** **

**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