

Men's Athletic – Sanctioned Division

ON-X NATURALS

Competitors will be judged on posing as well as physical appearance, in both individual and comparison rounds. Men's Athletic will preform the BOX WALK at the start of the show, with a maximum of 3 poses on each point, followed by group half turn comparisons and then 3 creative compulsory poses called in a lineup

Judging:

- Symmetry - Muscularity - Conditioning

- Judges are looking for X-Shape muscular physique with round-built shoulders and V-Taper, including a visual 6-pack, hard mid-section, with conditioning tighter than Men's Physique, just shy of Bodybuilding/Classic level conditioning.
- Stage presence and confidence are essential for this division.

Competition Attire:

- Euro Shorts; Color of your choice

Pro and Open Classes only:

Class A - Men up to 5'7

Class B – Men 5'7 and above

Mandatory Poses:

- Group Symmetry round, Athletes will go through ½ turn comparisons:

- Front relaxed
- Rear relaxed

- Group Muscularity Round, Athletes will go through the 3 compulsory muscularity poses:

- Front Double Bicep
- Rear Double Bicep
- Abdominal and Thigh

Individual Round/Routine:

During pre-judging each Competitor will execute the **Box Walk**. The competitor will be judged on Presentation and Poise. You will enter the stage from the right side and hit the first box closest to you and hit 2-3 poses, move to the center stage, hit 2-3 poses, and then move to the left side of the stage and hit 2-3 poses before being directed to your placement per the Stage Expediter's instructions.

Awards Presentation Format:

Competitors will be called to stage one by one to preform the **Box Walk**, once again, before being directed to your placement per the Stage Expediter's instructions. Expediter will then direct top 5 back on stage after all competitors complete their I-Walk for the Awards Presentation.

This is the Official Criteria for Men's Athletic for ON-X Naturals.

Questions on the Men's Athletic please reach out to:

James Mickles - Director of Judges

Todd Rogers - President

