

Teen Physique International – Competitor Handbook

Event Overview

The Teen Physique International is a premier teen bodybuilding competition held at the Lee Haney Games. This event is designed to celebrate the future of the sport by showcasing the talent, discipline, and artistry of young athletes. Our mission is to rediscover and promote the classic art of bodybuilding — emphasizing balanced physiques, symmetry, muscle shape, and world-class presentation.

Why We're Doing It

Bodybuilding's roots lie in the art of creating aesthetically pleasing, proportioned physiques. In recent years, some of that classic artistry has faded. Teen Physique International aims to revive the traditions that made bodybuilding great, inspiring the next generation to combine dedication in the gym with the grace and skill of expert posing.

Judging Criteria

Each competitor will be judged based on the following categories, each worth 25% of the total score:

- Symmetry – Overall balance, proportion, and flow from head to toe.
- Muscle Shape – The fullness, roundness, and pleasing contours of the muscles.
- Conditioning – Muscle definition, separation, and appropriate leanness for the category.
- Posing and Presentation – Command of the stage, fluidity of transitions, and ability to showcase strengths.

Posing Rounds

1. Symmetry Round

Athletes will stand relaxed and perform quarter turns (front, side, back, side) to display their overall shape, balance, and proportion.

2. Muscularity Round

Competitors will perform the mandatory poses to display muscle size, definition, and proportion. Mandatory poses include:

- Front Double Biceps
- Front Lat Spread
- Side Chest
- Side Triceps
- Rear Double Biceps
- Rear Lat Spread

- Abdominals and Thigh
- Most Muscular

3. Individual Posing Routine

At Pre-Judging: Quick Individual Routine: A required 10–15 second series of poses and transitions to showcase your strongest attributes. This is not choreographed to music and allows you to make an immediate impression before call-outs. **(pre-judging only)**

At Finals: Each competitor will perform a 60-second routine to music of their choice (finals only). This is the athlete's chance to creatively display strengths and minimize weaknesses. Routines should flow smoothly with attention to presentation.

4. Pose Down

At the finals, top competitors will face off in a high-energy pose down for the judges and audience. **(finals only)**

Attire

Competitors must wear posing trunks similar to Classic Bodybuilding. Trunks must fit securely, be in good condition, and comply with event regulations. [More Information](#)

Tanning

All athletes must use the official tanning provider, Jan Tana. Book your appointment through the link on www.LeeHaneyGames.com. [More Information](#) (2026)

Check-Ins – Friday, JULY 17, 2026

Competitors must attend mandatory check-ins to verify registration, height/weight, and present posing trunks for inspection. You will also receive event badges and information packets. From 5pm to 8pm at the GICC!

Event Day – Saturday, JULY 18, 2026

Pre-Judging: Includes Symmetry Round, Muscularity Round, and initial callouts.

Finals: Includes individual posing routines, callouts, and pose down. Show order and more details will be provided a week out from the event!