

Assessing Mixed Pairs Physiques

The judge will assess each mixed-pair as an entity.

Those whose physiques match, harmonize, and complement each other will receive higher placings than mixed pairs whose physiques are markedly dissimilar and unbalanced, as would be the case of a tall ectomorphic man and a short mesomorphic woman, or vice versa.

This factor will continue to be of importance in the second round as well. When similar poses and limb movements are used by the two partners, as in the compulsory poses, higher places will be awarded for greater accuracy in achieving identical lines. The five mixed-pairs poses are as follows:

- (a) Front Double Biceps**
- (b) Side Chest**
- (c) Back Double Biceps**
- (d) Side Triceps**
- (e) Abdominals and Thighs**

Mixed Pair's Posing Attire

The rules for posing attire for men and women will also apply for the mixed-pairs, however, preference will be given by the judge for matching and complementary trunks and bikinis which enhance the mixed-pair's physiques and their appearance as a combined unit.

Both members of each mixed-pair shall wear the same number pinned to the left side of the trunks or bikini.

In the Finals, mixed pairs will be assessed both individually and as a unit with particular attention being given to how well their individual physiques complement each other and how well they move in unison.