



# SHERU CLASSIC – STAR CATEGORY RULES

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**CATEGORIES:** One OPEN CATEGORY

**ROUNDS:** The STAR CATEGORY will consist of the following two rounds:

1. Pre-Judging: Elimination Round (Mandatory Poses & Pose Down)
2. Finals: All Athletes will have to report on Day 2 in the same order as Pre-Judging (Mandatory Poses & Pose Down)

In order to give athletes time to warm up and change into their posing attire, competitors should be in the backstage warm-up area at least 60 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.

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. Each group is directed to the center-stage area to perform the Mandatory Poses:
  - A. Front Double Biceps
  - B. Side Chest
  - C. Back Double Biceps
  - D. Abdominals
  - E. Most Muscular

## MEN'S WHEELCHAIR BODYBUILDING MANDATORY POSES:

- 1. Front Double Biceps** - Sitting on his wheelchair, face front to the judges, the competitor will raise both arms to shoulder level and bend them at the elbows. The hands should be clenched and turned down so as to cause a contraction of the biceps and forearm muscles, which are the main muscle groups that are to be assessed in this pose. In addition, the competitor should attempt to contract as many other muscles as possible as the judges will be surveying the whole upper body, from head to hips. The judge will first survey the biceps muscles looking for a full, peaked development of the muscle, noting whether or not there is a defined split between the anterior and posterior sections of the biceps, and will continue the head-to-toe survey by observing the development of the forearms, deltoids, pectorals, pec-delt tie-ins and abdominals. The judge will also look for muscle density, definition, and overall balance.
- 2. Front Lat Spread** - Sitting on his wheelchair, face front to the judges, the competitor will place the open hands, or clenched fists, against, or gripping, the lower waist or obliques and will expand the latissimus muscles. At the same time, the competitor should attempt to contract as many other frontal muscles as possible. The judge should first see whether the competitor can show a good spread of the latissimus muscles, thereby creating a V-shaped torso. Then the judge should continue with the head-to-hips survey, noting first the general aspects of the physique and then concentrating on the more detailed aspects of the various muscle groups.
- 3. Side Chest** - Sitting on his wheelchair, the competitor may choose either side for this pose, in order to display the "better" arm. He will sit with his left or right side towards the judges and will bend the arm nearest the judges to a right-angle position, with the fist clenched and, with the other hand, will grasp the wrist. The competitor will then expand the chest and by upward pressure of the front bent arm and contract the biceps as much as possible. The judge will pay particular attention to the pectoral muscles and the arch of the rib cage, the biceps, and will conclude with the head-to-hips examination.
- 4. Back Double Biceps** - Sitting on his wheelchair, with his back to the judges, the competitor will bend the arms and wrists as in the Front Double Biceps pose. He will then contract the arm muscles as well as the muscles of the shoulders, upper and lower back. The judge will first survey the arm muscles and then do the head-to-hips survey, during which there are more muscle groups to look at than in all of the other poses. This includes the neck, deltoids, biceps, triceps, forearm, trapezius, teres, infraspinatus, erector spinae, external obliques and latissimus dorsi. This pose, probably more than the others, will help the judge to determine the quality of the competitor's muscle density, definition.
- 5. Back Lat Spread** - Sitting on his wheelchair, with his back to the judges, the competitor will place his hands on his waist with his elbows kept wide. He will then contract the latissimus dorsi as wide as possible. The judge will look for a good spread of the latissimus dorsi, but also for good muscle density and will again conclude with the head-to-hips survey.

**6. Side Triceps** - The competitor may choose either side for this pose so as to show the “better” arm. Sitting on his wheelchair, with his left or right side towards the judges, he will place both arms behind his back, either linking his fingers or grasping the front arm by the wrist with his rear hand. The competitor will exert pressure against his front arm, thereby causing the triceps muscle to contract. He will also raise the chest and contract the abdominal muscles. The judge will first survey the triceps muscles, and conclude with the head-to-hips examination.

## **7. Abdominal**

## **8. Most Muscular**

### **1. REGULATIONS**

Competitors will not chew gum or any other products while onstage.

Competitors will not drink any liquids while onstage.

The use of tans and bronzers that can be wiped off is not allowed. Professional competition tanning methods (airbrush tanning, cabin spray tanning) may be used if applied by the professional companies and qualified personnel.

The Head Judge or a delegated by him official will have the right to make decision if a competitor’s attire meets the criteria established in the Rules and acceptable standards of aesthetics. The athlete may be disqualified if the attire doesn’t meet them.

### **2. ATTIRE**

Posing suits must be standard men’s swimsuit with at least ½ rear coverage. Suits must meet acceptable standards of taste and decency. Thongs are prohibited.

Posing suits must be one color. Fringe, wording, sparkle or fluorescents is prohibited.

Competitors must not alter the fit of the posing suit by hiking it up in the back or by pulling up the sides during Front and Rear Lat Spreads.

### **ONSTAGE**

During the Judging, competitors shall not wear jewelry except for a wedding band.

Prescription eyewear (except sun glasses) is permitted.

The following is prohibited while onstage:

Props

Chewing gum

### **6. SCORING**

The Judging is scored 100%.

**No PRO CARDS will be awarded in the STAR CATEGORY**

**\*\*\*\*\* END \*\*\*\*\***

