

MEN FITNESS

Article 104 - Introduction

Men's Fitness was officially recognized as a new sport discipline by the IFBB Executive Council and IFBB Congress on November 27, 2005 (Shanghai, China), after World Cups held in 2003, 2004 and 2005.

104.1 General:

The IFBB Rules for Men Fitness consist of regulations, policies, directives and decisions intended to guide the IFBB and its Members in the administration of the sport of Men Fitness.

104.2 Rules:

Certain administrative and technical rules that appear in the General Rules section are the same for Men Fitness and therefore, are not repeated in this section.

Article 105 – Responsibilities of Organizers to Athletes and Delegates

105.1 Responsibilities:

The Organizer of the World Championships will undertake to cover the cost of double-occupancy accommodations and meals (breakfast, lunch and dinner) for competitors and delegates as follows:

Rule 105 copied and pasted from Bodybuilding Rules.

1. Women's World Bodybuilding, Fitness & Body Fitness and Men's Fitness Championships:

For four days (three nights) according to the following scale:

- a. Three or more competitors - Two delegates
- b. One or two competitors - One delegate

Note 1: The maximum allowable number of A-team competitors per National Federation may not exceed the number of categories open at these Championships, with a maximum of two competitors allowed to compete in any one category.

Note 2: A maximum allowable number of A-team competitors per National Federation in any one discipline may not exceed the number of categories in that discipline.

Note 3: A maximum of nine competitors is permitted in the A team (two female bodybuilders, two female fitness, four female body fitness and one male fitness) and will be accepted per National Federation with a maximum of two competitors allowed to compete in any one category.

Note 4: Delegates without athletes will be responsible for the full cost of their participation at the event.

Note 5: Upon agreement between the IFBB and the Organizer, one additional category may be opened for competition.

2. Juniors and Masters Bodybuilding, Fitness & Body Fitness World Championships:

For four days (three nights) according to the following scale:

- a. Three or more competitors - Two delegates
- b. One or two competitors - One delegate

Note 1: The maximum allowable number of A-team competitors per National Federation may not exceed the number of categories open at these Championships, with a maximum of two competitors allowed to compete in any one category.

Note 2: A maximum allowable number of A-team competitors per National Federation in any one discipline may not exceed the number of categories in that discipline.

Note 3: A maximum of nineteen competitors in "A"-Team (one female junior bodybuilder, two male junior bodybuilders, two female junior fitness, one male junior fitness, two female junior body fitness, one male junior classic bodybuilder, one female master bodybuilder, seven male master bodybuilders, one male classic bodybuilder, one female master body fitness) will be accepted per National Federation with a maximum of two competitors allowed to compete in any one category.

Note 4: Delegates without athletes will be responsible for the full cost of their participation at the event.

Note 5: Upon agreement between the IFBB and the Organizer, additional categories may be opened for competition.

3. In Junior Men's Fitness, each National Federation may enter an "A" team of up to a maximum of one competitor.

5. In Men's Fitness, each National Federation may enter an "A" team of up to a maximum of one competitor.

6. The rules governing "B" teams may be found in Article 9.5.

Article 106 - Categories:

106.1. There is one open category in men's fitness world-level competitions, subject to the following criteria:

- a. Up to & including 170 cm:
Max Weight [kg] = (Height [cm] - 100) + 1 [kg]
- b. Up to & including 175 cm:
Max Weight [kg] = (Height [cm] - 100) + 2 [kg]
- c. Up to & including 180 cm:
Max Weight [kg] = (Height [cm] - 100) + 3 [kg]
- d. Up to & including 190 cm:
Max Weight [kg] = (Height [cm] - 100) + 4 [kg]
- e. Up to & including 198 cm:
Max Weight [kg] = (Height [cm] - 100) + 4.5 [kg]
- f. Over 198 cm:
Max Weight [kg] = (Height [cm] - 100) + 5 [kg]

2. There is one open category in junior men's fitness world-level competitions, subject to the following criteria:

$$\text{Max bodyweight [kg]} = \text{Height [cm]} - 100 \text{ [kg]}$$

Article 107 - Rounds:

107.1 Men's Fitness consists of the following rounds:

1. Prejudging: Round 1 (Fitness Routines).
2. Prejudging: Round 2 (Quarter Turns).
3. Finals: Round 3 (Fitness Routines and Quarter Turns).

Article 108 – Elimination Round:

108.1 General:

The Prejudging, which is open to the general public, will take place the day after the Official Athlete Registration. A time-table for prejudging each category should be published. In order to give themselves time to warm up and change into their posing attire, competitors should be in the backstage warm-up area at least 30 minutes prior to the start time of the judging of their category. All competitors will be solely responsible for ensuring that they are present and prepared to compete when their category is called onstage failing which they may be eliminated from the competition.

108.2 Elimination Round Procedures:

An Elimination Round is held when there are more than 15 competitors in a category. The Elimination Round will be carried out as follows:

1. The entire line-up is brought onstage, in numerical order and in a single line or two lines, if necessary.
2. The line-up is divided into two equal-size groups and is positioned onstage so that one group is to the left of the stage; the other group is to the right of the stage. The center portion of the stage is left open for comparison purposes.
3. In numerical order, and in groups of not more than five competitors at a time, each group is directed to the center-stage area to perform the four quarter turns.
4. The IFBB Chief Judge will direct the competitors through the four quarter turns, which are:
 - b. Quarter Turn Right
 - c. Quarter Turn Back
 - d. Quarter Turn Right
 - e. Quarter Turn Front
7. On completion of the quarter turns, the entire line-up is reformed into a single line, in numerical order, before exiting the stage.

Note: 5. Competitors will not chew gum or candy while onstage.

Article 109 – Prejudging: Attire for Elimination Round and Round 2

109.1 Attire for Elimination Round and Round 2

The attire for the Elimination Round and Round 2 will conform to the following criteria:

1. Plain opaque in style.
2. Solid black in colour.
3. Cloth fabric in material (no plastic, rubberized, or similar material).
4. Matt in texture (no shiny material).
5. No ornamentation, frills, lacework edges and/or borders.
6. The trunks must be at least 15 cm high on the sides.
7. No footwear.
8. No jewellery or other accessories, except for a wedding ring.

109.2 The IFBB Chief Official, or a delegated representative, will have the right to determine if a competitor's attire meets an acceptable standard of taste and decency.

Article 110 - Prejudging: Scoring the Elimination Round

110.1 The scoring for the Elimination Round is carried out as follows:

1. At this time, the judges will be assessing the overall physique for the degree of athleticism, proportion, muscle quality and skin tone. The scoring for the Elimination Round will proceed as follows:
2. If there are more than 15 competitors, the judges select the top 15 by placing an "X" beside their numbers, using Form #1, entitled "Elimination Round (Judges)".
3. Using Form #2, entitled "Elimination Round (Statisticians)", the statisticians will transcribe the judge's selections onto this sheet and will then tally the judge's scores to select the top 15 competitors.
4. If there is a tie between two or more athletes at the 15th place, the tied athletes will be brought back onstage, and the judges will perform a reassessment of the four quarter turns.
5. Only the top 15 competitors will advance to Round 1.

Article 111 - Prejudging: Attire for Round 1 (Fitness Routine)

111.1 Attire for Round 1 (Fitness Routine):

The attire for Round 1 will conform to the following criteria:

1. Gymnastic shorts, with at least 15 cm-high sides, covering at least one-half of the gluteus maximus and all of the frontal area, are the minimum wear.

2. Colour, material, texture shall be at the discretion of the competitor.
3. Sport footwear may be worn, at the discretion of the competitor.
4. Except for a wedding ring, jewellery and other accessories may not be worn.

5. The use of props is limited.

**Note: Except as otherwise noted herein, a competitor, and/or other person or persons, shall not carry or otherwise transport any object, device or item onstage or offstage, whether before, during or after a routine. A competitor shall be allowed a small item, either worn or handheld, that will be considered part of the competitor's costume e.g. hat, ball, cane. Any item that is discarded during the routine must be removed by the competitor as he exits the stage without causing any delay in the competition. Competitors must declare all props at the Official Registration.*

6. Provided Rule 111.1.1 is respected, a competitor may remove an article of clothing (e.g. coat, jacket, shirt, pants) if the removal of said article is performed in a tasteful manner, which is one that does not give the impression of a strip act.

7. Competitors may wear sponsorship logos on their routine attire, the dimensions of which will not exceed 4 cm X 8 cm.

8. National Federations and head delegates are responsible for making sure that their fitness athletes are fully aware of the IFBB rules as detailed below.

9. Any questions concerning posing attire must be brought to the attention of the IFBB Chief Official or IFBB Chief Judge during the Official Athlete Registration.

Article 112 - Prejudging: Presentation of Round 1 (Fitness Routine)

112.1 Procedure:

Round One (Routines) will proceed as follows:

1. Each competitor will be called onstage in numerical order to perform a fitness routine to his own choice of music; the length of which may be up to a maximum of 120 seconds.
2. Each competitor is to be introduced by number, name and country.
3. For safety reasons, the use of body oil in the routine round is strictly prohibited.

Article 113 - Prejudging: Scoring of Round 1 (Fitness Routine)

113.1 Scoring of Round 1 (Routines):

The scoring for Round 1 will proceed as follows:

1. Using Form #3, entitled “Judge’s Individual Placings (Prejudging)”, each judge will place the athlete from 1st to 15th, giving no two athletes the same placing.
2. The judges may use Form #4, entitled “Judge’s Personal Notes”, to write notes about the athletes.
3. The statisticians will gather Form #3 from the judges and will transcribe their placings onto Form #5, entitled “Score Sheet (Statisticians)”, under Round 1. They will then discard two high and two low scores; add the remaining five scores, and write the total under the column marked “Round 1 Subscore”.
4. Should a tie occur in the “Round 1 Subscore”, the tie need not be immediately broken since the “Round 1 Subscore” must be added to the “Round 2 Subscore to produce a “PREJUDGING SCORE”.

Article 114 - Prejudging: Assessing Round 1 (Fitness Routine)

114.1 Assessing of Round 1 (Routines):

Round 1 will be assessed using the following criteria:

1. Each judge assesses the routine with a view towards style, personality, athletic coordination and overall performance. Judges shall also look for competitors who perform strength and flexibility moves, as well as gymnastic moves. The routine may include aerobics, dance, gymnastics or other demonstrations of athletic talent. There are no required moves.
2. The judges are reminded that, during this round, they are judging ONLY the fitness routine and NOT the physique.

Article 115 - Prejudging: Presentation of Round 2 (Quarter Turns)

115.1 Presentation of Round 2:

The procedures for Round 2 will be as follows:

1. The entire category will be called onstage, in a single line and in numerical order.
2. The line-up will be divided into two equal-size groups and will be positioned onstage so that one group is to the left of the stage; the other group is to the right of the stage. The center portion of the stage will be left open for comparison purposes.
3. In numerical order, and in groups of no more than five competitors at a time, each group will be directed to center-stage area to perform the four quarter turns.
4. This initial grouping of competitors, and performance of the quarter turns, is intended to assist the judges in determining which competitors will take part in the comparisons that follow.
5. Judges may now submit individual requests for comparisons to the IFBB Chief Judge or Stage Director. No less than three and no more than five competitors will be compared at any one time. The IFBB Chief Judge or Stage Director will have the discretion to discard or amend a judge’s individual request for comparisons if

warranted.

6. All individual comparisons will be carried out center-stage and in the order, from left to right, as requested by the judge.

7. The number of comparisons and the end of comparisons will be decided by the Chief Judge or Stage Director.

8. All competitors will undergo at least one comparison.

9. Upon completion of the last comparison, all competitors will return to a single line-up, in numerical order, before exiting the stage.

Article 116 - Prejudging: Scoring of Round 2 (Quarter Turns)

116.1 The scoring for Round 2 (Quarter Turns) is carried out as follows:

1. Using Form #3, entitled "Judge's Individual Placings (Prejudging)", each judge will award each competitor an individual placing from 1 to 15, ensuring that no two or more competitors receive the same placing. The judges may use Form #4, entitled "Judge's Personal Notes" to record their assessment about each competitor.

2. Using Form #5, entitled "Score Sheet (Statisticians)", with nine judges, two high and two low scores will be discarded. The remaining scores will be added to produce a "RD 2 SUBSCORE", which will then be added to the "RD 1 SUBSCORE" to produce a "PREJUDGING SCORE" and a "PREJUDGING PLACE".

3. Ties in the "RD2 SUBSCORE" need not be immediately broken as the "RD 2 SUBSCORE" will be added to the "RD 1 SUBSCORE" to produce a "PREJUDGING SCORE".

5. Should a tie occur in the "PREJUDGING SCORE", the tie will be broken using the "RD 2 SUBSCORE" first. If a tie still exists, it will be broken using the "Relative Placement" method and the athlete's Round 2 subscore".

6. The top 10 athletes from the Prejudging will advance to the Finals..

Article 117 - Prejudging: Assessing Round 2 (Quarter Turns)

117.1 Round 2 (Quarter Turns) is assessed using the following criteria:

1. The judge should first assess the overall male athletic appearance of the physique. This assessment should begin at the head and extend downwards, take the whole physique into account. The assessment, beginning with the general impression of the physique, should take into consideration the hair and facial features; the overall athletic development of the musculature; the presentation of a balanced, symmetrically developed physique; the condition of the skin and the skin tone; and the athlete's ability to present himself with confidence.

2. The physique should be assessed as to the level of overall muscle tone, achieved through athletic endeavours. The muscle groups should have a round and firm appearance with a small amount of body fat. The physique should neither be excessively muscular nor excessively lean.

3. The assessment should also take into consideration the tightness and tone of the skin. The skin tone should be smooth and healthy in appearance.

4. The judge's assessment of the athlete's physique should include the athlete's entire presentation, from the moment he walks onstage until the moment he walks offstage. At all times the male fitness competitor must be viewed with the emphasis on a "healthy, fit, athletic-looking physique, in an attractively presented total package".

5. Judges are reminded that this is not a bodybuilding contest. The competitors should have shape to their muscle but not the size or vascularity that is seen at bodybuilding competitions. Any competitor who exhibits these features is to be marked down.

Article 118 – Finals: Round 3 (General)

118.1 Procedures

The top ten athletes from the Prejudging advance to the Finals, which consists of one round as follows:

1. Round 3, Heat 1: (Fitness Routine).
2. Round 3, Heat 2: (Quarter Turns).

Article 119 - Finals: Attire for Round 3

119.1 The attire for Round 3 must conform to the following criteria:

1. Round 3, Heat 1 (Fitness Routine) – same attire as described in Article 111.
2. Round 3, Heat 2 (Quarter Turns) – same attire as described in Article 109.

Article 120 - Finals: Presentation of Round 3, Heat 1 (Fitness Routine)

120.1 The procedures for conducting Round 3, Heat 1 (Fitness Routine) are as follows:

1. The top 10 finalists, wearing their fitness routine attire, will be called onstage, individually and in numerical order, to perform their individual fitness routines to their own choice of music, the length of which shall be up to a maximum of 120 seconds. Heat 1, Round 3 (Routines) is not scored.
2. Each competitor is to be introduced by number, name and country.
3. At some point later, the top 6 finalists will return to the stage to perform the quarter turns.

Article 121 - Finals: Presentation of Round 3, Heat 2 (Quarter Turns)

121.1 The procedures for conducting Round 3, Heat 2 (Quarter Turns):

1. The top six finalists are called onstage, in numerical order and in a single line.
2. In numerical order, each competitor will be introduced by number, name and country.
3. As a group, the line-up is directed to perform the four quarter turns.
4. The IFBB Chief Judge or Stage Director may, at his/her discretion, have the group perform the quarter turns at centre-stage in numerical order and then in the reverse order.
5. On completion of the quarter turns, the competitors exit the stage.

Article 122 - Finals: Scoring of Round 3, Heat 2 (Quarter Turns)

122.1 The scoring of Round 3, Heat 2, is carried out as follows:

1. The judges, using Form #6, entitled "Judge's Individual Placings (Finals)", and using the same criteria for judging as used during the Prejudging, will place the competitors from 1st to 6th, giving no two athletes the same placing.
2. The statisticians will collect Form #6 from the judges and will then transcribe the judge's placings onto Form #5, entitled "Score Sheet (Statisticians)". They will discard two high and two low scores; will add the remaining five scores, and will write the total under the column marked "Round 3 Subscore".
3. The statisticians will then add the "PREJUDGING SCORE" to the "Round 3 Subscore" to produce a "FINAL SCORE" and "FINAL PLACE".
4. Should a tie occur in the "Round 3 Subscore", the tie need not be immediately broken as the "Round 3 Subscore" must be added to the "PREJUDGING SCORE" to produce a "FINAL SCORE". Should a tie occur in the "FINAL SCORE", the tie will be broken using "Round 3 Subscore" first. If a tie still exists, the "Relative Placement" method and the athlete's "Round 3 subscore" will be used.
5. The judges use Form #6; the Statisticians use Form #5.

Article 123 - Finals: Assessing Round 3

123. 1 Round 3, Heat 2, is assessed using the same criteria as detailed in Article 117 (Quarter Turns).

Article 124 – Finals: The Award Ceremony

124.1 The award ceremony will proceed as follows:

1. The top 6 finalists will be called onstage to take part in the award ceremony.
2. The Master of Ceremonies, using Form #7, entitled "Top 6 Finalists (for MC)", will announce the number, name and country of the competitor in 6th place and that competitor will stand to the right side (when viewed from the front) of the victory

pedestal and shall receive his or her award. The Master of Ceremonies will then announce the number, name and country of the competitor in 5th place and that competitor will stand to the right side of the victory pedestal and shall receive his or her award. The Master of Ceremonies will then announce the number, name and country of the competitor in 4th place and that competitor will stand to the left side of the victory pedestal and will receive his or her award. The Master of Ceremonies will continue to announce the results from 3rd, 2nd and finally, the winner.

3. The President of the IFBB, or the top IFBB official at the contests, accompanied by the other officials invited by him to take part in this Ceremony, will present the IFBB Medals and/or trophies to the winners.

4. The national anthem of the country of the 1st-place winner will be played immediately following his or her receipt of the 1st-place award(s).

5. After the national anthem and flag-raising ceremony is complete, the finalists may be asked to remain onstage for a brief period of time for photographic purposes.

- More detailed description of the Award Ceremony is available in **Article 36**.

- Teams Classification Results and Award – according to **Article 38**.

- Publication of Results – according to **Article 39**.

APPENDIX 11

HOW TO ASSESS A MEN FITNESS COMPETITION

INTRODUCTION:

Judges are strongly reminded that they are judging a men's FITNESS competition and not a men's BODYBUILDING competition. The type of muscularity and vascularity, displayed by a male bodybuilder will not be considered acceptable if displayed by a men fitness competitor and therefore, must be marked down.

GENERAL PRESENTATION:

Judges are reminded that the competitor's posture and bearing, at all times while onstage, is to be considered. The overall image displayed should demonstrate elegance and self-confidence. This is especially true at all times when the competitor is standing relaxed and during the comparisons of the quarter turns.

When standing relaxed, the competitors shall be warned against adopting a tense pose, with arms flexed and out to the side in a display of muscularity. A relaxed stance means that the competitor must stand erect, head and eyes towards the front, shoulders back, chest out, stomach in, heels together, and arms RELAXED and hanging freely at the side.

During each of the quarter turns, the same rules shall apply. Again, the stance shall be erect, head and eyes towards the front, shoulders back, chest out, stomach in, feet together, and arms RELAXED and hanging freely at the side.

QUARTER TURNS

Quarter Turn Right:

Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, left arm hold down and slightly back from the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, right arm hanging relaxed and slightly front of the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the left, with the left shoulder lowered and the right shoulder raised. This is normal and must not be exaggerated. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

Quarter Turn Back:

Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms hold down and at the side along the centerline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and hands slightly cupped. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

Quarter Turn Right:

Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, right arm hanging relaxed and slightly back from the centerline of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, left arm hanging down and slightly front of the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the right, with the right shoulder lowered and the left shoulder raised. This is normal and must not be exaggerated. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

Quarter Turn Front:

Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms hanging down and at the side along the centerline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body, hands slightly cupped. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

ROUND 1 – ROUTINE:

In this round, the top 15 athletes perform a fitness routine, to music selected by the competitor, the length of which shall not exceed 120 seconds.

Once again, the judge should consider the “Total Package”, that is, the entire routine from the moment the athlete presents himself onstage until the moment the athlete walks offstage.

The judges are reminded that, during this Round, they are judging ONLY the fitness routine and NOT the physique. The judge should look for a well-choreographed and creative routine performed at a high tempo/speed.

Although compulsory movements are not a requirement, the routine should include:

1. Elements of STRENGTH - for example, straddle hold, leg extension hold, and/or one-arm pushups (gymnastic movements such as front and back flips, handsprings, and cartwheels are not considered strength elements). The number of strength moves, their degree of difficulty, and the overall creativity of the moves should be considered in the judging of the routine.
2. Elements of FLEXIBILITY – for example, high kicks, side splits, and/or front splits. The number of flexibility moves, their degree of difficulty, and the overall creativity of the moves should be considered in the judging of the routine.
3. The SPEED or tempo of the routine demonstrates a degree of cardiovascular fitness, stamina, and endurance. For example, if two routines contain the same type and number of strength and flexibility movements, the routine that is performed at a faster tempo is the more difficult to achieve so long as the movements are correctly performed. Once again, the judge must always consider the “Total Package” and not just the sum of the individual movements. There is a component - an element of “showmanship”, which competitors bring to a fitness routine that is unique to them. This is their personality, charisma, stage presence, agility, energy, attractiveness as well as a natural rhythm that should play a part in the final placing of each competitor.

ROUND 2 – QUARTER TURNS:

In this round, the top 15 competitors are brought onstage, in numerical order and in a single line. They are directed through the comparisons of the quarter turns, first as an entire group and then in smaller groups of no more than 5 competitors at a time. Each judge is expected to watch all of the comparisons and not just those that a specific judge has requested.

Throughout the comparisons, a judge must not lose sight of the fact that he or she is judging the athlete as a “Total Package”.

The judge should first assess the overall athletic appearance of the physique. This assessment should take the whole physique into account. The assessment, beginning with a general impression of the physique, should take into consideration the overall athletic development of the musculature; the presentation of a balanced,

symmetrically developed physique; the condition of the skin and the skin tone; and the athlete's ability to present himself with confidence and elegance.

The physique should be assessed as to its level of overall muscle density, achieved through athletic endeavours. The muscle groups should have a full and hard appearance with a small amount of body fat. The physique should neither be excessively muscular nor excessively lean and should display visible muscle separation and/or striations. Physiques that are considered either too muscular or too lean must be marked down.

The assessment should also take into consideration the tightness and tone of the skin. The skin tone should be smooth and healthy in appearance. The judge's assessment of the athlete's physique should include the athlete's entire presentation, from the moment he walks onstage until the moment he walks offstage. At all times, the fitness competitor must be viewed with the emphasis on a "healthy, fit, hard, athletic" physique, in an attractively presented "Total Package".

ROUND 3 – FINALS:

In the Heat 1 of Round 3, the top 10 finalists perform a fitness routine, to music of their own choice, the length of which shall not exceed 120 seconds. This part of the round is not scored.

In the Heat 2 of Round 3, the top 6 finalists are brought back onstage, in numerical order and in a single line, wearing trunks as described in Article 109. They are directed through the comparisons of the quarter turns. This part of the round is scored.

This round is judged using the same assessment procedures as outlined during Round 2.