



WNBF UK MENS PHYSIQUE CRITERIA

Judges are looking for a lean, fit, muscular physique that is balanced and aesthetically pleasing. Athletes should be groomed properly, possess a pleasing muscle shape, good v-taper (highlighted by relatively wide shoulders and a small waist) and a well-developed mid-section are prominent in the judges' criteria. Judges are looking for the level of muscle mass or extreme leanness that are necessary for success in bodybuilding.

COMPETITION FORMAT AND COMPETITION ATTIRE

All WNBF UK Competitions take place as a “Straight Run Through” Event (Athletes appear on stage once and all rounds are judged and then presented their awards) Athletes should follow the competition attire rules below.

FOOTWEAR - This class is performed in bare feet.

SHORTS- No posing trunks/briefs allowed. The shorts must be “board short” style shorts, and be tight-ish fitting around the thighs. We do want to see some shape to legs through the short. We prefer a block colour of your choice without too much patterning. Shorts must cover all of the thighs, and at most stop at (but not below) the knee. The waistband should fit no lower than 3 inches below the navel. A good example is displayed below.



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ROUNDS SCORED

Round #1 - Fitness & Balance

- Good strong V taper, capped shoulders, defined abs, tight waist, split to the calf. Good level of conditioning, displaying a lean and muscular physique..

Round #2 - Physical Appearance/ Stage Walk

- The overall appearance of the athlete. Stage presentation, short choice, tanning, hair, , etc. is encompassed in this round.

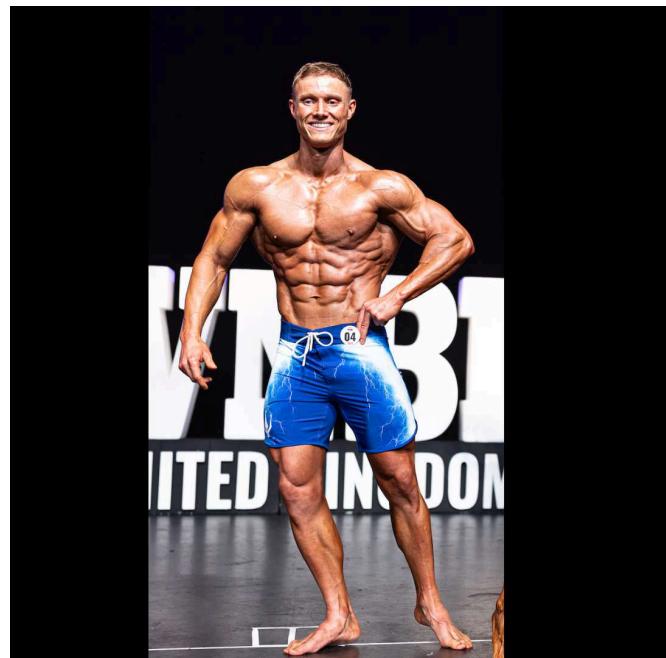
EXECUTION

The information below outlines competitor's poses for the Fitness and Physical Appearance rounds.

Posing will be conducted in four quarter turns (1/4) to the right. The head judge will guide competitors through this process.

Front Pose

- Competitors will face the judges.
- Feet can be shoulder width or less apart or one leg extended to the side (but not in front or behind).
- Hips MUST face the judges.
- Physique athletes shall have one hand on their hip on all quarter turns
- Lats should be open.
- Over-flexed posing and clenching of the fists is not preferred.



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Side Poses

- Competitors' hips must directly face the side of the stage you are facing
- Shoulders and upper body should be turned toward the judges in order to accentuate their V-taper and so the rear shoulder can be seen.
- Your head shall be turned to look directly at the judges.
- Either leg can be extended to the rear with the heel raised off the floor..
- One arm shall hang down and the other hand shall be placed on the hip.
- The calf of the extended leg should be tightened to show detail.



Back Pose

- Competitors will face the back of the stage.
- Feet will be shoulder width or less apart or one leg extended to the side
- Lats should be spread to display V-taper.
- Hands may be held at the sides momentarily but then transition to one hand on the hip.



TRANSITIONS

Quarter turn transitions between poses are at the discretion of the athlete to show artistry and fluidity however any over exaggerated and distracting movements on stage will not be permitted and the head judge reserves the right to tell the competitor to hold their pose. We do not want to see too many flexed bodybuilding poses in transitions.

Round 2 - STAGE WALK: I WALK

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The Stage Walk is the competitor's opportunity to further show their physique and stage presence and confidence to the judges. The Stage walk is 30 seconds from entry to exit. Competitors should execute the I-walk in a tasteful, confident manner.

You will execute the mandatory poses at the locations specified below (also please see below diagram):

1st Location: Rear Centre stage----- Front "relaxed" pose (as in quarter turns)

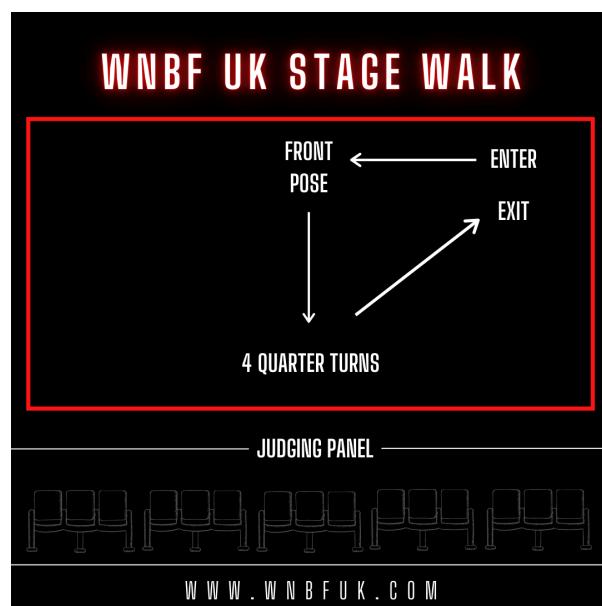
2nd Location: Front Centre stage ----- All 4 quarter turns in sequence, finishing with the front pose.

You are allowed some artistic flow by flashing through transitions not holding other poses (eg side obliques one hand over head, back open handed double bicep, front open handed double bicep)

Competitors will then exit the stage.

POSES SHOULD BE HELD FOR NO LONGER THAN 3 SECONDS AND THE ENTIRE WALK COMPLETED IN 30 SECONDS OR LESS FROM ENTERING TO LEAVING THE STAGE.

SEE STAGE DIAGRAM BELOW



[CLICK HERE FOR A VIDEO DEMONSTRATION OF CLASS POSING](#)

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