

【男子健美組】【Men's Bodybuilding】

【量級】【Categories】

目前男子健美組共分為以下九個量級：

1. 65 公斤級 (Up to and incl. 65 kg)
2. 70 公斤級 (Up to and incl. 70 kg)
3. 75 公斤級 (Up to and incl. 75 kg)
4. 80 公斤級 (Up to and incl. 80 kg)
5. 85 公斤級 (Up to and incl. 85 kg)
6. 90 公斤級 (Up to and incl. 90 kg)
7. 95 公斤級 (Up to and incl. 95 kg)
8. 100 公斤級 (Up to and incl. 100 kg)
9. 超過 100 公斤級 (Over 100 kg)

【賽制】【Rounds】

男子健美組賽制包含以下四個回合：

Men's Bodybuilding will consist of the following four rounds:

1. 預賽：淘汰輪（四項指定動作）
Prejudging: Elimination Round (Four Mandatory Poses)
2. 預賽：第一輪（四項指定動作及七項指定動作比較）
Prejudging: Round 1 (Four Mandatory Poses and Comparisons of Seven Mandatory Poses)
3. 決賽：第二輪（七項指定動作及不定位自選動作）
Finals: Round 2 (Seven Mandatory Poses and Posedown)
4. 決賽：第三輪（60 秒自選動作）
Finals: Round 3 (Free Posing Routines – up to 60 sec.)

*四項指定動作：正面雙手肱二頭肌、側面胸大肌、背面雙手肱二頭肌、腹肌與腿肌

*七項指定動作：正面雙手肱二頭肌、正面闊背肌、側面胸大肌、背面雙手肱二頭肌、背面闊背肌、側面肱三頭肌、腹肌與腿肌

【服裝規定】【Posing Attire】

1. 參賽者需穿著單色、不透明且乾淨、得體、大方的健美三角褲。

2. 健美褲的顏色、布料、質地和款式由參賽者自行決定。
3. 健美褲至少需覆蓋 3/4 的臀部。
4. 健美褲前方必需覆蓋並且側邊寬度至少 5 公分。
5. 禁止在健美褲配戴任何裝飾品與使用任何填充物。

Competitors will wear one-coloured, opaque posing trunks which are clean and decent. The colour, fabric, texture and style of the trunks will be left to the competitor's discretion. The trunks will cover a minimum of $\frac{3}{4}$ of the gluteus maximus. The front area must be covered and the side of the trunks should be 5 cm in width at a minimum. The use of padding anywhere in the trunks is prohibited.

【七項指定動作規範】【DETAILED DESCRIPTION OF THE SEVEN MANDATORY POSES】

1. 正面雙手肱二頭肌 (Front Double Biceps)

面向裁判站立，單腳 40-50 公分向前及側邊踩出，運動員將手臂抬至肩膀高度，並彎曲手肘，雙手向下握拳，收縮肱二頭肌與前臂肌肉，上述肌群為這個動作重點評分部位。另外，運動員應盡可能收縮全身其他肌群，裁判將檢視運動員從頭到腳的整體體態。裁判將首先檢視肱二頭肌發達程度，應是完整、頂峰飽滿的肌肉，並注意肱二頭肌前側與後側是否有明顯切割，接著從頭到腳繼續檢視前臂、三角肌、胸肌、胸肌與三角肌的連接處、腹肌、大腿肌及小腿肌。裁判應檢視肌肉密度、切割度及整體發展平衡。

Standing face front to the judges, with one leg 40-50 cm forward and to the side, 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 physique, from head to toe.

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, abdominals, thighs, and calves. The judge will also look for muscle density, definition, and overall balance.

2. 正面闊背肌 (Front Lat Spread)

雙腳平行相距 15 公分面向裁判站立，運動員雙手張開或握拳，抵住或抓握下腰部或腹斜肌，並伸展擴背肌。同時運動員應盡可能收縮正面其他肌群。嚴禁運動員拉起健美褲以露出

股四頭肌內側頂部部位。

裁判將首先檢視運動員能否展現良好的闊背肌狀態，呈現 V 字形的。接著從頭到腳檢視其他部位，先以整體體態再各別注意其他肌群細節。

Standing face front to the judges, with the legs and feet in-line and up to 15 cm apart, 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. It shall be strictly forbidden for the competitor to pull up on the posing trunks so as to show the top inside of the quadriceps.

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-foot survey, noting first the general aspects of the physique and then concentrating on the more detailed aspects of the various muscle groups.

3. 側面胸大肌 (Side Chest)

運動員可挑選任一側來擺姿勢，以展現更好的手臂肌群。運動員側面面向裁判，靠近裁判側的手臂握拳並直角彎曲，以另一隻手抓住手腕。靠近裁判側的腿部膝蓋彎曲，踮起腳尖。運動員應盡可能收縮肱二頭肌，透過前側彎曲手臂的向上施力來擴張胸肌，同時收縮大腿肌群，特別是股二頭肌，並透過腳趾向下的施力，收縮展示小腿肌。

裁判將從頭到腳的檢視，特別注意胸肌、肋骨弓、肱二頭肌、股二頭肌及小腿肌。在這個動作中，裁判能夠側面檢視大腿及小腿肌，這將有助於裁判更精準地進行評分比較。

The competitor may choose either side for this pose, in order to display the “better” arm. He will stand 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 leg nearest the judges will be bent at the knee and will rest on the toes.

The competitor will then expand the chest and by upward pressure of the front bent arm and contract the biceps as much as possible. He will also contract the thigh muscles, in particular, the biceps femoris group, and by downward pressure on his toes, will display the contracted calf muscles.

The judge will pay particular attention to the pectoral muscles and the arch of the rib cage, the biceps, the leg biceps and the calves, and will conclude with the head-to foot examination. In this pose the judge will be able to survey the thigh and calf muscles in profile, which will help in grading their comparative development more accurately.

4. 背面雙手肱二頭肌 (Back Double Biceps)

運動員背向裁判站立，比照「正面雙手肱二頭肌」動作彎曲手臂及手腕，單腳向後踩出並以

腳尖落地，收縮手臂、肩膀、上背、下背、大腿及小腿肌群。

裁判將首先檢視手臂肌群接著從頭到腳針對各部位檢視，在這個動作裁判需要比其他動作檢視更多的肌群，包含頸部、三角肌、肱二頭肌、肱三頭肌、前臂、斜方肌、大小圓肌、脊下肌、豎脊肌、腹外斜肌、闊背肌、臀肌、股二頭肌及小腿肌。這個動作能幫助裁判確定運動員的肌肉密度、切割度及整體發展平衡。

Standing with his back to the judges, the competitor will bend the arms and wrists as in the Front Double Biceps pose, and will place one foot back, resting on the toes. He will then contract the arm muscles as well as the muscles of the shoulders, upper and lower back, thigh and calf muscles. The judge will first survey the arm muscles and then do the head-to-foot 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, latissimus dorsi, gluteus, thigh biceps, and calves. This pose, probably more than the others, will help the judge to determine the quality of the competitor's muscle density, definition, and overall balance.

5. 背面闊背肌 (Back Lat Spread)

運動員背向裁判站立，雙手放在腰部，手肘保持張開，雙腳平行相距 15 公分，盡可能的展開闊背肌。運動員應盡力展示「背面雙手肱二頭肌」非軸心腳側的小腿肌，讓裁判可以一併檢視兩腳的小腿肌。嚴禁運動員拉起健美褲以露出臀大肌。

裁判將檢視闊背肌的狀態與肌肉密度，並再次從頭到腳的檢視。

Standing with his back to the judges, the competitor will place his hands on his waist with his elbows kept wide, with the legs and feet in-line and up to 15 cm apart. He will then contract the latissimus dorsi as wide as possible. The competitor should make an effort to display the opposite calf to that which was displayed during the back double biceps pose so the judge may assess both calf muscles equally. It shall be strictly forbidden for the competitor to pull up on the posing trunks so as to show the gluteus maximus muscles.

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-foot survey.

6. 側面肱三頭肌 (Side Triceps)

運動員可挑選任一側來擺姿勢，以展現更好的手臂肌群。運動員側面面向裁判，雙手放在背後，手指接連或用後方的手握住靠近裁判側的手腕，靠近裁判側的腳膝蓋彎曲，腳掌貼地。遠離裁判側的腳膝蓋彎曲，踮起腳尖。運動員透過對前側手臂施力，使肱三頭肌收縮。同時挺胸並收縮腹肌、大腿及小腿肌。

裁判將首先檢視肱三頭肌發達程度，接著從頭到腳檢視其他部位。在這個動作中，裁判能夠

側面檢視大腿及小腿肌，這將有助於裁判更精準地進行評分比較。

The competitor may choose either side for this pose so as to show the “better” arm. He will stand with his left or right side towards the judges and will place both arms behind his back, either linking his fingers or grasping the front arm by the wrist with his rear hand. The leg nearest the judges will be bent at the knee and the foot will rest flat on the floor. The leg farthest to the judges will be bent at the knee and the foot resting on the toes. 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 as well as the thigh and calf muscles.

The judge will first survey the triceps muscles, and conclude with the head-to-foot examination. In this pose, the judge will be able to survey the thigh and calf muscles in profile, which will help in grading their comparative development more accurately.

7. 腹肌與腿肌 (Abdominals and Thighs)

運動員面向裁判站立，將雙手放在頭後，單腳向前踩出。透過稍微向前捲腹來收縮腹肌，同時也收縮腿肌。

裁判將檢視腹肌與腿肌發達程度，接著從頭到腳檢視其他部位。

Standing face front to the judges, the competitor will place both arms behind the head and will place one leg forward. He will then contract the abdominal muscles by “crunching” the trunk slightly forward. At the same time, he will contract the thigh muscles of the legs.

The judge will survey the abdominal and thigh muscles, and then conclude with the head-to-foot examination.

【男子古典健美組】【Men's Classic Bodybuilding】

【量級】【Categories】

目前男子古典健美組共分為以下五個量級：

1. 168 公分級：最大體重【公斤】=(身高【公分】-100)+ 0【公斤】
Up to & incl. 168 cm: Max Weight [kg] = (Height [cm] - 100) + 0 [kg]
2. 171 公分級：最大體重【公斤】=(身高【公分】-100)+ 2【公斤】
Up to & incl. 171 cm: Max Weight [kg] = (Height [cm] - 100) + 2 [kg]
3. 175 公分級：最大體重【公斤】=(身高【公分】-100)+ 4【公斤】
Up to & incl. 175 cm: Max Weight [kg] = (Height [cm] - 100) + 4 [kg]
4. 180 公分級：最大體重【公斤】=(身高【公分】-100)+ 7【公斤】
Up to & incl. 180 cm: Max Weight [kg] = (Height [cm] - 100) + 7 [kg]
5. 超過 180 公分級：
 - a. 188 公分以下，超過 180 公分：最大體重【公斤】=(身高【公分】-100)+ 9【公斤】
over 180 cm up to & incl. 188 cm: Max Weight [kg] = (Height [cm] - 100) + 9 [kg]
 - b. 196 公分以下，超過 188 公分：最大體重【公斤】=(身高【公分】-100)+ 11【公斤】
over 188 cm up to & incl. 196 cm: Max Weight [kg] = (Height [cm] - 100) + 9 [kg]
 - c. 超過 196 公分：最大體重【公斤】=(身高【公分】-100)+ 13【公斤】
over 196 cm: Max Weight [kg] = (Height [cm] - 100) + 13 [kg]

【賽制】【Rounds】

男子古典健美組賽制包含以下四個回合：

Men's Classic Bodybuilding consists of the following four rounds:

1. 預賽：淘汰輪（四項指定動作）
Prejudging: Elimination Round (Four Mandatory Poses)
2. 預賽：第一輪（四項指定動作、四面轉體動作及七項指定動作比較）
Prejudging: Round 1 (Four Mandatory Poses, comparisons of Quarter Turns and seven Mandatory Poses)
3. 決賽：第二輪（四面轉體動作、七項指定動作及不定位自選動作）
Finals: Round 2 (Quarter Turns, Seven Mandatory Poses and Posedown)
4. 決賽：第三輪（60 秒自選動作）
Finals: Round 3 (Free Posing Routines – up to 60 sec.)

*四項指定動作：正面雙手肱二頭肌、側面胸大肌、背面雙手肱二頭肌、腹肌與腿肌

*七項指定動作：正面雙手肱二頭肌、正面闊背肌、側面胸大肌、背面雙手肱二頭肌、背面闊背肌、側面肱三頭肌、腹肌與腿肌

*四面轉體動作：正面預備姿勢、四分之一向右轉、四分之一轉背對裁判、四分之一向左轉

【服裝規定】【Posing Attire】

*同男子古典形體組

【四面轉體動作規範】【DESCRIPTION OF THE QUARTER TURNS】

1. 正面預備姿勢 (Front position)

運動員頭部、眼睛視線與身體面向裁判站立，雙腳平行相距 15 公分，腳尖向外打開 30 度，全身肌群保持收縮，膝蓋伸直、腹部內收、挺胸、肩膀後收、抬頭、雙手手臂垂放於身體兩側，手肘稍微彎曲，手指併攏、掌心朝內、雙手握拳。

Erect, tense stance, head and eyes facing the same direction as the body, heels in-line and up to 15 cm apart, feet inclined outward at a 30° angle, knees unbent, stomach in, chest out, shoulders back, head up, 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 clenched into fists.

2. 四分之一向右轉 (Quarter Turn Right)

運動員頭部、眼睛視線與身體面向右側站立，腳跟併攏，腳尖向外打開 30 度，全身肌群保持收縮，膝蓋伸直、腹部內收、挺胸、肩膀後收、抬頭。左手握拳下放，掌心朝向身體，稍微置於身體中心線後側。右手肘稍微彎曲置於身體前方，掌心朝向身體並握拳。

手臂放置的位置會導致上半身稍微向左側扭轉，左肩降低，右肩抬高，這是正常的現象，但不得過度放大。

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, head up, left arm hold down and slightly back from the center-line of the body, palm facing the direction of the body, hand clenched into a fist, right arm slightly bent at the elbow to the front of the body, palm facing the body, hand clenched into a fist.

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.

3. 四分之一轉背對裁判 (Quarter Turn Back)

運動員頭部、眼睛視線與身體背向裁判站立，雙腳平行相距 15 公分，腳尖向外打開 30 度，全身肌群保持收縮，膝蓋伸直、腹部內收、挺胸、肩膀後收、抬頭、雙手手臂垂放於身體兩側，手肘稍微彎曲，手指併攏、掌心朝內、雙手握拳。

Erect, tense stance, head and eyes facing the same direction as the body, heels in-line and up to 15 cm apart, feet inclined outward at a 30° angle, knees unbent, stomach in, chest out, shoulders back, head up, 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 clenched into fists.

4. 四分之一向右轉 (Quarter Turn Right)

運動員頭部、眼睛視線與身體面向左側站立，腳跟併攏，腳尖向外打開 30 度，全身肌群保持收縮，膝蓋伸直、腹部內收、挺胸、肩膀後收、抬頭。右手握拳下放，掌心朝向身體，稍微置於身體中心線後側。左手肘稍微彎曲置於身體前方，掌心朝向身體並握拳。

手臂放置的位置會導致上半身稍微向右側扭轉，右肩降低，左肩抬高，這是正常的現象，但不得過度放大。

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, head up, right arm hanging 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 clenched into a fist, left arm slightly bent at the elbow to the front of the body, palm facing the body, hand clenched into a fist. 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.

【七項指定動作規範】【DETAILED DESCRIPTION OF THE SEVEN MANDATORY POSES】

*同男子健美組

【男子古典形體組】【Men's Classic Physique】

【量級】【Categories】

目前男子古典形體組共分為以下五個量級：

1. 168 公分級：最大體重【公斤】=(身高【公分】-100)+ 4【公斤】
Up to & incl. 168 cm: Max Weight [kg] = (Height [cm] - 100) + 4 [kg]
2. 171 公分級：最大體重【公斤】=(身高【公分】-100)+ 6【公斤】
Up to & incl. 171 cm: Max Weight [kg] = (Height [cm] - 100) + 6 [kg]
3. 175 公分級：最大體重【公斤】=(身高【公分】-100)+ 8【公斤】
Up to & incl. 175 cm: Max Weight [kg] = (Height [cm] - 100) + 8 [kg]
4. 180 公分級：最大體重【公斤】=(身高【公分】-100)+ 11【公斤】
Up to & incl. 180 cm: Max Weight [kg] = (Height [cm] - 100) + 11 [kg]
5. 超過 180 公分級：
 - a. 188 公分以下，超過 180 公分：最大體重【公斤】=(身高【公分】-100)+ 13【公斤】
over 180 cm up to & incl. 188 cm: Max Weight [kg] = (Height [cm] - 100) + 13 [kg]
 - b. 196 公分以下，超過 188 公分：最大體重【公斤】=(身高【公分】-100)+ 15【公斤】
over 188 cm up to & incl. 196 cm: Max Weight [kg] = (Height [cm] - 100) + 15 [kg]
 - c. 超過 196 公分：最大體重【公斤】=(身高【公分】-100)+ 17【公斤】
over 196 cm: Max Weight [kg] = (Height [cm] - 100) + 17 [kg]

【賽制】【Rounds】

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*四項指定動作：正面雙手肱二頭肌、側面胸大肌、背面雙手肱二頭肌、真空縮腹

*七項指定動作：正面雙手肱二頭肌、側面胸大肌、背面雙手肱二頭肌、側面肱三頭肌、真空縮腹、腹肌與腿肌、選手自選經典動作

*四面轉體動作：正面預備姿勢、四分之一向右轉、四分之一轉背對裁判、四分之一向右轉

【服裝規定】【Posing Attire】

1. 參賽者需穿著黑色、不透明四角古典褲。
2. 四角褲側邊寬度需至少 15 公分以上。
3. 四角褲允許露出大腿部位但需覆蓋整個臀部與正面部位。
4. 禁止於四角褲配戴任何裝飾品與使用任何填充物。
5. 四角褲上不得有個人贊助商商標及製造商商標。

Competitors will wear a one-colour, any colour, opaque gymnastic shorts, with at least 15 cm high sides, covering the whole gluteus maximus and all the frontal area but allowing to display the upper legs. No ornaments in the attire will be permitted. The use of padding anywhere in the trunks is prohibited.

【四面轉體動作規範】【DESCRIPTION OF THE QUARTER TURNS】

*同男子古典健美組

【七項指定動作規範】【DETAILED DESCRIPTION OF THE SEVEN MANDATORY POSES】

5. 真空縮腹 (Vacuum Pose)

這是一個新的指定動作。運動員面向裁判站立，雙手放在頭後，雙腳平行，接著透過以下方式展示正面的真空縮腹動作：運動員必須深呼吸，收緊腹肌，將肚臍拉向脊椎位置，即是真空縮腹的狀態。同時收縮腹內肌、雙腿、軀幹以及手臂。在這個動作中，腹直肌不收縮。

This is a new mandatory pose. Standing face front to the judges, the competitor will place both arms behind the head and will place the feet together. Then he will perform the "Front position, Vacuum Pose" in this way: he must deeply exhale, drawing the abdominals inward (abs in), pulling the belly button to spine, what is called "vacuum", at the same time flexing the transverse inner muscle, flexing legs, torso and arms also. Abdominals muscles (Rectus abdominis) are not contract in this pose.

7. 選手自選經典動作 (Classic Pose of Athlete's Choice)

運動員面向裁判站立，展示一個他最喜歡的正面經典動作，但不得是「最發達肌肉」動作，運動員應收縮展示全身的肌群，並且只能做出一個動作。

Standing face front to the judges, the competitor will perform one of his favorable front Classic Pose but not the “Most Muscular” one. He will then contract the main muscle group presenting in this pose as well as other muscles, if possible. Athletes are allowed to perform only one pose in this presentation

*其餘同男子健美組

【男子形體組】【Men's Physique】

【量級】【Categories】

目前男子形體組共分為以下六個量級：

1. 170 公分級 (Up to and incl. 170 cm)
2. 173 公分級 (Up to and incl. 173 cm)
3. 176 公分級 (Up to and incl. 176 cm)
4. 179 公分級 (Up to and incl. 179 cm)
5. 182 公分級 (Up to and incl. 182 cm)
6. 超過 182 公分級 (Over 182 cm)

【賽制】【Rounds】

男子形體組賽制包含以下三個回合：

Men's Physique consists of the following three rounds:

1. 預賽：淘汰輪（四面轉體動作）
Prejudging: Elimination Round (Four Quarter Turns)
2. 預賽：第一輪（四面轉體動作及四面轉體動作比較）
Prejudging: Round 1 (Quarter Turns, Comparisons in Quarter Turns)
3. 決賽：第二輪（四面轉體動作）
Finals: Round 2 (Quarter Turns)

*四面轉體動作：正面預備姿勢、四分之一向右轉、四分之一轉背對裁判、四分之一向右轉

【服裝規定】【Posing Attire】

1. 參賽者需穿著不透明、寬鬆、乾淨、得體、大方的衝浪褲(海灘褲)。
2. 衝浪褲(海灘褲)顏色及布料由參賽者自行決定。
3. 衝浪褲(海灘褲)可以有幾何與主題圖形但不得有曲線修飾造型與字體燙印。
4. 衝浪褲(海灘褲)需覆蓋整個大腿，長度達髖骨中間位置。
5. 禁止使用任何填充物於短褲內。不允許穿著緊身萊卡布料短褲。
6. 褲子不得有個人贊助商商標，但允許印有製造商商標(限 1 個)。

Competitors will wear an opaque, loose-fitting board shorts which are clean and decent. The colour and fabric of the shorts will be left to the competitor's discretion. Shorts may have geometric patterns and motives, but no inscriptions and cambered ornamentation. The shorts will

cover the whole upper leg, down the upper point of the knee (patella). The use of padding anywhere in the trunks is prohibited.

【四面轉體動作規範】【DESCRIPTION OF THE QUARTER TURNS】

1. 正面預備姿勢 (Front position)

運動員頭部、眼睛視線與身體面向裁判站立，單手四指向前插在腰際，另一隻手稍微置於身體外側，手肘稍微彎曲，掌心打開，以伸直且美觀的擺放手指。單腳稍微向側邊踩出，膝蓋伸直，腹肌與闊背肌稍微收縮並且抬頭。

Erect, tense stance, head and eyes facing the same direction as the body, one hand resting on the hip, with four fingers at the front of the body, and one leg slightly moved to the side. Second hand hanging down along the body, slightly out of to the side, elbow slightly bent, with open palm and straight, aesthetically configured fingers. Knees unbent, abdominal and latissimus dorsi muscles slightly contracted, head up.

2. 四分之一向右轉 (Quarter Turn Right)

運動員向右轉以左側向裁判站立，上半身稍微轉向裁判，同時臉面向裁判。左手插腰，右手向下稍微置於身體中心線前側，手肘稍微彎曲，掌心打開，以伸直且美觀的擺放手指。左腳(靠近裁判側)膝蓋稍微彎曲，腳掌貼地，右腳(遠離裁判側)膝蓋彎曲，踮起腳尖向後踩出。

Competitors will perform the first quarter turn to the right. They will stand left side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Left hand resting on the left hip, right arm hold down and slightly to the front from the centerline of the body, elbow slightly bent, with open palm and straight, aesthetically configured fingers. Left leg (nearest the judges) slightly bent in the knee, resting flat on the floor. Right leg (farthest to the judges) bent in the knee, with foot moved back and resting on the toes.

3. 四分之一轉背對裁判 (Quarter Turn Back)

運動員頭部、眼睛視線與身體背向裁判站立，單手四指向前插在腰際，另一隻手稍微置於身體外側，手肘稍微彎曲，掌心打開，以伸直且美觀的擺放手指。單腳稍微往側邊與後方踩出，踮起腳尖，闊背肌稍微收縮並且抬頭。

Erect, tense stance, head and eyes facing the same direction as the body, one hand resting on the hip, with four fingers at the front of the body, second hand hanging down along the body, slightly out of to the side, elbow slightly bent, with open palm and straight, aesthetically configured fingers and one leg slightly moved back and to the side, resting on the toes. Latissimus dorsi muscles slightly contracted, head up.

4. 四分之一向右轉 (Quarter Turn Right)

運動員再向右轉以右側向裁判站立，上半身稍微轉向裁判，同時臉面向裁判。右手插腰，左手向下稍微置於身體中心線前側，手肘稍微彎曲，掌心打開，以伸直且美觀的擺放手指。右腳(靠近裁判側)膝蓋稍微彎曲，腳掌貼地，左腳(遠離裁判側)膝蓋彎曲，踮起腳尖向後踩出。

Competitors will perform the next quarter turn to the right. They will stand right side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Right hand resting on the right hip, left arm hold down and slightly to the front from the centerline of the body, elbow slightly bent, with open palm and traight, aesthetically configured fingers. Right leg (nearest the judges) slightly bent in the knee, resting flat on the floor. Left leg (farthest to the judges) bent in the knee, with foot moved back and resting on the toes.

【男子健體組】【Muscular Men's Physique】

【量級】【Categories】

目前男子健體組共分為以下兩個量級：

1. 179 公分級 (Up to and incl. 179 cm)
2. 超過 179 公分級 (Over 179 cm)

【賽制】【Rounds】

*同男子形體組

【服裝規定】【Posing Attire】

*同男子形體組

【四面轉體動作規範】【DESCRIPTION OF THE QUARTER TURNS】

*同男子形體組

【女子形體組】【Women's Physique】

【量級】【Categories】

目前女子形體組共分為以下兩個量級：

1. 163 公分級 (Up to and incl. 163 cm)
2. 超過 163 公分級 (Over 163 cm)

【賽制】【Rounds】

女子形體組賽制包含以下三個回合：

Women's Physique consists of the following four rounds:

1. 預賽：淘汰輪（四項指定動作）

Prejudging: Elimination Round (Four Mandatory Poses)

2. 預賽：第一輪（四項指定動作、四面轉體動作及四項指定動作比較）

Prejudging: Round 1 (Four Mandatory Poses, comparisons of Quarter Turns and Four Mandatory Poses)

3. 決賽：第二輪（四面轉體動作、四項指定動作及不定位自選動作）

Finals: Round 2 (Quarter Turns, Four Mandatory Poses and Posedown)

4. 決賽：第三輪（60 秒自選動作）

Finals: Round 3 (Free Posing Routines – up to 60 sec.)

*四面轉體動作：正面預備姿勢、四分之一向右轉、四分之一轉背對裁判、四分之一向右轉

*四項指定動作：正面雙手肱二頭肌、側面胸大肌、背面雙手肱二頭肌、側面肱三頭肌

【服裝規定】【Posing Attire】

1. 參賽者需穿著不透明背後交叉式比基尼。

2. 比基尼需有良好品味與風格且得體、大方、合身。

3. 比基尼褲至少需覆蓋 1/2 臀部與正面部位，禁止使用綁帶式、鍊條式比基尼褲。

4. 比基尼的顏色、布料、質地、裝飾和款式由參賽者自行決定。

5. 不需穿著鞋子

1. The two-piece bikini must be in good taste and styled in a way, as to have a proper and decent fit.

2. The bikini bottom must cover a minimum of ½ gluteus maximus and all of the frontal area. Strings are strictly forbidden.

3. The colour, fabric, texture and ornamentation of the bikini will be left to the athlete's discretion.

4. No footwear.

【四面轉體動作規範】【DESCRIPTION OF THE QUARTER TURNS】

1. 正面預備姿勢 (Front position)

運動員頭部、眼睛視線與身體面向裁判站立，雙腳併攏，腳尖向外打開 30 度，全身肌群保持收縮，膝蓋伸直、腹部內收、挺胸、肩膀後收，雙手手臂保持於身體兩側，手肘稍微彎曲，手指併攏，掌心朝向身體，雙手成杯狀。

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 kept at the side along the centerline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and hold out of the body, hands slightly cupped.

2. 四分之一向右轉 (Quarter Turn Right)

運動員頭部、眼睛視線與身體面向右側站立，腳跟併攏，腳尖向外打開 30 度，全身肌群保持收縮，膝蓋伸直、腹部內收、挺胸、肩膀後收。左手成杯狀，手肘稍微彎曲，掌心朝向身體，稍微置於身體中心線後側。右手成杯狀，手肘稍微彎曲，掌心朝向身體，稍微置於身體中心線前側。

手臂放置的位置會導致上半身稍微向左側扭轉，左肩降低，右肩抬高，這是正常的現象，但不得過度放大。

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 kept 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 kept 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.

3. 四分之一轉背對裁判 (Quarter Turn Back)

運動員頭部、眼睛視線與身體背向裁判站立，腳跟併攏，腳尖向外打開 30 度，全身肌群保持收縮，膝蓋伸直、腹部內收、挺胸、肩膀後收。雙手手臂保持於身體兩側，手肘稍微彎曲，手指併攏，掌心朝向身體，雙手成杯狀。

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 kept at the side along the centerline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and held out of the body, hands slightly cupped.

4. 四分之一向右轉 (Quarter Turn Right)

運動員頭部、眼睛視線與身體面向左側站立，腳跟併攏，腳尖向外打開 30 度，全身肌群保持收縮，膝蓋伸直、腹部內收、挺胸、肩膀後收。右手成杯狀，手肘稍微彎曲，掌心朝向身體，稍微置於身體中心線後側。左手成杯狀，手肘稍微彎曲，掌心朝向身體，稍微置於身體中心線前側。

手臂放置的位置會導致上半身稍微向右側扭轉，右肩降低，左肩抬高，這是正常的現象，但不得過度放大。

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 kept 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 kept 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.

【四項指定動作規範】【DETAILED DESCRIPTION OF THE FOUR MANDATORY POSES】

1. 正面雙手肱二頭肌 (Front Double Biceps)

面向裁判站立，單腳平行向側邊踩出，運動員將手臂抬至肩膀高度，並彎曲手肘，雙手打開手指向上。另外，運動員應盡可能收縮全身其他肌群，裁判將檢視運動員從頭到腳的整體體態。

裁判將透過身體線條與整體發展平衡，從頭到腳的檢視體態，身體各部位的肌群輪廓，應達到適當的肌肉量、比例、對稱性。裁判也將檢視肌肉密度、切割度及整體發展平衡。

Standing front to the judges, with the legs and feet in-line and the right/left leg placed out to the side, the competitor will raise both arms to shoulder level and bend them at the elbows. The hands should be opened, with fingers directed up. In addition, the competitor should attempt to contract as many other muscles as possible as the judges will be surveying the whole physique, from head to toe.

The judge will survey the whole physique, from head to toe, by observing the overall body lines and balance, the contours of each body part, achieved by the development of proper muscles, as well as the overall body proportions and symmetry. The judge will also look for muscle density, low

body fat level and overall balance.

2. 側面胸大肌 (Side Chest)

運動員可挑選任一側來擺姿勢，以展現更好的手臂肌群。運動員側面面向裁判，上半身稍微轉向裁判，看向裁判並收緊腹部，靠近裁判側的腳伸直，膝蓋打直，向前踩出並以腳尖落地。遠離裁判側的腳膝蓋稍微彎曲，腳掌貼地。雙手稍微置於身體前方，手肘打直，手指併攏，掌心向下，雙手平放或單手在上。運動員應收縮胸肌、肱三頭肌及腿肌，特別是股二頭肌，透過腳趾向下的施力，收縮展示小腿肌。

The competitor may choose either side for this pose, in order to display the “better” arm. She will stand left or right side to the judges, with the upper body slightly twisted to the judges, face looking to the judges, stomach in, leg nearest to the judges straight, locked at the knee, moved forward and resting on the toes, leg farthest to the judges slightly bent at the knee, with foot resting flat of the floor, both arms kept slightly front of the body, straight and locked at the elbow, thumb and fingers together, palm facing down and kept together or one over the other. The competitor will then contract the pectoral muscles, the triceps muscle and the thigh muscles, in particular, the biceps femoris group, and by downward pressure on her toes, will display the contracted calf muscles.

3. 背面雙手肱二頭肌 (Back Double Biceps)

運動員背向裁判站立，比照「正面雙手肱二頭肌」動作彎曲手臂，雙手保持張開，單腳向後踩出並以腳尖落地，收縮手臂、肩膀、上背、下背、大腿及小腿肌群。

裁判將透過身體線條與整體發展平衡，從頭到腳的檢視體態，身體各部位的肌群輪廓，應達到適當的肌肉量、比例、對稱性。裁判也將檢視肌肉密度、切割度及整體發展平衡。

Standing with her back to the judges, the competitor will bend the arms as in the Front Double Biceps Pose, keep the hands opened, place one foot back and resting on the toes. She will then contract the arm muscles as well as the muscles of the shoulders, upper and lower back, thigh and calf muscles.

The judge will survey the whole physique, from head to toe, by observing the overall body lines and balance, the contours of each body part, achieved by the development of proper muscles, as well as the overall body proportions and symmetry. The judge will also look for muscle density, low body fat level and overall balance.

4. 側面肱三頭肌 (Side Triceps)

運動員可挑選任一側來擺姿勢，以展現更好的手臂肌群。運動員側面面向裁判，看向裁判並挺胸、收緊腹部，雙手置於身體後方，以遠離裁判側的手握住靠近裁判側的手腕。靠近裁判側的手肘打直，手掌張開，手指併攏，掌心朝下並保持水平。運動員透過對前側手臂施力，

使肱三頭肌收縮。遠離裁判側的腳膝蓋彎曲，腳掌貼地，靠近裁判側的腳，膝蓋打直，向前踩出並以腳尖落地。

裁判將首先檢視肱三頭肌發達程度，接著從頭到腳檢視其他部位。在這個動作中，裁判能夠側面檢視整體體態，包含胸肌、腹肌、大腿及小腿肌，這將有助於裁判更精準地進行評分比較。

The competitor may choose either side for this pose so as to show the “better” arm. She will stand with her left or right side towards the judges, face looking to the judges, chest out, stomach in, and will place both arms behind her back, grasping the front arm by the wrist with her rear hand. The arm nearest to the judges will be straight and locked at the elbow, with open hand, thumb and fingers together, palm facing down and in a horizontal position. The competitor will exert pressure against her front arm, thereby causing the triceps muscle to contract. The rear leg will be bent at the knee and the foot will rest flat on the floor. Leg nearest to the judges will be straight, locked at the knee, moved forward and resting on the toes.

The judge will first survey the triceps muscles and conclude with the head-to-foot examination. In this pose, the judge will be able to survey the whole physique in profile, the chest and abdominal contours, the thigh and calf muscles, which will help in grading their comparative development more accurately.

【女子 Bodyfitness 組】【Women's Bodyfitness】

【量級】【Categories】

目前女子 Bodyfitness 組共分為以下四個量級：

1. 158 公分級 (Up to and incl. 158 cm)
2. 163 公分級 (Up to and incl. 163 cm)
3. 168 公分級 (Up to and incl. 168 cm)
4. 超過 168 公分級 (Over 168 cm)

【賽制】【Rounds】

女子 Bodyfitness 賽制包含以下三個回合：

Women's Bodyfitness will consist of the following three rounds:

1. 預賽：淘汰輪（四面轉體動作）
Prejudging: Elimination Round (Four Quarter Turns)
2. 預賽：第一輪（四面轉體動作及四面轉體動作比較）
Prejudging: Round 1 (Quarter Turns, Comparisons in Quarter Turns)
3. 決賽：第二輪（個人 I 字台步展示及四面轉體動作）
Finals: Round 2 (Individual presentation "I-walking" plus Quarter Turns)

*四面轉體動作：正面預備姿勢、四分之一向右轉、四分之一轉背對裁判、四分之一向右轉

【服裝規定】【Posing Attire】

*同女子形體組

【四面轉體動作規範】【DESCRIPTION OF THE QUARTER TURNS】

1. 正面預備姿勢 (Front position)

運動員頭部、眼睛視線與身體面向裁判站立，雙腳併攏，腳尖向外打開 30 度，全身肌群保持收縮，膝蓋伸直、腹部內收、挺胸、肩膀後收，雙手手臂保持於身體兩側，手肘稍微彎曲，手指併攏，掌心朝向身體距離 10 公分，雙手成杯狀。

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 kept at the side along the centerline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and hold about 10 cm out of the body, hands slightly cupped.

2. 四分之一向右轉 (Quarter Turn Right)

運動員頭部、眼睛視線與身體面向右側站立，腳跟併攏，腳尖向外打開 30 度，全身肌群保持收縮，膝蓋伸直、腹部內收、挺胸、肩膀後收。左手成杯狀，手肘稍微彎曲，掌心朝向身體，稍微置於身體中心線後側。右手成杯狀，手肘稍微彎曲，掌心朝向身體，稍微置於身體中心線前側。

手臂放置的位置會導致上半身稍微向左側扭轉，左肩降低，右肩抬高，這是正常的現象，但不得過度放大。

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 kept 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 kept 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.

3. 四分之一轉背對裁判 (Quarter Turn Back)

運動員頭部、眼睛視線與身體背向裁判站立，腳跟併攏，腳尖向外打開 30 度，全身肌群保持收縮，膝蓋伸直、腹部內收、挺胸、肩膀後收。雙手手臂保持於身體兩側，手肘稍微彎曲，手指併攏，掌心朝向身體，雙手成杯狀。

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 kept at the side along the centerline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and hold about 10 cm out of the body, hands slightly cupped.

4. 四分之一向右轉 (Quarter Turn Right)

運動員頭部、眼睛視線與身體面向左側站立，腳跟併攏，腳尖向外打開 30 度，全身肌群保持收縮，膝蓋伸直、腹部內收、挺胸、肩膀後收。右手成杯狀，手肘稍微彎曲，掌心朝向身體，稍微置於身體中心線後側。左手成杯狀，手肘稍微彎曲，掌心朝向身體，稍微置於身體中心線前側。

手臂放置的位置會導致上半身稍微向右側扭轉，右肩降低，左肩抬高，這是正常的現象，但不得過度放大。

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 kept 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 kept 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.

個人 I 字台步展示規範【HOW TO PERFORM AND ASSESS I-WALKING】

個人 I 字台步展示以下列方式進行：

1. 運動員走至舞台中心點，並停下來做出各自選擇的四個不同動作。
2. 運動員接著走到舞台底線隊伍列。

I-walking is performed in the following manner:

- The competitor will walk to the center of the stage, will stop and perform four different positions of her choice.
- The competitor will then walk to the line-up in the rear part of the stage.

裁判將對每位運動員在台步過程中的體態展示進行評分，在走台步的過程中，整體動作是否優雅也會作為評分依據。

步伐、動作的優雅性、手勢、表演技巧、個人魅力、舞台魅力及自然的節奏，都會做為每位運動員的最終排名依據。

The judges will be assessing each competitor on how well they display their physique in move.

Competitors shall be assessed on whether or not they carry themselves in a graceful manner while walking to and along the stage. The pace, the elegance of moves, gestures, “showmanship”, personality, charisma, stage presence and charm, as well as a natural rhythm should play a part in the final placing of each competitor.

【女子比基尼組】【Women's Bikini】

【量級】【Categories】

目前女子比基尼組共分為以下八個量級：

1. 158 公分級 (Up to and incl. 158 cm)
2. 160 公分級 (Up to and incl. 160 cm)
3. 162 公分級 (Up to and incl. 162 cm)
4. 164 公分級 (Up to and incl. 164 cm)
5. 166 公分級 (Up to and incl. 166 cm)
6. 169 公分級 (Up to and incl. 169 cm)
7. 172 公分級 (Up to and incl. 172 cm)
8. 超過 172 公分級 (Over 172 cm)

【賽制】【Rounds】

女子比基尼組賽制包含以下三個回合：

Women's Bikini will consist of the following three rounds:

1. 預賽：淘汰輪（四面轉體動作）
Prejudging: Elimination Round (Four Quarter Turns)
2. 預賽：第一輪（四面轉體動作及四面轉體動作比較）
Prejudging: Round 1 (Quarter Turns, Comparisons in Quarter Turns)
3. 決賽：第二輪（個人 I 字台步展示及四面轉體動作）
Finals: Round 2 (Individual presentation "I-walking" plus Quarter Turns)

*四面轉體動作：正面預備姿勢、四分之一向右轉、四分之一轉背對裁判、四分之一向右轉

【服裝規定】【Posing Attire】

1. 參賽者需穿著不透明兩件式比基尼。
 2. 比基尼的顏色、布料、質地、裝飾和款式由參賽者自行決定。
 3. 高跟鞋厚度不得超過 1 公分，高度不得超過 12 公分。禁止穿著厚底或包頭高跟鞋。
 4. 比基尼褲至少需覆蓋 1/3 臀部與正面部位，禁止使用綁帶式、串鍊式比基尼褲。
1. The bikini will be opaque two-piece in style.
 2. The fabric, texture, colour, ornamentation and style of the bikini will be left to the competitor's discretion. Bikini bottom connectors at both sides must be made of the same material as the other parts of the costume.

3. The colour and style of the high-heels will be left to the competitor's discretion, except as indicated in the below.
4. Sole thickness of the high-heels may have maximum of 1 cm and stiletto height may have maximum of 12 cm. Platform shoes are not allowed.
5. The bikini bottom will cover a minimum of 1/3 of the gluteus maximus and all of the frontal area. The bikini must be in good taste. Strings are strictly prohibited.

【四面轉體動作規範】【DESCRIPTION OF THE QUARTER TURNS】

1. 正面預備姿勢 (Front position)

運動員眼睛視線與身體面向裁判站立，單手放置於腰際間，單腳往側邊踩出，另一隻手沿著身體側邊，保持一定距離並下放，掌心打開，以伸直且美觀的擺放手指。膝蓋伸直、腹部內收、挺胸、肩膀後收。雙腳打開以對稱跨騎的姿勢站立是錯誤的，若運動員出現此動作，裁判將會扣分，嚴重者將驅離舞台。

Competitors will stand erect, head and eyes facing the same direction as the body, with one hand resting on the hip and one leg slightly moved to the side. Second hand hanging down along the body, slightly out of to the side, with open palm and straight, aesthetically configured fingers. Knees unbent, stomach in, chest out, shoulders back. Standing in a symmetrical straddle position is incorrect. Competitor standing in such position may be placed down by the judges or even expelled from the stage.

2. 四分之一向右轉 (Quarter Turn Right)

運動員向右轉以左側向裁判站立，上半身稍微轉向裁判，同時臉面向裁判。右手放於腰際，左手向下稍微置於身體中心線後側，掌心打開，以伸直且美觀的擺放手指。左側臀部稍微抬起，左腳(靠近裁判側)膝蓋稍微彎曲，並靠近身體中心線以腳尖落地。

Competitors will perform the first quarter turn to the right. They will stand left side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Right hand resting on the right hip, left arm hold down and slightly back from the centerline of the body, with open palm and straight, aesthetically configured fingers. Left hip slightly raised, left leg (nearest the judges) slightly bent in the knee, left foot resting on the toes near to the centerline of the body.

3. 四分之一轉背對裁判 (Quarter Turn Back)

運動員再向右轉背向裁判站立，身體站直而不是上半身向前傾，單手放置於腰際間，單腳往側邊踩出，另一隻手沿著身體側邊，保持一定距離並下放，掌心打開，以伸直且美觀的擺放手指。膝蓋伸直、腹部內收、挺胸、肩膀後收。下背自然彎曲或稍微腰椎前突，上背挺直、

抬頭。運動員在這個動作過程中需全程背向裁判，不得將上半身轉向裁判。雙腳打開以對稱跨騎的姿勢站立是錯誤的，若運動員出現此動作，裁判將會扣分，嚴重者將驅離舞台。

Competitors will perform the next quarter turn to the right and will stand back to the judges. They will stand straight, not leaning the upper body forward. with one hand resting on the hip and one leg slightly moved to the side. Second hand hanging down along the body, slightly out of to the side, with open palm and straight, aesthetically configured fingers. Knees unbent, stomach in, chest out, shoulders back. Lower back curvature natural or with slight lordosis, upper back straight, head up. Competitors are not allowed to turn their upper body towards the judges and should face the back of the stage at all time during the comparison. Standing in a symmetrical straddle position is incorrect. Competitor standing in such position may be placed down by the judges or even expelled from the stage.

4. 四分之一向右轉 (Quarter Turn Right)

運動員再向右轉以右側向裁判站立，上半身稍微轉向裁判，同時臉面向裁判。左手放於腰際，右手向下稍微置於身體中心線後側，掌心打開，以伸直且美觀的擺放手指。右側臀部稍微抬起，右腳(靠近裁判側)膝蓋稍微彎曲，並靠近身體中心線以腳尖落地。

Competitors will do the next quarter turn to the right and will stand their right side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Left hand resting on the left hip, right arm hold down and slightly back from the centerline of the body, with open palm and straight, aesthetically configured fingers. Right hip slightly raised, right leg (nearest the judges) slightly bent in the knee, right foot resting on the toes near to the centerline of the body.

個人 I 字台步展示規範【HOW TO PERFORM AND ASSESS I-WALKING】

*同女子 Bodyfitness 組

【女子健康小姐組】【Women's Wellness】

【量級】【Categories】

目前女子健康小姐組共分為以下四個量級：

1. 158 公分級 (Up to and incl. 158 cm)
2. 163 公分級 (Up to and incl. 163 cm)
3. 168 公分級 (Up to and incl. 168 cm)
4. 超過 168 公分級 (Over 168 cm)

【賽制】【Rounds】

女子健康小姐組賽制包含以下三個回合：

Women's Wellness Fitness will consist of the following three rounds:

*同女子比基尼組

【服裝規定】【Posing Attire】

*同女子比基尼組

【四面轉體動作規範】【DESCRIPTION OF THE QUARTER TURNS】

*同女子比基尼組

個人 I 字台步展示規範【HOW TO PERFORM AND ASSESS I-WALKING】

*同女子比基尼組

【健美雙人組】【Mixed-Pairs】

【量級】【Categories】

目前健美雙人組為不分級。

There is one open category in Mixed-Pairs.

【賽制】【Rounds】

健美雙人組賽制包含以下五個回合：

Mixed-Pairs will consist of the following four rounds:

1. 預賽：淘汰輪（五項指定動作）

Prejudging: Elimination Round (Five Mandatory Poses)

2. 預賽：第一輪（五項指定動作及五項指定動作比較）

Prejudging: Round 1 (Five Mandatory Poses and Comparisons of five Mandatory Poses)

3. 預賽：第二輪（90 秒自選動作）

Prejudging: Round 2 (Free Posing Routines – up to 90 sec.)

4. 決賽：第三輪（五項指定動作及不定位自選動作）

Finals: Round 3 (Five Mandatory Poses and Posedown)

5. 決賽：第四輪（90 秒自選動作）

Prejudging: Round 4 (Free Posing Routines – up to 90 sec.)

*五項指定動作：正面雙手肱二頭肌、側面胸大肌、背面雙手肱二頭肌、側面肱三頭肌、腹肌與腿肌

【服裝規定】【Posing Attire】

*男生同男子健美組；女生同女子形體組

【五項指定動作規範】【DETAILED DESCRIPTION OF THE FIVE MANDATORY POSES】

5. 腹肌與腿肌 (Abdominals and Thighs)

運動員面向裁判站立，將雙手放在頭後，單腳向前踩出或平行相距 15 公分站立(擇一)。透過稍微向前捲腹來收縮腹肌，同時也收縮腿肌。

裁判將檢視腹肌與腿肌發達程度，接著從頭到腳檢視其他部位。

Standing face front to the judges, the competitor will place both arms behind the head and will place one leg forward or will keep the legs and feet in-line and up to 15 cm apart (optionally).

He/she will then contract the abdominal muscles by “crunching” the trunk slightly forward. At the

same time, he/she will contract the thigh muscles of the leg(s).

The judge will survey the abdominal and thigh muscles, and then conclude with the head-to-foot examination.

*其餘男生同男子健美組；女生同女子形體組

【健身雙人組】【Fit-Pairs】

【量級】【Categories】

目前健身雙人組為不分級。

There is one open category in Fit-Pairs.

【賽制】【Rounds】

健身雙人組賽制包含以下三個回合：

Fit-Pairs consists of the following three rounds:

1. 預賽：淘汰輪（四面轉體動作）

Prejudging: Elimination Round (Four Quarter Turns)

2. 預賽：第一輪（四面轉體動作及四面轉體動作比較）

Prejudging: Round 1 (Quarter Turns, Comparisons in Quarter Turns)

3. 決賽：第二輪（I 字台步展示及四面轉體動作）

Finals: Round 2 (I-walking Presentation plus Quarter Turns)

*四面轉體動作：正面預備姿勢、四分之一向右轉、四分之一轉背對裁判、四分之一向右轉

【服裝規定】【Posing Attire】

*男生同男子形體組；女生同女子比基尼組

【四面轉體動作規範】【DESCRIPTION OF THE QUARTER TURNS】

*男生同男子形體組；女生同女子比基尼組

I 字台步展示規範【HOW TO PERFORM AND ASSESS I-WALKING】

*同女子比基尼組