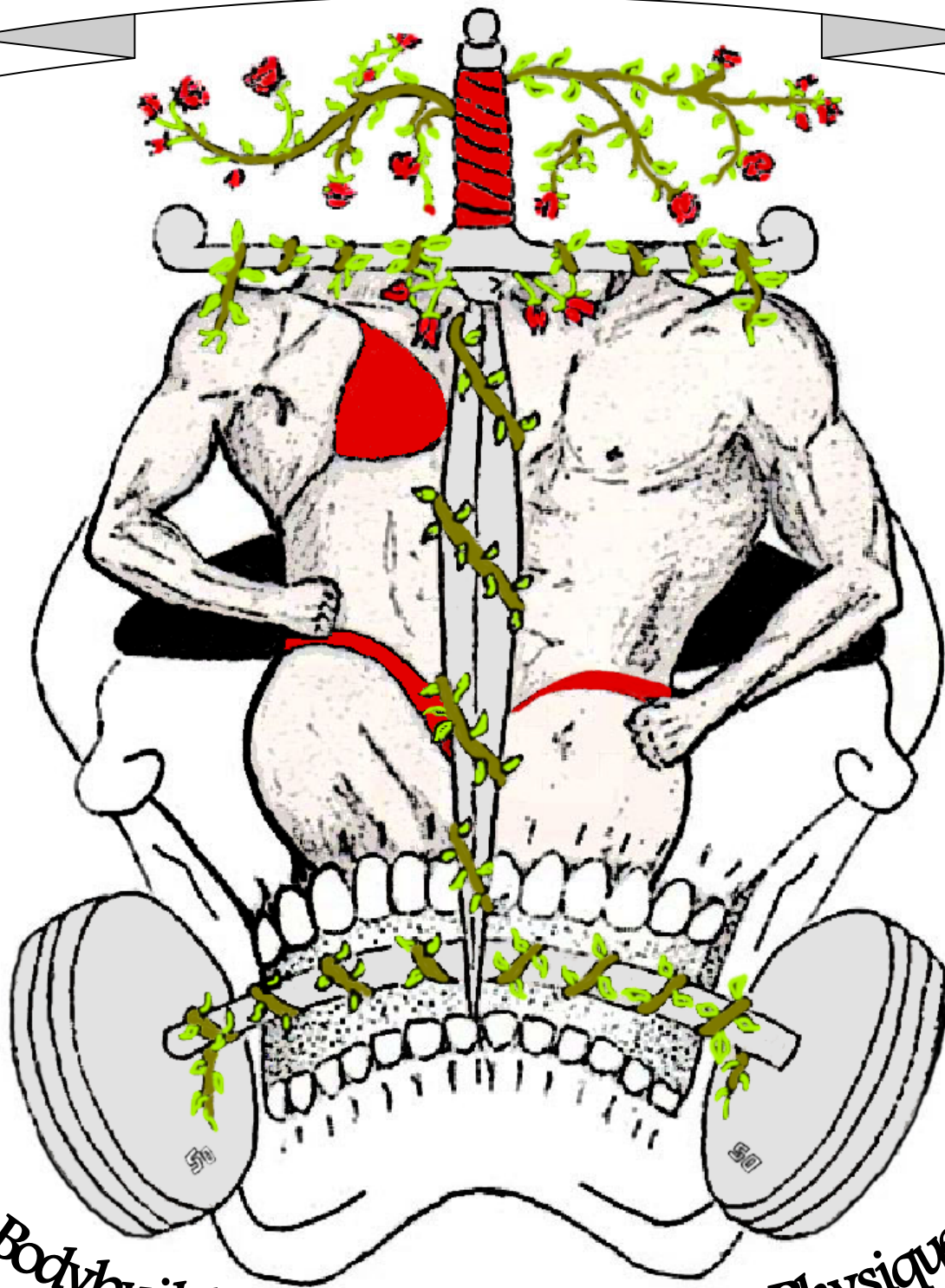


# NC Mega Muscle



Bodybuilding - Bikini - Figure - Physique  
Competition Rules

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# NC Mega Muscle Bodybuilding Rules

Competitors will perform a mandatory 30 second routine without music for Prejudging, and then perform up to a 90 second routine for the Evening Finals. Posing music will only be used at the Evening Finals.

Competitors must provide 2 CDs with up to 90 seconds maximum and only one song per cd allowed.

**No** profanity or vulgar music allowed and will result in the routine being stopped and the competitor **disqualified**.

Any competitor performing the Moon Pose will be **disqualified**.

All competitors will compete in a solid color posing suit with **No** additional adornments, **No** thongs are permitted.

Men competitors will compete in posing trunks and Women competitors will compete in a two piece suit with **No** additional adornments and **No** jewelry is allowed.

Women competitors may wear suits with adornments and jewelry is allowed to be worn in the evening finals.

Competitors must wear their number on the left side of the posing suit bottom during the competition.

## **Men's Teenage Classes (Two Classes)**

Ages: 13 to 16 and 17 to 19

## **Men's Masters Classes (Three Classes)**

Ages: 50+, 40 to 49 and 35 to 39

## **Men's Novice and Junior Weight Classes**

Under 175lbs – Lightweight

175lbs and over – Heavyweight

## **Men's Open Weight Classes**

Under 165lbs – Lightweight

165lbs to under 185lbs – Middleweight

185lbs to under 200lbs – Light-Heavyweight

200lbs and over – Heavyweight

## **Men's Physique Classes**

5'7" and under – Short

Over 5'7" - Tall

## **Women's Novice Class**

One class for all

## **Women's Open Weight Classes**

Under 115lbs - Lightweight

115lbs to under 130lbs – Middleweight

130lbs and over – Heavyweight

## **Women's Masters Classes (Two Classes)**

Ages: 50+ and 40 to 49

## **Check-ins**

Bodybuilder Competitors will be checked in and weighted

## **Competition Judging**

### **Pre-judging**

- The competitors will be brought out on stage in a group
- Then will be directed to do relaxed and mandatory poses
- Competitors perform a 30 second routine without music
- Judges will compare competitors against each other in the relaxed and mandatory posing.

### **Relaxed Poses**

- Competitor will stand flat footed and heels together.
- Arms at the sides
- No twisting your head must be aligned in the same direction as your feet.

### **Mandatory Poses**

- Front Double Bicep
- Front Lat Spread
- Side Chest
- Side Tricep
- Rear Double Bicep
- Rear Lat Spread
- Abdominals with one thigh flexed
- Most Muscular – Men ONLY

## Finals

The competitor will perform up to a 90 second routine, performed to music of the competitor's choice, but must adhere to the rules stated above. No props allowed.

## Scoring

Judges criteria for scoring the competitors:

Balance of size, symmetry, muscularity and overall package

## NC Mega Muscle Women's Bikini Rules

Competitors will perform a mandatory 30 second routine without music for Prejudging, and then perform up to a 90 second routine for the Evening Finals. Posing music will only be used at the Evening Finals.

Competitors must provide 2 CDs with up to 90 seconds maximum and only one song per cd allowed.

**No** profanity or vulgar music allowed and will result in the routine being stopped and the competitor **disqualified**.

Any competitor performing the Moon Pose will be **disqualified**.

Competitors can compete in an off the rack suit and all suits must be in good taste. **No** thongs are permitted.

Competitor will compete in a two piece suit, must wear high heels, and may wear jewelry.

Competitors must wear their number on the left side of the posing suit bottom during the competition.

## Height Classes

5'5" and under – Short

Over 5'5" – Tall

At the discretion of the promoter, the Bikini competition may be split into three classes.

## Check-ins

Bikini Competitors will be checked in and measured

## Competition Judging

### Comparison Round

- Competitors will be judged wearing a two piece suit and heels.
- The competitors will be brought out on stage in a group
- Then will be directed to do a full Front and Back stance
- Judges will compare competitors against each other. Front and Back half turns, **NO** quarter turns.

### Presentation Round

Competitors will walk onstage alone and perform their model "T" walk;

- Walk to the center of the stage, stop and do a front stance
- Then walk stage left, stop and do a front stance, then a full turn and do a back stance
- Then walk stage right, stop and do a front stance, then a full turn and do a back stance
- Walk back to center stage, stop and do a Back stance. Do another full turn and face the judges
- Then proceed to the side of the stage.

## Scoring

Judges criteria for scoring the competitors:

Balance, shape and symmetry

Overall Appearance including:

- Complexion
- Skin tone
- Poise and personality
- Overall presentation

# NC Mega Muscle Women's Figure Rules

Competitors will perform a mandatory 30 second routine without music for Prejudging, and then perform up to a 90 second routine for the Evening Finals. Posing music will only be used at the Evening Finals.

Competitors must provide 2 CDs with up to 90 seconds maximum and only one song per cd allowed.

**No** profanity or vulgar music allowed and will result in the routine being stopped and the competitor **disqualified**.

Any competitor performing the Moon Pose will be **disqualified**.

Competitors can compete in an off the rack suit and all suits must be in good taste. **No** thongs are permitted.

Competitor will compete in a two piece suit and must wear high heels, and may wear jewelry.

Competitors must wear their number on the left side of the posing suit bottom during the competition.

## **Height Classes**

5'5" and under – Short

Over 5'5" – Tall

## **Masters Classes**

50 and over

40 to 49

At the discretion of the promoter, the Physique competition may be split into three classes

## **Check-ins**

Figure Competitors will be checked in and measured

## **Competition Judging**

### **Comparison Round**

- Competitors will be judged wearing a two piece suit and heels.
- The competitors will be brought out on stage in a group
- Then will be directed to do quarter turns
- Judges will compare competitors against each other in the quarter turns.

### **Presentation Round**

Competitors will walk onstage alone and perform their model "T" walk;

- Walk to the center of the stage, stop and face the judges before starting the model turns
- Then walk stage left, stop and do the model turns
- Then walk stage right, stop and do the model turns
- Walk back to center stage, stop and face the judges
- Then proceed to the side of the stage.

## **Scoring**

Judges criteria for scoring the competitors:

Balance, symmetry, small degree of muscularity with separation, no visible striations

Overall Appearance including:

- Muscle tone, overall firmness and NOT excessively lean
- Healthy appearance
- Poise and personality
- Make-up and Skin tone

# **NC Mega Muscle Women's Physique Rules**

Competitors will perform a mandatory 30 second routine without music for Prejudging, and then perform up to a 90 second routine for the Evening Finals. Posing music will only be used at the Evening Finals.

Competitors must provide 2 CDs with up to 90 seconds maximum and only one song per cd allowed.

**No** profanity or vulgar music allowed and will result in the routine being stopped and the competitor **disqualified**.

Any competitor performing the Moon Pose will be **disqualified**.

Competitors can compete in an off the rack suit and all suits must be in good taste. **No** thongs are permitted.

Competitor will compete in a two piece suit and suits do not have to be solid color.

Competitors may wear jewelry. **No** heels are to be worn at any time during the competition.

Competitors must wear their number on the left side of the posing suit bottom during the competition.

## **Height Classes**

5'5" and under – Short

Over 5'5" – Tall

At the discretion of the promoter, the Physique competition may be split into three classes

## **Check-ins**

Physique Competitors will be checked in and measured

## **Competition Judging**

### **Pre-judging**

- Competitors will be judged wearing a two piece suit
- The competitors will be brought out on stage in a group
- Then will be directed to do quarter turns and mandatory poses
- Mandatory posing will be performed with relaxed hands
- Competitors perform a 30 second routine without music
- Judges will compare competitors against each other in the quarter turns and mandatory posing

## **Finals**

The competitor will perform up to a 90 second routine, performed to music of the competitor's choice, but must adhere to the rules stated above. No props allowed.

## **Scoring**

The Women's Physique division is a standard between women's bodybuilding and women's figure

Judges criteria for scoring the competitors:

Symmetry, proportion, shape, muscle tone, poise, beauty and flow of the physique

Muscularity with separation without compromising femininity

The Physique can NOT be ripped, shredded, hard or vascular. Excessive muscularity will be scored down accordingly.

## **Mandatory Poses**

Front double bicep with relaxed hands

Back double bicep with relaxed hands

Side triceps with leg extended

Side chest with arms extended

Front abs

# **NC Mega Muscle Men's Physique Rules**

Competitors will perform a mandatory 30 second routine without music for Prejudging, and then perform up to a 90 second routine for the Evening Finals. Posing music will only be used at the Evening Finals.

Competitors must provide 2 CDs with up to 90 seconds maximum and only one song per cd allowed.

**No** profanity or vulgar music allowed and will result in the routine being stopped and the competitor **disqualified**.

Any competitor performing the Moon Pose will be **disqualified**.

Competitor will compete in Board Shorts. Shorts must be just above the knee and can be up to one inch below the navel. No spandex or logos are permitted on the shorts, however a manufacturer's logo such as Nike or Billabongs symbols are acceptable. Competitors must wear their number on the left side of the posing suit bottom during the competition.

## **Height Classes**

5'7" and under – Short

Over 5'7" – Tall

At the discretion of the promoter, the Physique competition may be split into three classes

## **Check-ins**

Physique Competitors will be checked in and measured

## **Competition Judging**

### **Comparison Round**

- Competitors will be judged wearing Board Shorts.
- The competitors will be brought out on stage in a group
- Then will be directed to do quarter turns
- Judges will compare competitors against each other in the quarter turns.

### **Presentation Round**

Competitors will walk onstage alone and perform their "T" walk;

- Walk to the center of the stage, stop and face the judges, then perform the quarter turns with an optional pose of hand on hip or hand in pocket.
- Then walk stage left, stop and do the quarter turns
- Then walk stage right, stop and do the quarter turns
- Walk back to center stage, stop and face the judges
- Then proceed to the side of the stage.

## **Scoring**

Judges criteria for scoring the competitors:

### **Muscularity and Body Condition**

- Judges will be looking for the competitor who displays proper symmetry and shape combined with muscularity and overall condition. Extreme muscularity will be marked down.

### **Stage Presence and Personality**

- Judges are looking for the competitor with the best stage presence and poise who can successfully convey his personality to the audience.