



OCB Judge's Packet

OCB Contest Guidelines

Judges should review the Contest Guidelines on OCBonline.com prior to each event to ensure their familiarity with the latest guidelines and procedures being used by OCB.

OCB Score Sheets

Judges should review the score sheets prior to each event to ensure their familiarity with the latest versions of forms used by OCB.

Number of Judges

Judging panels are of an odd number (so two-way ties can be broken - see an example for how to break ties at: <https://www.youtube.com/watch?v=Vz088o2rw-E&feature=youtu.be>) consisting of at least five individuals. A minimum of seven judges is required for pro shows. Attempts should be made for panels to consist of a nearly even split between males and females whenever possible. (See an example for how to break ties at: <http://youtube/IKIFP4frhpA>).

Objectivity of Judges

Judges should attempt to remain objective, especially when competitors they are familiar with are entered in an event. The use of good, clear, objective judging can form the basis of an equitable reputation among competitors, spectators, fellow judges, other organizations, and the media.

Handling of Official Scores

Judges should not disclose any scores to anyone other than the tabulator prior to official announcements being made.

Judging Appointments

Judging appointments for contests can be made based on past judging experience, having extensive experience as a physique organization administrator, having achieved pro status as a competitor, or having satisfactorily passed test judging and screening processes.

Tendencies That Can Compromise Judging

Most judges set out to perform their duties as fairly and as objective as possible. However, there are certain subconscious emotional prejudices that can inhibit ones ability to do so. Every effort should be made to be aware of and avoid these impediments to accurate judging. The following are some of the most common tendencies to be avoided:

Judging Based on Personal Relationship

Judges should avoid scoring competitors favorably, or unfavorably, due to any type of personal relationships they may have with them. While most judges attempt to avoid any conscious biases, subconsciously it is very difficult to not see certain people in a somewhat different light, so to speak. Judges need to be keenly aware in situations where they know competitors and work especially hard in evaluating and placing those individuals.

Judging Based on Past Accomplishments

Judges should avoid scoring competitors based on reputation or previous placements. Contestants should be evaluated and placed for each class in each contest based on their appearance at the given time.

Judging Based on Preferences

While each judge brings certain tastes, prejudices and opinions to the table (which helps make up the individuality of a judging panel), their own preferences should not interfere with judging all competitors fairly according to the designated guidelines. Judges should assign placements based on the scoring criteria established by the organization.

Judging based on preference can be particularly applicable when a judge is also a competitor. Most competitors have favorite body parts, or possibly areas they were lacking or worked hard to bring up to par. Higher priority can unknowingly be placed on certain traits in cases such as these unless conscious attempts are made to avoid this.

Conflict of Interest?

Some wonder whether having a judge on the panel who knows a competitor is a conflict of interest. A safeguard is built into tabulation to protect against situations such as this. A highest and lowest rank for each competitor is dropped to protect against human error and/or bias for or against a competitor, whether conscious or subconscious.

Allowing Audience Reactions to Influence Placements

Very often, the amount of audience response a competitor receives during prejudging is more a result of how many people they bring with them as opposed to how good they actually look. Judges should ignore audience participation (which is actually encouraged at events) and score only according to what they see on stage.

Scoring

Scoring Sheet Set-Up

When a lineup of competitors is brought on stage, judges should check to assure that the numbers on their score sheets match the competitors' numbers. The score sheet is designed with the competitor number listed to the far left. The lowest athlete number in the class gets listed at the top of the form. All other competitors in the same class are listed below in ascending sequential order by competitor number.

Changing Ranking Order between Competitors

With crossover entries, it's common for a number of competitors to be in the same class more than once. For example, competitors A and B may be in both the Novice Short class and Open Short class. Competitor A placing above competitor B in one class but competitor B ahead of competitor A in the other can look bad to competitors and spectators so it's important it only occur when justified. Whenever a judge reverses placement order between competitors from class to class he/she should be able to explain the reasoning for it to anyone who asks about their scoring.

The Importance of Accessibility and Accountability to the Athlete

A judge has certain responsibilities to the athletes. First and foremost is to attempt to judge and place the competitors as accurately as possible. But many times this is not enough. Competitors are frequently unhappy with their placements and the tension is exasperated when a judge either cannot give them definitive reasons why they placed where they did. While the competitor may disagree with explanations from judges, they go a long way toward diffusing tension and preventing a competitor from developing a low opinion of promoters, judges and the organization.

Other competitors accept their placements and look to the judges for constructive criticism on how they can improve. This can be an extremely important form of input for a competitor to use. Of particular use is advice from judges who are also competitive bodybuilders. They can not only explain a competitor's shortcomings, but can also offer training, nutrition, and contest preparation tips the athlete can use to remedy the problems. The use of a note sheet facilitates the process of providing such information to competitors. Judge Note Sheets are separate sheets from score sheets. This enables them to be retained after scores are turned in to a tabulator.

Best Poser or Presentation Scoring

Promoters often offer Best Poser awards for bodybuilding and Best Presentation awards for Figure and Bikini. Judge's typically rate individual presentations from 1-10 for this procedure, ten being the highest, and placing their votes for the competitor(s) with the highest ratings after all individual presentations are completed.

Judges are requested to abide by the following:

- Not communicate with the other judges during judging while competitors are on stage (judges may communicate with the Head Judge to transmit a request for a particular pose, change in competitor placement on stage, or to inquire about a particular procedure).
- Not communicate with contestants or audience members during judging.
- Not divulge any placements prior to the awards presentation.
- Not publicly disagree with the final outcome of the competition at or after (social media) the event.
- Not be absent from any part of the judging.
- Not display conduct that could reflect adversely upon the competition, promoter, other judges, organization or sport.

Judge Analysis Procedures

Competition scoring is reviewed after OCB events in an effort to monitor judging quality. The evaluation method devised for this analyzes how a judge's scores correspond to the rest of the judging panel's scores. While basing evaluation on a panel's scores isn't foolproof, it is a practical approach available to gain a fairly effective and objective means to base judging quality on.

Some Examples



Bikini

Example of desired look



Bikini

A little too soft



Bikini

Too much muscle



Figure

Example of desired look



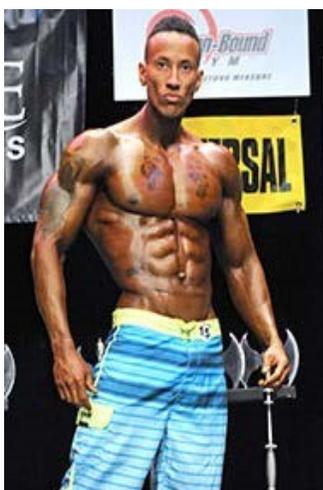
Figure

Should be a little leaner



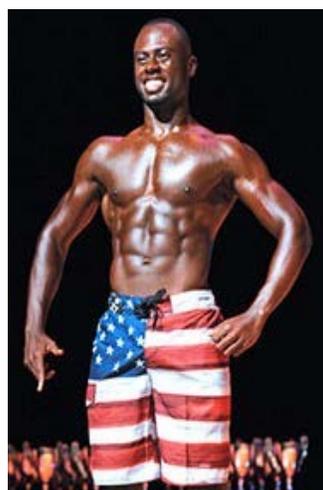
Figure

Too much muscle size



Men's Physique

Example of desired look



Men's Physique

Should be a little leaner



Men's Physique

Too much muscle size

Providing Feedback to Competitors

After the show, competitors may contact judges and request feedback. Some competitors are happy with placements and are looking for constructive criticism while others may be unhappy and inquire about the reasons for their placements. Regardless of why a competitor contacts a judge, it is important to provide honest, accurate and useful feedback.

Notes - After a long day of judging it can be easy to forget the strengths and weaknesses of each competitor, especially at shows with a larger number of participants. In order to provide detailed feedback, it is important for judges to take detailed notes. Some judges find it difficult to take notes during prejudging since they're deciding on placement assignments at that time. Any notes that can be jotted down during prejudging can be a good start. During individual presentations at finals is the best time to take detailed notes. Competitors are on stage alone making it easier to concentrate on their physiques, color, grooming, posing, and overall appearance. Do not throw your notes away or leave them at the venue – hold on to them. Some competitors even try to contact judge's weeks after a show.

When providing feedback to competitors, include weaknesses **AND** strengths. When referencing weaknesses, offer suggestions for improvement.

There are two situations in particular that seem to apply to a large percentage of competitors: appearance of upper body/lower body imbalance in definition/size and a softer/flatter appearance as a result of depletion. Being aware of these things will serve as a valuable aid for feedback.

Upper Body/Lower Body Imbalance in Definition/Size

Frequently competitors will appear to be softer and be carrying more size in their upper or lower body (in the lower body a large percentage of the time). In most cases overall conditioning (body fat level) is the culprit, not training protocol, and it's very important to be able to identify this.

Most people become leaner in their upper bodies before their lower bodies (top/bottom). A small percentage of people are the opposite and lean out in the lower body first (bottom/top). In either case, simply lowering body fat more will start to pull more noticeable fat from the half that comes out later (this is what occurs in later stages of dieting), which will reduce size and brings out more definition in the area.

Examples of "top/bottom": More detail in upper body, bottom half of body appears larger:



Depletion

Another common scenario is glycogen depletion making competitors appear stringy, flatter, have less shapely muscle, and having muscles appear smaller than what they're capable of showing. Is fairly common for competitors to show up at an event partially depleted - mostly because they tried some kind of peak week strategy they weren't familiar with or because they over-dieted and/or over-trained. Being more fully carbed up fills the muscles with glycogen giving a fuller, larger, moreshapely appearance and shows more vascularity and a hardness. Good feedback in these cases is to tell people you think they're partially depleted, and that if they have a hearty meal after the show and later that night or the next morning look a lot better, they'll know it was so.

Below - Partially depleted, flatter, stringier, less vascularity than what there otherwise could be.



Below - Not depleted. Fuller, harder, more-shapely muscle and better vascularity.



Below - Left photo taken 10/29/11 showing partial depletion, right photo taken 10/08/11 showing fully carbed.

