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 **5th GNBF international German Championships 2019**

 **COURSE OF ACTION**

**MEN BODYBUILDING-CLASSES**
\* **Teens**
\* **Juniors**
\* **Men**\* **Masters-Men**

**1. ELIMINATION ROUND (Defining of Top 12 competitors of each class)**All competitors of given class are on stage
If more than 12 competitors in given class:
Splitting each class in different groups – depending of number of competitors
Mandatory Poses:
\* Front Double Biceps
\* Front Lat Spread
\* Side Chest (free choice of side)
\* Side Triceps (free choice of side)
\* Back Double Biceps (one leg backwards, contracted calf)
\* Back Lat Spread (one leg backwards, contracted calf)
\* Abs and Thighs (Hands over head, one leg forward)
\* Most Muscular („Crap-Pose“ or hands on hips)

If more than 12 competitors in given class:
Election of Top 12 competitors of given class

Announcing of Top 12 competitors of given class
Top 12 competitors of given class stay on stage
Competitors who didn`t made the Top 12 of given class leave the stage

**2. SYMMETRY-ROUND**Top 12 competitors of given class are on stage
Top 12 competitors of given class doing 4 Quarterturns
 **3. MUSCULARITY-ROUND**
 Top 12 competitors of given class are on stage
 Top 12 competitors of given class doing the Mandoraty Poses:
 \* Front Double Biceps
 \* Front Lat Spread
 \* Side Chest (free choice of side)
 \* Side Triceps (free choice of side)
 \* Back Double Biceps (one leg backwards, contracted calf)
 \* Back Lat Spread (one leg backwards, contracted calf)
 \* Abs and Thighs (Hands over head, one leg forward)
 \* Most Muscular („Crap-Pose“ or hands on hips)

**4. GROUP-COMPARISONS**Splitting of Top 12 competitors of given class in groups due to judges demands
 Choosed competitors of each group of given class doing 4 Quarter Turns
 Choosed competitors of each group of given class doing the Mandatory Poses:
 \* Front Double Biceps
 \* Front Lat Spread
 \* Side Chest (free choice of side)
 \* Side Triceps (free choice of side)
 \* Back Double Biceps (one leg backwards, contracted calf)
 \* Back Lat Spread (one leg backwards, contracted calf)
 \* Abs and Thighs (Hands over head, one leg forward)
 \* Most Muscular („Crap-Pose“ or hands on hips)

**5 . INTRODUCTION-ROUND of FINALISTS**Top 6 competitors of given class are on stage
Introduction of each Top 6 competitor of given class by calling his name
Each Top 6 competitor of given class showing 1-2 best poses when his name is called

**6.** **COMPARISON-ROUND** Top 6 competitors of given class doing 4 Quarter-Turns
 Top 6 competitors of given class doing the Mandatory Poses:
 \* Front Double Biceps
 \* Front Lat Spread
 \* Side Chest (free choice of side)
 \* Side Triceps (free choice of side)
 \* Back Double Biceps (one leg backwards, contracted calf)
 \* Back Lat Spread (one leg backwards, contracted calf)
 \* Abs and Thighs (Hands over head, one leg forward)
 \* Most Muscular („Crap-Pose“ or hands on hips)

**7. POSEDOWN**Posedown for Top 6 competitors of given Class – about 1 Minute Duration

**8. SINGLE POSING ROUTINES**
Top 6 competitors of given class are free of choice to show their individual posing routine, or not showing their individual posing routine

**9. ANNOUNCING OF RESULTS / HANDLING OUT OF MEDALS**
Top 6 competitors of given class are on stage
Calling out of results and handling out of medals of given class – beginning with announcing
6. th place moving upwards to 1. St place

**MR. PHYSIQUE-CLASSES
\* Mr. Physique up to 177,0 cm
\* Mr. Physique 177,1 cm to 182,0 cm
\* Mr. Pysique over 182,1 cm**

**1. ELIMINATION-ROUND (if more than 12 competitors in a given class)**All competitors of given class are on stage
If more than 12 competitors in given class:
Splitting each class in different groups – depending of number of competiton
All competitors of given class doing 4 Quarter-Turns
If more than 12 competitors in given class: Election of Top 12 competitors of given class
Announcing of Top 12 competitors of given class
Top 12 competitors of given class stay on stage
Competitors who didn`t made the Top 12 of given class leave the stage

 **2. I-WALK PRESENTATION OF TOP 12 COMPETITORS**Each Top 12 competitor of given class doing his I-Walk – maximum time span 30 seconds.
Time is running at the moment the competitor starts walking from the background to the
middle of the stage.
After showing his I-Walk, competitor of given class returns to the line up of given class at
the background of the stage. **3. QUARTER-TURNS**Top 12 competitors of given class step forward in Front of stage and doing 4 Quarter-Turns.

 **4. GROUP-COMPARISONS** **/ COMPLETION OF JUDJING**
Top 12 competitors of given class doing 4 Quarter-Turns group comparisons due to demand of judges

**5. INTRODUCTION-ROUND of FINALISTS**Top 6 competitors of given class are on stageIntroduction of each Top 6 competitor of given class by calling his name

**6. COMPARISON-ROUND**Top 6 competitors of given class doing 4 Quarter-Turns

**7. ANNOUNCING OF RESULTS / HANDLING OUT OF MEDALS**
 Top 6 competitors of given class are on stage
 Calling out of results and handling out of medals of each given class – beginning with
 announcing 6. th place moving upwards to 1.st place

**MEN `S CLASSIC-PHYSIQUE
1. Elimination Round (if more than 12 athletes compete in class) – 5 Mandatory Poses**\* Front double biceps
\* Side Chest (side of your choice)\* Back Double Biceps (one leg backwards, contracted calf)
\* Abs and Thighs (Hands over head, one leg forward)
\* Classic Pose of choice. i.e. Victory-Pose, Archer, single bicesp pose with other hand begind neck,
 front double biceps with sidebend hips.
 If more than 12 competitors in given class:
 Election of Top 12 competitors of given class
 Announcing of Top 12 competitors of given class
 Top 12 competitors of given class stay on stage
 Competitors who didn`t made the Top 12 of given class leave the stage.

 **2. SYMMETRY-ROUND**Top 12 competitors of given class are on stage
Top 12 competitors of given class doing 4 Quarterturns
 **3. MUSCULARITY-ROUND**
 Top 12 competitors of given class are on stage
 Top 12 competitors of given class doing the Mandoraty Poses:
\* Front double biceps
\* Side Chest (side of your choice)\* Back Double Biceps (one leg backwards, contracted calf)
\* Abs and Thighs (Hands over head, one leg forward)
\* Classic Pose of choice. i.e. Victory-Pose, Archer, single bicesp pose with other hand begind neck,
 front double biceps with sidebend hips.

 **4. GROUP-COMPARISONS**Splitting of Top 12 competitors of in groups due to judges demands
 Choosed competitors of each group doing 4 Quarter Turns
 Choosed competitors of each group doing the Mandatory Poses:
\* Front double biceps
\* Side Chest (side of your choice)\* Back Double Biceps (one leg backwards, contracted calf)
\* Abs and Thighs (Hands over head, one leg forward)
\* Classic Pose of choice. i.e. Victory-Pose, Archer, single bicesp pose with other hand begind neck,
 front double biceps with sidebend hips.

**5 . INTRODUCTION-ROUND of FINALISTS**Top 6 competitors of given class are on stage
Introduction of each Top 6 competitor of given class by calling his name
Each Top 6 competitor of given class showing 1-2 best poses when his name is called.

**6.** **COMPARISON-ROUND** Top 6 competitors doing 4 Quarter-Turns
 Top 6 competitors doing the Mandatory Poses:
\* Front double biceps
\* Side Chest (side of your choice)\* Back Double Biceps (one leg backwards, contracted calf)
\* Abs and Thighs (Hands over head, one leg forward)
\* Classic Pose of choice. i.e. Victory-Pose, Archer, single bicesp pose with other hand begind neck,
 front double biceps with sidebend hips.

**7. POSEDOWN**Posedown for Top 6 competitors of given Class – about 1 Minute Duration

**8. SINGLE POSING ROUTINES**
Top 6 competitors are free of choice to show their individual posing routine, or not showing their individual posing routine

**9. ANNOUNCING OF RESULTS / HANDLING OUT OF MEDALS**
Top 6 competitors are on stage
Calling out of results and handling out of medals of given class – beginning with announcing
6. th place moving upwards to 1. St place

**WOMEN`S SPORT MODEL
Round 1 – Bikini and high heel shoes as stage wear
ELIMINATION-ROUND (if more than 12 competitors in a given class class)**All competitors of given class are on Stage
If more than 12 competitors class:
Splitting competitors in different groups – depending of number of competitors
All competitors of class doing 4 Quarter-Turns
 If more than 12 competitors in class: Election of Top 12 competitors of class
Announcing of Top 12 competitors of class
Top 12 class stay on stage
Competitors of class who didn`t made the Top 12 leave the stage

**2. I-WALK PRESENTATION OF TOP 12 COMPETITORS**\* Each Top 12 competitor of class doing her I-Walk. Maximum time span 30 seconds.
 Time is running at the moment the competitor starts walking from the background to the
 middle of the stage.
\* After showing her I-Walk, competitor of class returns to the line up of class at
 the background of the stage.

**3. QUARTER-TURNS**Top 12 competitors of class step forward in Front of stage doing 4 Quarter-Turns.

**4. GROUP-COMPARISONS** **/ COMPLETION OF JUDJING**
Top 12 competitors of class doing 4 Quarter-Turns group comparisons due to demand of judges.

**Judging of Top 6 competitors

Round 2: INTRODUCTION-ROUND OF FINALISTS – stage wear: Sport Bra; Shorts; Sport shoes** Top 6 competitors of class are on stage Introduction of each Top 6 competitor of class by calling her name

**2. COMPARISON-ROUND**Top 6 competitors of class doing 4 Quarter-Turns

**3. ANNOUNCING OF RESULTS / HANDLING OUT OF MEDALS**
 Top 6 competitors of given class are on stage
 Calling out of results and handling out of medals of given class – beginning with
 announcing 6. th place moving upwards to 1. st place

**MS. PHYSIQUE-CLASS
1. INTRODUCTION-ROUND**All competitors of class are on stageIntroduction of each competitor of class by calling her nameIntroduced competitor off class steps forward and shows 1-2 of her best poses

 **2. SYMMETRY-ROUND**All competitors of class are on stage
All competitors of class doing 4 Quarterturns

**3. MUSCULARITY-ROUND**
All competitors of class are on stage
All competitors of class doing the Mandoraty Poses:
\* Front Double Biceps (open hands)
\* Side Chest (free choice of side)
\* Side Triceps (free choice of side)
\* Back Double Biceps (one leg backwards, contracted calf, open hands)
\* Abs and Thighs (Hands over head, one leg forward)

**4. GROUP-COMPARISONS**Splitting of competitors of class in groups due to judges demands
Choosed competitors of class doing 4 Quarter Turns
Choosed competitors of class doing the Mandatory Poses:
\* Front Double Biceps (open hands)
\* Side Chest (free choice of side)
\* Side Triceps (free choice of side)
\* Back Double Biceps (one leg backwards, contracted calf, open hands)
 \* Abs and Thighs (Hands over head, one leg forward)
 **JUDJING OF PLACEMENT
ELECTION OF TOP 6 FINALISTS OF MS. PHYSIQUE-CLASS**

**5. INTRODUCTION-ROUND oF FINALISTS**Top 6 competitors of class standing on stageIntroduction of each Top 6 competitor of class by calling her nameEach Top 6 competitor of class showing 1-2 best poses when her name is called

**6.** **COMPARISON-ROUND**Top 6 competitors of class doing 4 Quarter-Turns
Top 6 competitors of class doing the Mandatory Poses:
\* Front Double Biceps (open hands)
\* Side Chest (free choice of side)
\* Side Triceps (free choice of side)
\* Back Double Biceps (one leg backwards, contracted calf, open hands)
\* Abs and Thighs (Hands over head, one leg forward)

**7. POSEDOWN**
Posedown for Top 6 competitors of Class – about 1 Minute Duration

**8. SINGLE POSING ROUTINES**
Top 6 competitors of class are free of choice to show their individual posing routine, or not showing their individual posing routine

**9. ANNOUNCING OF RESULTS / HANDLING OUT OF MEDALS**
Top 6 competitors of class are on stage
Calling out of results and handling out of medals of class – beginning with announcing
6th place moving upwards to 1st place .

**MS. FITNESS-BIKINI-CLASSES
\* Fitness-Bikini up to 170 cm
\* Fitness-Bikini over 170 cm
\* Fitness-Bikini 40+ years

1. ELIMINATION-ROUND (if more than 12 competitors in a given class class)**All competitors of given class are on Stage
If more than 12 competitors in a given class:
Splitting competitors in different groups – depending of number of competitors
All competitors of given class doing 4 Quarter-Turns
If more than 12 competitors in a given class: Election of Top 12 competitors of given class
 Announcing of Top 12 competitors of given class
Top 12 of given class stay on stage
Competitors of given class who didn`t made the Top 12 leave the stage

2. **I-WALK PRESENTATION OF TOP 12 COMPETITORS**Each Top 12 competitor of given class doing her I-Walk. Maximum time span 30 seconds.
Time is running at the moment the competitor starts walking from the background to the
 middle of the stage.
After showing her I-Walk, competitor of given class returns to the line up of given class at
the background of the stage

**3. QUARTER-TURNS**
Top 12 competitors of given class step forward in Front of stage doing 4 Quarter-Turns.
 **4. GROUP-COMPARISONS**
Top 12 competitors of given class doing 4 Quarter-Turns group comparisons due to demand of judges

**5. INTRODUCTION-ROUND OF FINALISTS** Top 6 competitors of given class are on stage Introduction of each Top 6 competitor of given class by calling her name

**6.** **COMPARISON-ROUND** Top 6 competitors of given class doing 4 Quarter-Turns

**7. ANNOUNCING OF RESULTS / HANDLING OUT OF MEDALS**
Top 6 competitors of given class are on stage
Calling out of results and handling out of medals of given class – beginning with
 announcing 6th place moving upwards to 1st place.

**MS. FITNESS-FIGURE-CLASSES
\* Fitness-Figure
\* Fitness-Figure 35+ years

1. I-WALK PRESENTATION OF TOP 12 COMPETITORS**Each Top 12 competitor of given class doing her I-Walk. Maximum time span 30 seconds. Time is running
at the moment the competitor starts walking from the background to the middle of the stage.
After showing her I-Walk competitor of given class returns to the line up of given class at
the background of the stage

**2. QUARTER-TURNS**Top 12 competitors of given class step forward in Front of stage doing 4 Quarter-Turns

3. **GROUP-COMPARISONS** **/ COMPLETION OF JUDJING**
Top 12 competitors of given class doing 4 Quarter-Turns group comparisons due to demand of judges

**4 . INTRODUCTION-ROUND OF FINALISTS**Top 6 competitors of given class are on stageIntroduction of each Top 6 competitor of given class by calling her name

**5 .** **COMPARISON-ROUND** Top 6 competitors of given class doing 4 Quarter-Turns

**6. ANNOUNCING OF RESULTS / HANDLING OUT OF MEDALS**
 Top 6 competitors of given class are on stage
 Calling out of results and handling out of medals of given class – beginning with
 announcing 6th place moving upwards to 1st place