free program in accordance with the given equipment, converting even the music in movement, transitions in the various poses, movement in general, creativity in the design of the free program, facial expression (no distorted grimaces). It assesses the total income pressure of the performance, taking account of muscularity, proportion, muscular development and aesthetics.

## Intermediary

### Rounde 1 - Line-up

The assessment begins with the setting up of the participants in numerical order. Starting with the front view of all participants rotate clockwise as stated by the speaker back to first view and then back to the starting position to the front.

**Demeanor:** closed feet, stand up straight, head upright, straighten view, no muscle contractions, elbows slightly bent, no posing (not even a hint)!

### Round 2 – Comparison Posing

All participants come back to the stage background. Each judge can now call out 2-5 athletes to compare them in the 5 compulsory poses. Each participant must at least be called once.

#### Compulsory poses

- 1st Pose - front double biceps
- 2nd Pose - Side Breast pose
- 3rd Pose - double biceps back page
- 4th Pose - Side Tricepspose
- 5th Pose - belly and legs (arms behind the head)

### Round 3

Each participant then shows her posing routine from 60 to 90 seconds

## EVENING EVENT - FINALE

### Round 4 Single posing

Each participant shows her posing routine from 60 to 90 seconds.

### Round 5 compulsory poses

In the final the winner is determined. All the participants appear on the stage. The top six participants of each class are qualified for the finale. After the award, the non-qualified athletes leave the stage. The 6 finalists are jointly conducting the 5 compulsory poses. Comparisons are only performed in a tie.



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## II. c Youth / Juniors

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### Paraphernalia

Posing outfit monochrome / Musik CD

### Division

There is only one Youth / Juniors class

### Review guidelines / assessment

See Men's Body-Building Page 7

A youth / juniors must be under 22 years old in this current calendar Year.

Juniors can be in the men's class or in the Body Fitness class.

Double-offs are not possible.

Otherwise, the same rules apply as in the Men's Body-Building Class. If (see page 7)

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## II. d Mens Body-Building Classic ( Athletic )

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### Paraphernalia

Posing outfit monochrome / Music CD

### Division

There is only one Body-Building Classic (Athletic) class.

The classification according to the following body index formula:

**Height minus 100 + 2 kg = match weight**

Example: Height = 174 cm (174 - 100) = 74 kg + 2 kg = 76 kg

Example: Height = 181 cm (181 - 100) = 81 kg + 2 kg = 83 kg

An athlete with a height of 174 cm for example, may not weigh more than 76 kg.

### Review guidelines / assessment

See Men's Body-Building Page 7

The same provisions as in the Men's Body-Building Class.



## II. e Men over 40

Paraphernalia

Posing outfit Monochrome / Music CD

Division

There is only one men over 40 body-building class.

Participants apply as seniors if they are 40 years old in the current calendar Year. Seniors can be also in the men's class. Double-offs are not possible.

Review guidelines / assessment

See Men's Body-Building Page 7

The same provisions as in the Men's Body-Building Class. (See page 7)

## II. f Men's Body-Building by size

**Paraphernalia**

Posing outfit Monochrome/ Musik CD

**Division**

by Size:

- Class I over 179 cm
- Class II up to and including 179 cm
- Class III up to and including 172 cm

**The classes could be merged by the organizers.**

**Review guidelines / assessment**

General:

- General masculine, athletic overall impression of the body
- The muscle groups should be evenly proportioned and have a low body fat percentage.
- There are deep muscle incisions and / or muscle divisions to be understood.
- The healthy state of the skin and skin tone are assessed.
- The judge/referee makes in his assessment of the entire presentation, such as general care and charisma, athlete's preliminary prospectus, from the moment of entering the stage until the moment exiting the stage.

**The evaluation criteria are listed in order of importance.**

Freestyle: Acceptable is any pose, which shows in any way the body development. The Posing can also include dance and gymnastic elements. The program should show the poses flowing into one another.

**Particularly important are** clean execution of the individual poses and their variations, an optimal utilization of the free program in accordance with the given equipment, music



in movement, transitions in the individual poses, movement in general, movement reacting as a whole, creativity in the design of the free program, facial expression (no distorted grimaces). Reviewed is the overall impression of the performance, taking account of muscularity, proportion, muscular development and aesthetics.

## Intermediary

### Round 1 - Line up

If there is no elimination round necessary (see I. elimination round, page 1) assessment starts with the setting up of participants in the class in numerical order. Starting with the front view of all participants rotate clockwise as stated by the speaker back to first view and then back to the starting position to the front.

**Demeanor:** closed feet, stand up straight, head upright, straighten view, no muscle contractions, elbows slightly bent, Posing is not allowed.

### Round 2 – Comparison posing

All participants step to the back of the stage. Each judge can now compare athletes by calling out 2-5 athletes in the 7 compulsory poses. Each participant must at least be called once.

#### Mandatory poses -

**1st Pose - front double biceps**

**2nd Pose - front lat**

**3rd Pose - Side Breastpose**

**4th Pose - double biceps back page**

**5th Pose - latissimus dorsal**

**6th Pose - Side Tricepspose**

**7th Pose - belly and legs (arms behind the head)**

**Demeanor:** All muscle groups should be tense pose in each.

### Round 3 – Freestyle

Each participant presents his posing routine should last for about 60 seconds.

## EVENING EVENT - FINALE

### Round 4 – Freestyle single posing

Each participant presents his posing routine. After 60 seconds, the music stops, and the athlete must then immediately leave the stage.

### Round 5 - compulsory poses – Posedown class win

In the final, a winner will be definitively determined. All the participants appear on the stage. The top six participants of each class are qualified for the finale. After the award of the non-qualified, athletes leave the stage.

The 6 finalists are jointly conducting the 7 compulsory poses. Comparisons are only performed in a tie.

The joint Posedown. In the Posedown (60 seconds) the finalists demonstrate arbitrary poses, their long program, or variations thereof.



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## II. g Mens Body-Building X-Fresh Muscle Swiss Pro

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### Paraphernalia

Posing outfit Monochrome / Music CD

### Division

There is only one open weight class.

### Conditions

a) athletes are eligible only what the organizers receive a special registration of.

The conditions in the X-Fresh Muscle Swiss Pro is like a sophisticated amateur Body-building level competition.

Achievements in national and international championships title of Body-Building Associations or events are considered one of the executed condition. This also applies to all national champion body-building associations in Switzerland. This requires, however, the approval of the organizer may be present.

b) The winner of the ruling class OFBB Body-Building I, II, III, and men over 40 and juniors meet (in any case) the condition of an approval.

### Review guidelines / assessment

See Men's Body-Building Page 7

The same provisions as in the Men's Body-Building classes. If (see page 7)