

Review of Changing Judging Standards for Bodybuilding and Fitness Competition Category

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Abstract

This study examined the importance of screening for changing bodybuilding and fitness category. The screening criteria for bodybuilding, the background and reason for the creation of new bodybuilding and fitness items, the screening criteria for new items, and the use of drugs were described. The current bodybuilding gives high marks to excessive muscles and excessive diet conditions, and new bodybuilding category have been newly established in line with the recent global trend of pursuing natural beauty over abnormally excessive muscles, and the screening criteria also prioritize the balance of ideal and overall muscles to fit your height and weight. In addition, fitness events such as physique and bikini are gaining popularity with the establishment because they focus on not excessive muscles and natural elements of the body that ordinary people can challenge. Since athletes as well as ordinary people are using drugs to increase muscles and suffer side effects, IFBB(International Federation of BodyBuilding) and KBBF(Korea Body Building Federation) should consider and improve the current bodybuilding screening standards that avoid excessive muscles, and it is believed that bodybuilding and fitness events will develop only when strict punishment and continuous anti-doping education are carried out.

Keywords: *BodyBuilding, Fitness, Doping, Drug, Sport For All*

1. Introduction

Due to the rapid automation of modern society, people's physical activity and physical strength are gradually deteriorating. In this society, modern people's desire for a healthy body and a beautiful body is gradually increasing, and they are doing various exercises to make a healthy body [1]. Among them, bodybuilding is an effective exercise for making diet and muscles by increasing muscle strength and muscle mass by using dumbbells and barbells, and increasing the body's energy consumption [2]. Since bodybuilding is an indoor exercise, you can enjoy it without any restrictions on time and season, and you can exercise alone because you don't have to have a partner. Moon Hyung-pil proved that the higher the degree of participation in body building exercises, the more positive the body's flexibility and muscle strength, and Lee Hyung-guk conducted an eight-week study of 28 ordinary male college students to find more positive changes in physique (weight, subcutaneous fat head, body fat percentage, body circumference) and physical factors (grip strength, back

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strength) [4, 5]. These bodybuilding has been around for a long time in various forms. In ancient Greece and Rome, gladiators and wrestlers also strengthened their muscles by performing weight training similar to bodybuilding to build muscle strength. Looking at these historical facts, it is believed that human interest in bodybuilding has been around for a long time.

The bodybuilding competition is the natural beauty of the players (balance and harmony) and free pose. It is a game in which seven regulatory poses of IFBB are reviewed and ranked. Since IFBB was formed in 1946, the world competition is held every year [8], and Korea's first nationwide bodybuilding competition was the first Mr. Korea competition held at the Seoul Construction Center in 1949. Since then, Korea has joined the Asian Body Building Federation (ABBF) in 1970, and in June 1987, the Korean Body Building Federation was separated from the existing Weightlifting Federation. Bodybuilding was held as a demonstration event at the National Sports Festival in 1990 and 1991, and was adopted as an official event at the 72nd National Sports Festival in 1992, but it was demoted to a demonstration event at the 100th National Sports Festival in 2019 due to repeated doping detection by athletes and was re-selected as an official event at the 104th National Sports Festival in 2023.

The criteria for bodybuilding vary slightly depending on the association and institution, and it is difficult to divide clear criteria, and because it is a game that requires more subjective judgment by judges than other sports games, players use drugs to create a more prominent body. Bodybuilding players cannot resist the temptation of drugs because they can build muscles easily and quickly and perform well in matches by using gradually changing bodybuilding screening standards and drugs. Although many efforts are being made at home and abroad to prevent doping of bodybuilding, it is gradually increasing regardless of drug users called "roider" and the general public in the current situation where drugs are easily available. In order to reduce rooders (drug users) and awaken sports spirit, natural bodybuilding competitions where non-drug athletes can participate and new events that can perform even without drugs are being established. Bodybuilding, which is rapidly changing and growing recently, has many problems and issues such as drugs, screening standards, and indiscriminate competitions. Therefore, this study intends to discuss the issues of bodybuilding and newly established items' screening standards and drug use.

2. Body Building Examination Standards and Regulation Positions

Table 1 summarizes the criteria for judging IFBB and KBBF(Korea Body Building Federation).

Table 1. Review criteria for the Shagye Bodie Building Federation (IFBB)

Examination criteria	Content
Body proportions and symmetry (natural beauty)	Overall balance and balance (state of division of upper and lower extremities, beauty of balance from the player's head to toe, degree of cleanliness, etc.)
The size of a muscle	Size of muscle in each area
Muscle clarity	Muscle clarity, muscle strength (fat and moisture are removed so that the epidermis is in close contact with the muscles)
Muscle separation	the separation of muscles (the separation of each muscle)
The color of one's skin	The act of tanning to show the muscle clarity and distinction of the skin

Reference: International Federation of BodyBuilding Game Rules 2023 Revised Edition

Men's Bodybuilding was officially recognized as a modern sport at the 1970 IFBB General Assembly in

Belgrade, Yugoslavia, and Women's Bodybuilding was recognized as a sport at the 1982 IFBB General Assembly (Brugge, Belgium), but was replaced by Women's Physique when it was revoked at the 2013 IFBB General Assembly held in Marrakech, Morocco. The bodybuilding world championships have seven general divisional weight classes (65kg, 70kg, 75kg, 80kg, 90kg, 100kg or less, and over 100kg), and 65kg weight classes are only held in Asia or South America. Men's junior bodybuilding has a total of 12 weight classes, including 4 weight classes for 40 to 44 years old (70kg or less, 80kg or less, 90kg or more), 4 weight classes for 45 to 49 years old (70kg or less, 80kg or less, 90kg or more), 2 weight classes for 50 to 54 years old (80kg or less, 80kg or more), and 2 weight classes for 55 years or older (80kg or less, 80kg or more) and the competition can only be held if more than 6 athletes participate in one weight class, and if less than 6 athletes participated in one weight class, it will be integrated with other weight classes if possible. The seven regulatory poses of IFBB are 1. Front Double Biceps, 2. Front Lat Spread, 3. Side Chest 4. Back Double Biceps 5. Back Lat Spread 6. Side Triceps 7. Abdominals and Thighs.

3. Body Building Examination Standards and Regulation Positions

3.1 Men's Classic Bodybuilding

Men's Classic Bodybuilding was officially recognized as a modern sport at the 2005 IFBB General Assembly in China (Shanghai). Unlike current bodybuilding, classical bodybuilding is a sport that prioritizes ideal muscles for height and weight and overall balance rather than excessive muscle development, and it should be solid and aesthetically pleasing as it is a popular event due to increasing global demand for less development of muscles that are different from current bodybuilding players. In addition to the seven regulatory poses of IFBB, classical bodybuilding additionally examines the balance beauty in the four movements of Quarter Turn Right, Quarter Turn Back, Quarter Turn Right, and Quarter Turn Front. The weight class of the men's classical bodybuilding game is as shown in <Table 2>.

Table 2. Weight class in men's classical bodybuilding competitions

1	168 cm or less / Maximum weight [kg]= (Height [cm] - 100) + 0 [kg]
2	171 cm or less / Maximum weight [kg]= (Height [cm] - 100) + 2 [kg]
3	Under 175 cm / Maximum weight [kg]= (Height [cm] - 100) + 5 [kg]
4	less than 180 cm / maximum weight [kg]= (Height [cm] - 100) + 7 [kg]
	More than 180 cm:
5	a) More than 180 cm and less than 190 cm /Maximum weight [kg] = (Height [cm] - 100) + 9 [kg]
	b) More than 190 cm and less than 198 cm /Maximum weight [kg] = (Height [cm] - 100) + 11 [kg]
	c) Over 198 cm / Maximum weight [kg] = (Height [cm]- 100) + 13 [kg]

3.2 Men's Games Classic Bodybuilding

Men's Games Classic Bodybuilding was officially recognized as a modern sport at the 2016 IFBB General Assembly in Spain (Benidome). The difference from classical bodybuilding is that it is designed for men who want to develop less muscles with fewer weight restrictions, and the weight limit of the men's game classic bodybuilding game is classified as 175cm or less, and the weight limit is as shown in <Table 3>.

Table 3. Weight class in men's games classic bodybuilding competitions

1	162 cm or less / Maximum weight (kg)= (Height [cm] - 100) - 2 [kg]
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2	Under 165 cm / Maximum weight [kg]= (Height [cm] - 100) - 1 [kg]
3	168cm or less / Maximum weight (kg)= (Height [cm] - 100) + 0 [kg]
4	171 cm or less / Maximum weight [kg]= (Height [cm] - 100) + 1 [kg]
5	Under 175 cm / Maximum weight [kg]= (Height [cm] - 100) + 2 [kg]
6	less than 180 cm / maximum weight [kg]= (Height [cm] - 100) + 3 [kg]
7	Less than 188 cm / Maximum weight [kg]= (Height [cm] - 100) + 4 [kg]
8	196 cm or less / maximum weight [kg]= (Height [cm] - 100) + 5 [kg]
9	Over 196 cm / Maximum weight [kg]= (Height [cm] - 100) + 6 [kg]

3.3 Men’s Physique

Men's Physique was officially recognized as a new sport by the IFBB General Assembly and Executive Committee in Guayaquil, Ecuador, on 11 November 2012. Unlike bodybuilding and classical bodybuilding, men's physique plays in knee-length board suits. The uniforms should be opaque, loose and neat, and the men's physique should be solid and aesthetically pleasing as a sport designed for men who prefer to develop less muscle. You can't get good grades if you have too much muscle or if you're dry. It is also not necessary for the muscles to be distinguished too clearly or clearly. In addition, the color of the skin is also the criterion for screening. The skin color should look soft and healthy, and the hairstyle is one of the "whole parts" of the player. The skin color should look soft and healthy, and the hairstyle is one of the "whole parts" of the player. In addition, the vertical ratio (length of legs and upper body) and the horizontal ratio (width of hips and shoulders) are important factors in the evaluation, and the evaluation of the physique includes the overall appearance from the moment the player walks onto the stage to the time he leaves the stage. Men's physique players should look attractive and impressive "overall," emphasizing their "healthy" and "strong" personality. The weight class of the men's physique match is as shown in <Table 4>.

Table 4. New fitness competition category

	Weight class for men`s physique competiton	Weight class of women's physique competition	Weight class of women's body fitness competitions	Weight class of women's bikini fitness competition
1	Class A: 170 cm or less	Class A: 163 cm or less	Class A: 158 cm or less	Class A: 158 cm or less
2	Class B: 173 cm or less	Class B: Over 163 cm	Class B: 163 cm or less	Class B: 160 cm or less
3	Class C: 176 cm or less		Class C: 168 cm or less	Class C: 162 cm or less
4	Class D: 179 cm or less		Class D: Over 168 cm	Class D: 164 cm or less
5	Class E: 182 cm or less			Class E: 166 cm or less
6	Class F: More than 182 cm			Class F: 169 cm or less
7				Class G: 172 cm or less
8				Class H: Over 172 cm

3.4 Women's Physique

Women's Physique was officially recognized as a new sport on 11 November 2012 by the IFBB General Assembly and Executive Committee in Ecuador (Gua). Women's physique should look aesthetically good, unlike women's bodybuilding, for women who prefer to develop less muscles. The female physique examines the overall physique of the visible player and evaluates the development of hairstyle, makeup, overall musculoskeletal development, balance, symmetrical development of physique, the condition of skin and skin color, and the ability to express confidence on stage, elegance, etc. In addition, clear muscles obtained through diet are examined and cellulite (wild subcutaneous fat) becomes a deduction factor. Hair style and makeup complement the player's "overall appearance." Since the referee must evaluate the player, including his overall appearance during the match, from the start of his walk on stage to the time he goes off stage, the player must emphasize his "healthy and solid body and physique" from the start of the stage to the time he leaves the stage. The weight class of the women's physique match is as shown in <Table 4>.

3.5 Women's Body Fitness

Women's Body Fitness was officially recognized as a new sport by the IFBB General Assembly and Executive Committee in Egypt (Cairo) on 27 October 2002. Body fitness should show a calm, feminine image and confidence in general. Players must always express their calm and feminine image and confidence well, especially when standing on stage in a lineup or when comparing quarter turns. Those who have too much muscle or too thin are deducted. The skin color should look healthy and soft and free of cellulite (bulky subcutaneous fat). The weight class of the body fitness game is as shown in <Table 4>.

3.6 Women's Bikini Fitness

Women's bikini fitness was officially recognized as a new sport by the IFBB General Assembly and Executive Committee in Azerbaijan (Baku) on 7 November 2010. Bikini Fitness evaluates hair style and beautiful face, overall body and physique development, balanced and symmetrical development, perfect physique, skin and skin color conditions, and the ability, pose and elegance to express confidence on stage, starting with an overall physique feel. Because muscle development and muscle quality are not evaluated, players' body coordination and proportion, typical female body shape, good posture, and accurate anatomical structure (including body skeleton, straight spine curves, good proportions of arms, legs and torso, straight legs, and long legs) are key factors in the screening criteria. Bikini fitness assesses the overall physical condition obtained through diet. You should have a hard and good body shape with less body fat and be softer and smoother than body fitness. In addition, muscles should not be separated and defined like body fitness players, and if they are too dry or dense with a small amount of fat, it is a factor of deduction. The weight class of the bikini fitness game is as shown in <Table 4>.

4. Drug use and doping

The sports games are decided by winning or losing and ranking. Victory in sports games is increasingly being demanded not only for individual achievements but also for the players' own economic gains and to become more famous. The desire to win a sporting event is to allow athletes to maximize their natural potential through more intense physical training, but when they reach their limits, they constantly try to find new ways to set a slightly better record than other athletes [9]. Elite bodybuilding players prepare for matches by performing high-intensity exercise and systematic nutrition management to improve their performance. However, some players use steroids and drugs to perform better than others. In particular, now that one's abilities can be amplified through scientific methods, humans' constant desire to improve performance and

physical strength has gone beyond the scope of training to utilize various drugs [10].

According to a study by Kim Joon-soo and others [11, 43 elite male bodybuilders over the age of 20 with more than 18 months of bodybuilding experience and winning city, province, and national competitions were surveyed on the status of supplements, and 15 out of 43 bodybuilders (34.9%) had taken steroids and 32.6% said they had a intention to take steroids when asked about their intention to take them. From 2013 to the first half of 2017, 89 of the 129 sports players caught in the doping test at the National Sports Festival were bodybuilding players, accounting for 70% of the total. By year, there were 9 doping positive players in 2013, 39 in 2014, 27 in 2015, 8 in 2016, and 6 in the first half of 2017 [12]. In 2018, 14 athletes were caught in doping tests, and bodybuilding was turned into a demonstration event at the 2019 National Sports Festival [13].

The use of drugs by these players is no longer just a matter for players. As interest in bodybuilding has increased, more people want to build their bodies like bodybuilders, and many ordinary people have also used steroids and drugs because they want to build their bodies quickly. According to a recent press release, illegal steroid misuse is intensifying, and the number of illegal steroid smuggling cases has tripled in three years. In men, sexual function is reduced, sperm production ability and number of sperm decrease, and leprosy and skin diseases occur, and women also have sexual function, and menstrual symptoms may not appear if menstruation becomes irregular and severe. In particular, long-term use of drugs only increases aggression, and in some cases, people die from delusions, mental illness, and severe heart attacks. Rich Piana, a famous American bodybuilder, informed many people of the side effects of the drug when he revealed on social media that he had been using the drug while building his body, but he couldn't stop taking it and died of an overdose at home in 2018 [14]. Like Rich Piana, there are many bodybuilders who are fully aware of the side effects of drugs, but they often cannot stop taking drugs for good grades and self-satisfaction. The World Anti-Doping Agency and the Korea Anti-Doping Agency are making great efforts to reduce the use of drugs by bodybuilders and bodybuilders, but the number of drug users continues to increase.

In this situation, bodybuilding fans are becoming to respect and recognize bodybuilders who have not used drugs, and bodybuilders who do not use drugs do not participate in competitions that do not test drugs, and there are more and more natural bodybuilding competitions for these players. The World Natural Bodybuilding Federation (WNBF) is a World Natural Bodybuilding Association that aims for traditional bodybuilding that does not use drugs rather than commercial parts, starting with its first competition in 1990, and is currently being held in 21 countries. It is conducting a competition only for natural athletes through the strict polygraph test (false detector test) and urine test by WADA method. If WNBF players fail to pass the polygraph test or urine test, they will be suspended from the competition for 10 years. It remains to be seen whether such a natural body building competition has a positive effect on the drug use problem of athletes and the general public. IFBB and KBBF should ensure the fairness of the athletes' health and bodybuilding matches through strict and severe punishment and continuous anti-doping education for athletes' drug use so that athletes and hobbyists who exercise for the beauty of their appearances can engage in a healthy exercise without drugs.

5. Conclusion

This study discussed the changing screening criteria for bodybuilding and fitness events and the problems of drug use. The existing bodybuilding will be judged by IFBB in seven different ways: the front Double Biceps pose, which examines the area of the upper biceps and overall front muscles from the front; the front Lat Spread pose, which examines the area of the forearm and the balance of the front muscle; the developed chest and arm muscles; the side pose, which examines the side femur; the back Double Biceps pose, which

examines the rear arm muscles, the light bulb and shoulders, the upper and lower muscles; the back Double Biceps pose, which examines the area of the rear light bulb and both sides of the abdominal muscles; the side treatment pose, which examines the arm muscles and side muscle development, It consists of an Abdominals and Thighs pose that examines the abdominal muscles and anterior femur.

Existing bodybuilding ideally sees a body without more muscles and body fat, but in response to the global trend of preferring to develop muscles less, various bodybuilding competitions were newly established. The newly established events prioritized the balance of ideal and overall muscles suitable for height and weight over excessive muscles in common, and should be aesthetically pleasing to get good scores in the screening. In addition, not only muscles, but also skin color, hair style, and overall appearance from the moment the player walks on stage to offstage, and stage performance are recognized as important factors in the screening. The newly established bodybuilding event is being attempted as an alternative to reducing drug use in bodybuilding, where drug use increases. Bodybuilding is a problem as an event that uses a lot of drugs not only at home but also abroad. The issue of drug use is now a problem not only for athletes but also for ordinary people who want to build their bodies easily, and many natural bodybuilding organizations such as the World Natural Bodybuilding Federation (WNBF) and the NPCA are being created for fair matches without drug use, but it remains to be seen whether these competitions play a positive role in reducing drug use by athletes and ordinary people.

Bodybuilding is a good exercise to maintain health in modern society and has a positive effect on many sportspeople. However, the current bodybuilding screening standards, which aim for excessive muscle and excessive diet conditions, are helping to harm the health of players and hobbyists by encouraging the use of drugs. For the healthy development of bodybuilding, IFBB and KBBF [15] should think more deeply about and improve the existing screening criteria. In addition, strict punishment for drug users and continuous anti-doping education are expected to have a positive effect on the development of bodybuilding in the future.

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