

Rules Book

for sports competition in Physique Canada Sports Federation

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ABSTRACT

Tier structure, divisions, and judging criteria for events sanctioned under Physique Canada Sports Federation.

Rules Book

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Note: the information contained in this document is subject to change (by the Board of Directors). As such, please refer to the web site (www.physiquecanada.ca) to get the most up-to-date version of the rules book.

Contact us at info@physiquecanada.ca for any enquiries.

Revision History		
Date	Author	Summary of changes
Dec 2013	JJ Dromard	French translation
July 2014	B Robitaille	Added Men's Sport Physique, various edits in other sections
March 2015	B Robitaille	Clarified cross-over rules. Added continuous membership note. Consolidated "Misc" section into new section 9.

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1. Physique Canada Tier System Defined

Physique Canada has a tier system that gives competitors the opportunity to compete in classes based on their level of experience and calibre. All competitors must be 18 years of age or older to compete at a Physique Canada event.

1.1 Masters

Physique Canada does offer a Masters class, but it is outside of the tier system. Masters is open to all competitors of all levels that are 40 years and older and is available in the following divisions:

- Men's bodybuilding, athletic physique, and sport physique
- Women's muscular physique and athletic physique

1.2 Tier 3

Physique Canada's Tier 3 level is the entry level and is geared towards novice competitors. Competitors who have not placed in the top 3 of a Tier 3 contest or in the top 3 of any class in any other organization are eligible to compete in Tier 3.

1.3 Tier 2

Physique Canada's Tier 2 level is for experienced competitors. Competitors who have placed in the top 3 of a Tier 3 contest or top 3 of any class in any other organization must compete in Tier 2.

1.4 Tier 1

Physique Canada's Tier 1 level is for Elite competitors. Top 3 placings of Tier 2 contests are permitted to advance to the Tier 1 level.

Competitors who have attained pro, elite, or international status from other organizations within the last 2 years can apply for immediate Tier 1 "Elite" status with Physique Canada by e-mailing their application to president@PhysiqueCanada.ca. The application **MUST** be received 3 months before any intended competition, and it must include a **COMPLETE** competitive history, including name and date of the event and placing. Since Physique Canada stringently drug tests all its events to WADA-approved standards, applicants who have had a competitive history that includes drug-tested events to appropriate standards will be given priority. Competitors who have not competed in the last 2 years but who can supply an appropriate competitive history will still be considered.

Please note that there is no requirement to compete within a set timeframe to maintain eligibility to participate in any of Physique Canada's tier levels. However, continuous membership is required to maintain Tier 1 status, mainly for doping control purposes.

Please refer to the following articles for specific rules for each division.

1.5 Cross-Over

Cross-over refers to competing in a different category. *Simultaneous cross-over* is a cross-over in the same contest. *Discrete cross-over* happens between contests (e.g., competing in Athletic Physique in June and then Muscular Physique in October).

1.5.1 Cross-over to Masters

Any competitor may also compete in the comparable Masters category if (s)he is 40+ years. Masters is outside the tier system, so an athlete at any tier level is permitted to enter a Masters category with proof of age.

1.5.1 Simultaneous Cross-over

Simultaneous cross-over (i.e., competing in two different categories in the same contest) is only permitted at Tier 3 level. The rationale for this is to allow novice competitors to explore the categories and learn where they best fit. Simultaneous cross-over is not permitted for Tier 2 or Tier 1 Elite.

1.5.1 Discrete Cross-over

Discrete cross-over (i.e., changing categories between contests) is permitted at any tier level. The athlete must cross over laterally (remain in the same tier level). For example, a Tier 1 Elite Muscular Physique athlete may change category the next year to Tier 1 Elite Athletic Physique. Discrete cross-over is not permitted at the same contest.

2. International Affiliation

Physique Canada is affiliated with the WBPF (World Bodybuilding and Physique Sports Federation). Our top athletes can represent Canada at the Mr. Universe contest that brings together competitors from over 90 countries.

3. Men's Bodybuilding Rules

Tier 3 (novice)

Men's Bodybuilding Lightweight	< 75kg (165 lbs)
Men's Bodybuilding Heavyweight	≥ 75 kg (165 lbs)

Tier 2

Men's Bodybuilding Lightweight	< 75kg (165 lbs)
Men's Bodybuilding Heavyweight	≥ 75kg (165 lbs)

Tier 1 Elite

Men's Bodybuilding Open

Masters division (40+ years)

is outside the tier structure and will not have a weight classification.

Classes may change based on pre-registration numbers. Classes may be combined on stage at the discretion of the head judge.

3.1 Posing Suit

Posing suits must be of solid colour and must cover half of the glutes, while fully covering the genital area. Posing suits must be worn at the registration for the weigh-in and for approval. Competitor numbers will be provided during the registration/weigh-in and must be worn on the left side of the posing suit.

3.2 Judging Criteria

Men's bodybuilding is assessed on the following criteria:

- Muscular Development
- Muscle Definition
- Symmetry
- Stage Presence

Men's bodybuilding physiques are assessed by comparing competitors to each other through the following mandatory poses:

1. Relaxed pose (facing judges)
2. Front double biceps
3. Front lat spread
4. Side Chest (side of choice)
5. Relaxed pose (facing back of the stage)
6. Rear double biceps with one leg extended
7. Rear lat spread with one leg extended
8. Side Triceps (side of choice)
9. Abdominals and thighs

3.3 Physique assessment

- All competitors line up facing the judges in their relaxed pose.
- Each competitor is introduced one at a time and given 30 seconds to display their physique through a few poses while their personal message is announced to the audience.
- The Head Judge runs the competitors through a series of comparisons.
- Competitors are dismissed from the stage.

3.4 Awards presentation [after intermission]

- The competitors of each class line up in front of the judges.
- It is important to note that the contest is not over until winners are announced. In order to get the placings right or to break a tie, the head judge may request a few comparisons to take a last look at competitors.
- The entire line-up exits the stage.
- The top 3 competitors are announced and presented with awards.

4. Men's Athletic Physique Rules

Men's Athletic Physique is a category of men's bodybuilding with a height-weight restriction. Rather than weight divisions like regular bodybuilding, Athletic Physique has height divisions, with a maximum weight based on the competitor's individual height. This division is for athletes whose natural structure is not heavily muscled, rather is more athletically proportioned.

A competitor's maximum weight is based on his height. The formula is:

$$\text{Max wt} = \text{ht} - 100 + \text{adj}$$

where wt is the weight in kilograms, ht is height in cm, and adj is the height division adjustment in kilograms

Tier 3 (novice)

Men's Athletic Physique - Short	up to & incl 170cm	adj=2kg
Men's Athletic Physique - Tall	over 170cm	adj=4kg

Tier 2

Men's Athletic Physique - Short	up to & incl 170cm	adj=2kg
Men's Athletic Physique - Tall	over 170cm	adj=4kg

Tier 1 Elite

Men's Athletic Physique - Open	Tier 1 Elite will not have height divisions but the formula will still be used to determine each competitor's maximum weight.	
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Masters Athletic Physique (40+ years) is outside the tier structure, and will not have height divisions but the formula will still be used to determine each competitor's maximum weight.

Classes may change based on pre-registration numbers. Classes may be combined on stage at the discretion of the head judge.

Examples

John is 5'4", his max weight of 142lbs is determined by the formula:

$$162.4\text{cm} - 100 + 2\text{kg} = 64.4\text{kg}$$

Jim is 5'11", his max weight of 185lbs is determined by the formula:

$$180\text{cm} - 100 + 4\text{kg} = 84\text{kg}$$

4.1 Posing Suit

Posing suits must be of solid colour and must cover half of the glutes, while fully covering the genital area. Posing suits must be wide on the sides (approximately 10cm), so as to distinguish them from the bodybuilding division. Suits must be worn at the registration for the weigh-in and for approval. Competitor numbers will be

provided during the registration/weigh-in and must be worn on the left side of the posing suit.

4.2 Judging Criteria

Men's bodybuilding is assessed on the following criteria:

- Muscular Development
- Muscle Definition
- Symmetry
- Stage Presence

Men's bodybuilding physiques are assessed by comparing competitors to each other through the following mandatory poses:

1. Front relaxed pose (facing judges, then moved through quarter turns)
2. Front double biceps
3. Front lat spread
4. Side Chest (side of choice)
5. Relaxed pose (facing back of the stage)
6. Rear double biceps with one leg extended
7. Rear lat spread with one leg extended
8. Side Triceps (side of choice)
9. Abdominals and thighs

Refer to the Judging Men's Athletic Physique article for detailed explanations of the judging criteria for the men's bodybuilding class and clarification on how the judges might make some of their decisions.

4.3 Physique assessment

- Each competitor is introduced one at a time and given 30 seconds to display their physique through a few poses while their personal message is announced to the audience.
- The Head Judge runs the competitors through a series of comparisons.
- Competitors are dismissed from the stage.

4.4 Awards presentation [after intermission]

- The competitors of each class line up in front of the judges.
- It is important to note that the contest is not over until winners are announced. In order to get the placings right or to break a tie, the head judge may request a few comparisons to take a last look at competitors.
- The entire line-up exits the stage.
- The top 3 competitors are announced and presented with awards.

5. Men's Sport Physique Rules

Men's Sport Physique is a category of men's bodybuilding with a height-weight restriction, a limited range of poses, and board short attire. Rather than weight divisions like regular bodybuilding, Sport Physique has height divisions, with a maximum weight based on the competitor's individual height. This division is for athletes whose natural structure is not heavily muscled, rather is more athletically proportioned. Men's Sport Physique is an excellent division for new bodybuilders who have not yet developed their physiques with significant muscle mass.

A competitor's maximum weight is based on his height. The formula is:

$$\text{Max wt} = \text{ht} - 100 + \text{adj}$$

where wt is the weight in kilograms, ht is height in cm, and adj is the height division adjustment in kilograms

Tier 3 (novice)

Men's Sport Physique - Short up to & incl 170cm adj=2kg

Men's Sport Physique - Tall over 170cm adj=4kg

Tier 2

Men's Sport Physique - Short up to & incl 170cm adj=2kg

Men's Sport Physique - Tall over 170cm adj=4kg

Tier 1 Elite

Men's Sport Physique - Open Tier 1 Elite will not have height divisions but the formula will still be used to determine each competitor's maximum weight.

Masters Sport Physique (40+ years) is outside the tier structure, and will not have height divisions but the formula will still be used to determine each competitor's maximum weight.

Classes may change based on pre-registration numbers. Classes may be combined on stage at the discretion of the head judge.

Examples

John is 5'4", his max weight of 142lbs is determined by the formula:

$$162.4\text{cm} - 100 + 2\text{kg}$$

$$= 64.4\text{kg}$$

Jim is 5'11", his max weight of 185lbs is determined by the formula:

$$180\text{cm} - 100 + 4\text{kg}$$

$$= 84\text{kg}$$

5.1 Posing Suit

Posing suits are board shorts of any colour or pattern. Length cannot go below the knee cap and the waist must be high enough to completely cover the entire glutes (i.e., no low-rise shorts). Underwear must not be visible. Suits must be worn at the registration for the weigh-in and for approval. Competitor numbers will be provided during the registration/weigh-in and must be worn on the left side of the posing suit.

5.2 Judging Criteria

Men's physiques are assessed on the following criteria:

- Muscular Development
- Muscle Definition
- Symmetry
- Stage Presence

Men's Sports Physique is assessed by comparing competitors to each other through the following mandatory poses:

1. Front relaxed pose facing judges
2. Front double bicep
3. Quarter turn to right, relaxed pose
4. Side chest then side triceps
5. Quarter turn to right (facing back of stage), relaxed pose
6. Rear double bicep with one leg extended
7. Quarter turn to right, relaxed pose
8. Side chest then side triceps
9. Quarter turn to right (facing front of stage), relaxed pose

5.3 Physique assessment

- Each competitor is introduced one at a time and given 30 seconds to display their physique through a few poses while their personal message is announced to the audience.
- The Head Judge runs the competitors through a series of comparisons.
- Competitors are dismissed from the stage.

5.4 Awards presentation [after intermission]

- The competitors of each class line up in front of the judges.
- It is important to note that the contest is not over until winners are announced. In order to get the placings right or to break a tie, the head judge may request a few comparisons to take a last look at competitors.
- The entire line-up exits the stage.
- The top 3 competitors are announced and presented with awards.

6. Women's Muscular Physique Rules (aka Figure)

Tier 3 (novice)

Women's muscular physique - Short < 163 cm (5'4")

Women's muscular physique - Tall ≥ 163 cm (5'4")

Tier 2

Women's muscular physique - Short < 163 cm (5'4")

Women's muscular physique - Tall ≥ 163 cm (5'4")

Tier 1 Elite

Women's muscular physique Open

Masters division (40+ years) is outside the tier structure and will not have a height classification.

Classes may change based on pre-registration numbers. Classes may be combined on stage at the discretion of the head judge.

6.1 Shoes

The sole of the shoes should not exceed half an inch in height and the heels should be less than 5 inches. Shoes must be brought to the registration for approval.

6.2 Jewelry

Jewelry is accepted, but must be non-distracting and in good taste. Jewelry should be shown during the registration for approval.

6.3 Posing Suit

Women's muscular physique competitors must wear a two-piece posing suit. Posing suits must cover a minimum of half the gluteal area while completely covering the genital area. Thongs and G-strings are strictly forbidden. Posing suits must be brought to the registration for approval. Competitor numbers will be provided during the registration and must be worn on the left side of the posing suit.

6.4 Judging Criteria

Women's muscular physique is assessed on the following criteria:

- Muscular Development
- Muscle Definition
- Symmetry
- Stage Presence

Women's muscular physique competitors are assessed by comparing competitors to each other through a series of quarter turns:

1. Facing the judges
2. Quarter turn to the right
3. Quarter turn to the back of the stage
4. Quarter turn to the right
5. Quarter turn facing the judges

All quarter-turn poses require that the hands remain below hips.

Refer to the Judging Women's Muscular Physique article for detailed explanations of the judging criteria for women's muscular physique and clarification on how the judges might make some of their decisions.

6.5 Physique assessment

- Each competitor is introduced one at a time and given 30 seconds to display their physique through a few poses while their personal message is announced to the audience.

- The Head Judge runs the competitors through a series of comparisons.
- Competitors are dismissed from the stage.

6.6 Awards presentation [after intermission]

- The competitors of each class line up in front of the judges.
- It is important to note that the contest is not over until winners are announced. In order to get the placings right or to break a tie, the head judge may request a few comparisons to take a last look at competitors.
- The entire line-up exits the stage.
- The top 3 competitors are announced and presented with awards.

7. Women's Athletic Physique Rules

Tier 3 (novice)

Women's athletic physique - Short < 163 cm (5'4")

Women's athletic physique - Tall ≥ 163 cm (5'4")

Tier 2

Women's athletic physique - Short < 163 cm (5'4")

Women's athletic physique - Tall ≥ 163 cm (5'4")

Tier 1 Elite

Women's athletic physique Open

Masters division (40+ yrs) is outside the tier structure and will not have a height classification.

Classes may change based on pre-registration numbers. Classes may be combined on stage at the discretion of the head judge.

7.1 Shoes

The sole of the shoes should not exceed half an inch in height and the heels should be less than 5 inches. Shoes must be brought to the registration for approval.

7.2 Jewelry

Jewelry is accepted, but must be non-distracting and in good taste. Jewelry should be shown during the registration for approval.

7.3 Posing Suit

Women's athletic physique competitors must wear a two-piece posing suit. Posing suits must cover a minimum of half the gluteal area while completely covering the genital area. Thongs and G-strings are strictly forbidden. Posing suits must be brought to the registration for approval. Competitor numbers will be provided during the registration and must be worn on the left side of the posing suit.

7.4 Judging Criteria

Women's athletic physique is assessed on the following criteria:

- Muscular development
- Muscle definition
- Symmetry
- Stage presence

Women's athletic physique competitors are assessed by comparing competitors to each other through a series of quarter turns:

1. Facing the judges
2. Quarter turn to the right
3. Quarter turn to the back of the stage
4. Quarter turn to the right
5. Quarter turn facing the judges

All quarter-turn poses require that the hands remain below hips.

Refer to the Judging Women's Athletic Physique article for explanations of the judging criteria for women's athletic physique and clarification on how the judges might make some of their decisions.

7.5 Physique assessment

- Each competitor is introduced one at a time and given 30 seconds to display their physique through a few poses while their personal message is announced to the audience.
- The Head Judge runs the competitors through a series of comparisons.
- Competitors are dismissed from the stage.

7.6 Awards presentation [after intermission]

- The competitors of each class line up in front of the judges.
- It is important to note that the contest is not over until winners are announced. In order to get the placings right or to break a tie, the head judge may request a few comparisons to take a last look at competitors.
- The entire line-up exits the stage.
- The top 3 competitors are announced and presented with awards.

8. Judging

8.1 Physique Canada judges

Physique Canada judges are held to standards unparalleled in the physique industry. The organization prides itself in having the most qualified judges in the physique industry. To become a Physique Canada judge, potential candidates must undergo rigorous training and pass a test in order to be certified to judge a Physique Canada

event. We do not have "celebrity judges" on the panel - competitors have worked too hard to pose in front of someone who is not an expert at assessing physiques. In order to ensure that competitors are judged fairly, each judge's scores are reviewed after every event for consistency. Judges must maintain a high level of accuracy in order to maintain their judging credentials.

To learn about the definitions of each competitive category and how judges assess each class, refer to the following links:

- Judging Men's Bodybuilding
- Judging Men's Athletic Physique
- Judging Men's Sport Physique
- Judging Women's Muscular Physique
- Judging Women's Athletic Physique

8.2 Feedback to athletes

In order to provide quality service to its competitors and keep in line with its high standards, Physique Canada's judges are instructed to take notes to provide competitors with constructive criticism. The feedback is meant to inform competitors about their strengths and weaknesses to help them improve their physiques and better prepare for future competitions. How they get there is the responsibility of their coach or trainer, so we encourage competitors to have their coaches or trainers present during discussions with the judges.

Feedback must be solicited immediately following the end of a contest. A full evaluation requested the next day or later may be accommodated, but a fee may apply. Post-competition feedback or evaluations can be requested by contacting judging@PhysiqueCanada.ca.

8.3 Implants

Any implants other than female breast augmentation is strictly prohibited.

8.4 Judging Men's Bodybuilding, Athletic Physique, and Sport Physique

Although sometimes the winners are obvious, judging men's bodybuilding is not always straightforward. The best bodybuilder is not necessarily the most shredded competitor on stage nor is he the biggest competitor either. You might wonder then what it is specifically that judges look for when assessing men's physiques. What follows should help clarify how some decisions are made and what competitors should think about when training and getting ready for the stage.

It is important to note that the judging of physiques is very subjective in nature. As a result, it is important to have some guidelines and basic definitions to follow to ensure consistency across a judging panel. Physique Canada judges assess Men's Bodybuilding physiques based on the following criteria:

8.4.1 Muscular development

Bodybuilding is primarily about muscle development. This includes muscle size as well as muscle shape.

8.4.2 Muscle definition

Muscle definition relates to how lean a muscle is. Muscle definition, also known as conditioning, pertains to the absence of subcutaneous body fat and subcutaneous water. It plays a very important role in displaying the degree of muscularity and shape of the muscles, as well as showing separations (between muscle groups) and striations.

8.4.3 Symmetry

Symmetry is about having both equal muscle development and equal muscle definition between all muscle groups. This means that there should be a proper balance between the left side and the right side of the body, the upper body compared to the lower body, and the front compared to the back.

8.4.4 Stage presence

Stage presence pertains to the overall presentation of the competitor, including confidence, skin tone, skin colour, and execution of the mandatory poses. Skin blemishes such as acne, scars, tattoos, blotchy application of skin colour, and stretch marks can negatively affect stage presence.

No physique is perfect. With competitors presenting different strengths and weaknesses and displaying various degrees of muscle definition and muscularity, judges need to decide which combination of muscularity, muscle definition, and symmetry looks best on stage at the time competitors are assessed. Stage presence can make a difference when things are really close.

Bodybuilding competitors are not assigned points. Instead, they are compared against each other and ranked accordingly. If two competitors are very close, judges must compare the overall structure and balance between the two. Symmetry and overall conditioning then become key factors. If a competitor displays greater flaws (e.g., no calves, poor hamstring development, legs aren't quite as lean as the rest of the body, wide midsection, etc.), then the edge generally goes to the other competitor. If the overall balance is comparable between the two physiques, then the judges might need to decide if one's muscularity eclipses the other's muscle definition. Sometimes it can boil down to minor differences in stage presence.

As simple as it sounds, it's not always easy when it's time to make the decisions. The process can become quite complicated with large line-ups or when line-ups have several competitors with very similar physiques. If you are a competitor and don't understand your final placement or where you should focus your training on, the best way to find out is to discuss it with the judging panel that assessed your physique.

8.5 Judging Women's Muscular Physique (aka Figure) and Athletic Physique

Since drug-free competition is the foundation of Physique Canada's core values, the physiques of women's muscular physique competitors are very much similar to women's bodybuilding physiques of the 80's. However, to retain their femininity women's physiques are displayed via quarter turns rather than mandatory bodybuilding poses. So, since we are comparing women's muscular physique to bodybuilding, should the most muscular woman on stage win? What about the leanest? Should really skinny women do well? Are six-packs necessary to do well? What follows should eliminate any confusion there might be and help understand how judges assess women's muscular physique competitors.

Physique Canada strongly believes that muscle should be the foundation of all physique classes. Unfortunately, not all athletic-looking women would do well or fit into the women's muscular physique (aka figure) category. Perhaps they don't aspire to be that muscular or simply don't have the genetics to do so. This is where the Athletic Physique Division comes in. Women's athletic physique focuses on healthy, athletic-looking, toned women that do not want to be perceived as bodybuilders.

The judging of physiques is very subjective in nature. As a result, it is important to have guidelines and definitions to follow to ensure consistency across the entire organization. Physique Canada judges assess physique competitors based on the following criteria:

8.5.1 Muscular development

Muscular development relates to both muscle size and muscle shape. Although judges are looking for a muscular physique, it is important that the competitors still look like women. Therefore, excessive muscularity should be avoided as it will take away from that feminine look.

8.5.2 Muscle definition

Muscle definition relates to how lean a muscle is. Muscle definition, also known as conditioning, pertains to the absence of subcutaneous body fat and subcutaneous water. This plays a very important role in displaying the degree of muscularity and shape of the muscles, as well as showing separations between muscle groups. Looking excessively lean and hard will take away from a woman's femininity. Deep muscle separations, striations, and excessive vascularity should therefore be avoided.

8.5.3 Symmetry

Symmetry is about having both equal muscle development and equal muscle definition between all muscle groups. This means that there should be a proper balance between the left side and the right side of the body, the upper body compared to the lower body, and the front compared to the back.

8.5.4 Stage presence

Stage presence relates to the overall presentation of the athlete, including confidence, poise, skin tone, skin colour, make-up, suit selection, and execution of the quarter turns. Skin blemishes such as acne, scars, tattoos, blotchy application of skin colour, and stretch marks can negatively affect stage presence.

No physique is perfect. With competitors presenting different strengths and weaknesses and displaying various degrees of muscle definition and muscularity, judges need to decide which combination of muscular development, muscle definition, and symmetry looks best on stage at the time competitors are assessed. Stage presence can give figure competitors an edge when things get really close. Competitors are compared against each other and ranked accordingly. If ranking is close between two competitors, judges start comparing the overall structure and balance between the two. At this point symmetry and overall shape become a key factor. If a competitor displays greater flaws (e.g. poor shoulder development, legs aren't quite as lean as the rest of the body, wider mid-section, etc.), then the edge generally goes to the other competitor. If the overall balance and symmetry is comparable between the two physiques, then the judges might need to decide if one's muscularity eclipses the other's muscle definition. Sometimes it can boil down to minor differences in stage presence.

As simple as it sounds, it's not always easy when it's time to make decisions. The process can become quite complicated with large line-ups or when line-ups have several competitors with very similar physiques. It also needs to be done in a timely manner and the rankings need to be accurate.

Competitors are always encouraged to approach the judges immediately following the contest for feedback. This gives them an opportunity to learn about their strengths and flaws so they can figure out where they should focus their efforts for future competitions.

9. Contest Conduct

- Every reasonable attempt will be made to gather all athletes for their respective classes. However, failure to show up when a competitor's class lines up before the judges [pre-judging and after intermission] will incur in disqualification of the competitor and may result in a ban from competing at future Physique Canada events.
- Physique Canada promotes healthy competition. Should a competitor faint while on stage or back stage, or leave the stage for medical reasons, that competitor may be withdrawn from the contest to access first-aid.
- Skin creams and oils may be used in moderation. Oils and creams must be applied in designated areas only. Failure to comply may result in disqualification.

- Physique Canada will make every effort to judge competitors fairly and expects competitors to behave with sportsmanlike conduct at all times. Unsportsmanlike conduct towards Physique Canada officials, volunteers, and other competitors may result in immediate disqualification and removal from the venue and potentially loss of membership.
- Competitors who do not place in the top 6 may receive a final score of DNP [Did Not Place].
- The use of props or costumes on stage is forbidden.
- Masters competitors must provide photo id during the registration (e.g. Driver's License, Passport, etc.) Height or weight will be measured during the registration.