

# UK Bodybuilding Federations — Categories & Judging Criteria (Compiled from Provided Official Documents)

Version: 2026-02-13 (v2 — explicit mandatory pose names; landscape comparative table)

## Scope

Este documento compila formato de escenario, poses obligatorias/mandatorias, y notas de categorías a partir de los documentos oficiales entregados (UKBFF, PCA, WNBF UK) y el texto de criterios de BNBF y NABBA que tú compartiste. No se añadió información no contenida en esas fuentes.

## UKBFF

### ***Lista de categorías (texto proporcionado):***

- BEGINNERS MEN (Physique + Bodybuilding)
- BEGINNERS WOMEN (Bikini)
- JUNIOR BODYBUILDING (16–23 years)
- JUNIOR MEN'S PHYSIQUE (16–23 years)
- CLASSIC BODYBUILDING (height-to-weight restriction applies)
- CLASSIC PHYSIQUE (height-to-weight restriction applies)
- MASTERS MEN BODYBUILDING (Over 40, Over 50, Over 60 years)
- MASTERS MEN PHYSIQUE (Over 40 years)
- MEN'S BODYBUILDING (70 kg, 80 kg, 90 kg, Over 90 kg)
- MASTERS BODY-FITNESS (Over 35 years)
- WOMEN'S PHYSIQUE
- WOMEN'S BODYFITNESS
- JUNIOR BIKINI-FITNESS (16–23 years)
- MASTERS BIKINI-FITNESS (Over 35 and Over 40 years)
- MEN'S PHYSIQUE (various height classes)
- WELLNESS BIKINI FITNESS
- BIKINI-FITNESS (various height classes)
- MUSCULAR MEN'S PHYSIQUE

### ***Elegibilidad por edad (texto proporcionado):***

- Juniors' categories: 16–23 years of age. An athlete may compete as a junior until 31 December of the year they become 23 years old. For 2025, a junior has to be born between 2002 and 2009 (inclusive), as stated by UKBFF.
- Masters' categories: Female Over 35 years; Male Over 40 / 50 / 60 years. Females may compete as a master from 1 January of the year they become 35 (for 2025: born 1990 or before) and 40 (for 2024 statement: born 1985 or before, as stated by UKBFF). Males may compete as a master from 1 January of the year they become 40 (for 2025: born 1985 or before), 50 (born 1975 or before), and 60 (born 1965 or before), as stated by UKBFF.

- UKBFF note: categories may be split/combined or additional height/weight classes added depending on entries, per UKBFF officials present at the event.

**Fuentes (tal como se proporcionaron):**

- UKBFF categories timetable (text provided by user): <https://www.ukbff.co.uk/categories-and-registration-timetable>
- UKBFF Federation Rules 2018 (PDF).
- UKBFF Classic Bodybuilding rules (PDF).
- UKBFF Classic Physique categories & compulsory poses (PDF).
- UKBFF Men's Physique rules (PDF).
- UKBFF Women's Physique rules (PDF).
- UKBFF Bikini rules (PDF).
- UKBFF Bodyfitness rules (PDF).

***Men's Bodybuilding (incl. Classic Bodybuilding – compulsory poses list per UKBFF rulebook)***

**Énfasis de juzgamiento (tal como se describe):**

- Overall muscular development; balance/symmetry; conditioning; presentation (per UKBFF rulebook).

**Formato / rondas (tal como se describe):**

- Quarter turns / comparisons as directed by head judge (rulebook).
- Compulsory poses used for assessment in prejudging and/or finals as instructed.

**Poses obligatorias/mandatorias (lista explícita):**

- Front Double Biceps
- Front Lat Spread
- Side Chest
- Back Double Biceps
- Back Lat Spread
- Side Triceps
- Abdominals and Thighs

**Rutina / walk:** Posing routine (details depend on show format; see UKBFF rulebook / promoter instructions).

**Atuendo:** Posing trunks (men).

**Notas:** Same compulsory-pose set is referenced for Bodybuilding and Classic Bodybuilding in UKBFF Federation Rules 2018.

***Men's Classic Bodybuilding (UKBFF)***

**Elegibilidad / clases:** Classic-Bodybuilding categories are subject to a height/weight restriction (per UKBFF).

**Clases (altura/peso) tal como aparecen en el documento:**

- subject to the following criteria:
- UP TO AND INCLUDING 168 CM CATEGORY: maximum body weight = body height [cm] minus 100 (Example: A competitor, who is 167 cm tall, may weigh a maximum of 67 kg)
- UP TO AND INCLUDING 171 CM CATEGORY: maximum body weight = body height [cm] minus 100 + 2 kg (Example: A competitor, who is 170 cm tall, may weigh a maximum of 72 kg)

- UP TO AND INCLUDING 175 CM CATEGORY: maximum body weight = body height [cm] minus 100 + 4 kg (Example: A competitor, who is 174 cm tall, may weigh not more than 78 kg)
- UP TO AND INCLUDING 180 CM CATEGORY maximum body weight = body height [cm] minus 100 + 7 kg (Example: A competitor, who is 180 cm tall, may weigh not more than 87 kg)
- OVER 180 CM CATEGORY (this category has 3 sub height/weight) 180.2 – 190 cm = body height [cm] minus 100 + 9 kg (i.e. height 189 cm max. weight 89 + 9 = 98 kg) 190.2 – 198 cm = minus 100 + 11 kg (i.e. height 197 cm max. weight 97 + 11 = 108 kg) Over 198 cm = minus 100 + 13 kg (i.e. height 204 cm max. weight 104 + 13 = 117 kg)

#### **Énfasis de juzgamiento (tal como se describe):**

- Classic look and presentation; emphasis on symmetry, flow, and aesthetics in addition to muscularity/conditioning (per UKBFF Classic Bodybuilding rules).
- Note: "There will be no Most Muscular." (per UKBFF Classic Bodybuilding rules).

#### **Formato / rondas (tal como se describe):**

- Prejudging: relaxed quarter turns + compulsory poses.
- Finals: free posing routine + compulsory poses.

#### **Poses obligatorias/mandatorias (lista explícita):**

- Front Double Biceps
- Front Lat Spread
- Side Chest (any side)
- Side Triceps (any side)
- Back Double Biceps
- Back Lat Spread
- Abdominals and Thighs

**Rutina / walk:** Free posing routine (music) (per UKBFF Classic Bodybuilding rules; timings per show/promoter).

**Atuendo:** Men must wear black posing trunks with no logos; thongs are not permitted (per UKBFF Classic Bodybuilding rules).

### ***Men's Classic Physique (UKBFF)***

**Elegibilidad / clases:** Height/weight classes apply (IFBB-style classes in UKBFF doc).

#### **Clases (altura/peso) tal como aparecen en el documento:**

- - 1. Up to & incl. 168 cm Max Weight [kg] = (Height [cm] – 100) plus FOUR (4) Kgs
- - 2. Over 168cm Up to & incl. 171 cm Max Weight [kg] = (Height [cm] – 100) plus SIX (6) Kgs
- - 3. Over 171cm Up to & incl. 175 cm Max Weight [kg] = (Height [cm] -100) plus EIGHT (8) Kgs
- - 4.Over 175cm Up to & incl. 180 cm Max Weight [kg] = (Height [cm] -100) plus ELEVEN (11) Kgs
- - 5. Over 180 cm:
  - a) over 180 cm up to & incl. 188 cm: Max Weight [kg] = (Height [cm] -100) plus THIRTEEN (13) Kgs
  - b) over 188 cm up to & incl. 198 cm: Max Weight [kg] = (Height [cm] – 100) plus FIFTEEN (15) kgs
  - c) over 196 cm: Max Weight [kg] = (Height [cm] – 100) plus SEVENTEEN (17) kgs

**Nota Junior:** Junior Men's Classic Bodybuilding: bodyweight limitations are half of the Senior classes (per UKBFF doc).

#### **Límites Junior (tal como aparecen en el documento):**

- - Up to & incl. 168 cm Max Weight [kg] = (Height [cm] – 100) plus TWO (2) Kgs
- - Up to & incl. 171 cm Max Weight [kg] = (Height [cm] – 100) plus THREE (3) kilos

- Up to & incl. 175 cm Max Weight [kg] = (Height [cm] -100) plus FOUR (4) kilos
- Up to & incl. 180 cm Max Weight [kg] = (Height [cm] -100) plus SIX (6) kilos
- Over 180 cm:
  - a) over 180 cm up to & incl. 188 cm: Max Weight [kg] = (Height [cm] -100) plus SEVEN (7) kgs
  - b) over 188 cm up to & incl. 196 cm: Max Weight [kg] = (Height [cm] – 100) plus EIGHT (8) kgs
  - c) over 196 cm: Max Weight [kg] = (Height [cm] – 100) plus NINE (9) Kgs

**Énfasis de juzgamiento (tal como se describe):**

- Classic aesthetics; mandatory inclusion of vacuum and classic posing elements (per UKBFF Classic Physique categories/poses doc).

**Formato / rondas (tal como se describe):**

- Four quarter turns are used for assessment.
- Compulsory pose round includes the mandatory pose list below.

**Poses obligatorias/mandatorias (lista explícita):**

- a) Vacuum pose with hands behind the head
- b) Front double biceps
- c) Side chest
- d) Back double biceps
- e) Side triceps
- f) Abdominals and thighs
- g) Classic pose: athlete's own choice

**Atuendo:** Posing trunks (men).

***Men's Physique (UKBFF)***

**Énfasis de juzgamiento (tal como se describe):**

- Symmetry, shape, proportion, stage presence (per UKBFF Men's Physique rules / rulebook).
- Not a bodybuilding-style "most muscular" division; competitors present in a fixed but not flexed stance (per Men's Physique rules).

**Formato / rondas (tal como se describe):**

- Four quarter turns: Front → Quarter Turn Right → Back → Quarter Turn Right → Front (per UKBFF Men's Physique rules).

**Poses obligatorias/mandatorias (lista explícita):**

- Front: standing relaxed with one hand on hip (per UKBFF Men's Physique rules).
- Quarter Turn Right: standing relaxed with one hand on hip (per UKBFF Men's Physique rules).
- Back: standing relaxed with one hand on hip (per UKBFF Men's Physique rules).
- Quarter Turn Right: standing relaxed with one hand on hip (per UKBFF Men's Physique rules).
- Front: standing relaxed with one hand on hip (per UKBFF Men's Physique rules).

**Rutina / walk:** No compulsory posing routine specified in Men's Physique rules; show format may include model walk depending on event (follow promoter instructions).

**Atuendo:** Physique shorts (per UKBFF rules; details vary by show).

***Women's Physique (UKBFF)***

**Énfasis de juzgamiento (tal como se describe):**

- Muscular development and symmetry with feminine athletic look (per Women's Physique rules).

**Formato / rondas (tal como se describe):**

- Four quarter turns (front/right/back/right/front) for assessment.
- Compulsory poses are called in the stated order.

**Poses obligatorias/mandatorias (lista explícita):**

- Front Double Biceps (both arms raised and flexed; feet shoulder width; abdominals and quads flexed).
- Side Triceps (keep body turned sideways; show upper-body muscle; keep legs straight but flexed).
- Back Double Biceps (both arms up; calves and hamstrings flexed; look straight).
- Abdominals and Thighs (hands behind head; display abdominals; front leg extended and flexed).

**Rutina / walk:** Posing routine may be included per show; follow promoter instructions.

**Atuendo:** Women's physique suit (per UKBFF).

## ***Bikini (UKBFF)***

**Énfasis de juzgamiento (tal como se describe):**

- Overall stage presence, physique presentation, balance; division-specific emphasis on lines and presentation (per UKBFF Bikini rules).

**Formato / rondas (tal como se describe):**

- Comparison round: quarter turns (front, right, back, right, front).
- Finals: Stage walk / I-walk (per UKBFF Bikini rules).

**Poses obligatorias/mandatorias (lista explícita):**

- Front stance: bikini pose with weight on one leg, shoulders back, arms relaxed (per UKBFF Bikini rules).
- Quarter turn face right: right leg to side and slightly back; left hand on hip; right arm relaxed; head turned to face judges (per UKBFF Bikini rules).
- Quarter turn face back: both feet staggered; display glutes/hamstrings; arms relaxed; head turned to judges (per UKBFF Bikini rules).
- Quarter turn face right: mirror of other side (per UKBFF Bikini rules).
- Face front again: return to front stance (per UKBFF Bikini rules).

**Rutina / walk:** Finals: Stage walk sequence is directed by head judge (per UKBFF Bikini rules).

**Atuendo:** Bikini suit and heels (per UKBFF).

## ***Women's Bodyfitness (UKBFF)***

**Énfasis de juzgamiento (tal como se describe):**

- Athletic, toned physique with balance and stage presentation; judged via quarter turns and comparison (per UKBFF Bodyfitness rules).

**Formato / rondas (tal como se describe):**

- Comparison round: quarter turns (front, quarter turn right, back, quarter turn right, front).

**Poses obligatorias/mandatorias (lista explícita):**

- Quarter turns: Front → Quarter Turn Right → Back → Quarter Turn Right → Front (per Bodyfitness rules).

**Rutina / walk:** Finals may include stage walk; follow promoter instructions.

**Atuendo:** Bodyfitness suit and heels (per UKBFF).

## **PCA (UK)**

### **Fuentes (tal como se proporcionaron):**

- PCA Criteria PDF (provided).

## **Men's Bodybuilding (PCA)**

### **Énfasis de juzgamiento (tal como se describe):**

- Overall muscularity, definition, symmetry and presentation (per PCA criteria).

### **Formato / rondas (tal como se describe):**

- Judges assess proportion, symmetry and definition during quarter turns and compulsory poses.
- Compulsory pose list (below) performed in comparisons.

### **Poses obligatorias/mandatorias (lista explícita):**

- Front double bicep pose
- Front lat spread pose
- Side chest pose (any side)
- Side tricep pose (any side)
- Rear double bicep pose
- Rear lat spread pose
- Abdominals and thigh pose
- Most muscular pose

**Rutina / walk:** Individual routine: maximum 60 seconds (per PCA criteria).

**Atuendo:** Posing trunks required; no logos. Thongs prohibited. Matching beltless items (if stated) per PCA criteria.

## **Classic Bodybuilding (PCA)**

### **Énfasis de juzgamiento (tal como se describe):**

- Classic aesthetics and presentation; includes a classical pose in comparisons (per PCA criteria).

### **Formato / rondas (tal como se describe):**

- Compulsory poses performed, plus one classical pose of choice.

### **Poses obligatorias/mandatorias (lista explícita):**

- Front double bicep pose
- Front lat spread pose
- Side chest pose (any side)
- Side tricep pose (any side)
- Rear double bicep pose
- Rear lat spread pose
- Abdominals and thigh pose
- Most muscular pose
- Classical pose of choice (any classic pose)

**Rutina / walk:** Individual routine: maximum 60 seconds (per PCA criteria).

**Atuendo:** Posing trunks required; no logos. Thongs prohibited (per PCA criteria).

## ***Men's Physique (PCA)***

### **Énfasis de juzgamiento (tal como se describe):**

- Symmetry, proportion, athletic look, and stage presentation; “total package” (per PCA criteria).

### **Formato / rondas (tal como se describe):**

- I-Walk: maximum 60 seconds; includes the compulsory pose sequence (below).
- Comparison round: called out in groups; compulsory poses repeated.

### **Poses obligatorias/mandatorias (lista explícita):**

- Front pose – arms overhead with open hands
- Side pose – arms overhead with open hands; show abs & obliques with one hand behind head
- Rear pose – arms overhead with open hands
- Side pose (other side) – arms overhead; show abs & obliques with one hand behind head
- Front facing abdominals pose

**Rutina / walk:** I-Walk to music; max 60 seconds (per PCA criteria).

**Atuendo:** Board shorts (mid-thigh; not skin-tight; no advertising except small manufacturer logo; one colour preferred) (per PCA criteria).

## ***Ladies Bikini (PCA)***

### **Énfasis de juzgamiento (tal como se describe):**

- Total package: shape, tone, balance and stage presence (per PCA criteria).

### **Formato / rondas (tal como se describe):**

- Quarter turns in comparisons (front/right/back/right/front).
- I-Walk and stage presentation as per show format.

### **Poses obligatorias/mandatorias (lista explícita):**

- Front pose: one foot forward, other foot slightly back; hips slightly to side; arms relaxed.
- Quarter turn right: right leg slightly back; left hand on hip; right arm relaxed; head turned to judges.
- Quarter turn back: both feet staggered; show glutes/hamstrings; arms relaxed; head turned to judges.
- Quarter turn right (other side): mirror.
- Quarter turn front: return to front pose.

**Rutina / walk:** I-Walk as per PCA show format; follow promoter instructions.

**Atuendo:** Bikini and heels (per PCA).

## ***Ladies Toned / Athletic / Trained Figure (PCA)***

### **Énfasis de juzgamiento (tal como se describe):**

- Symmetry, shape, tone and stage presentation (per PCA criteria).

### **Formato / rondas (tal como se describe):**

- Quarter turns for symmetry.
- Compulsory poses (below) performed in the “Physique Assessment” round (per PCA criteria).

### **Poses obligatorias/mandatorias (lista explícita):**

- Front pose – both hands overhead

- Side pose of choice
- Rear pose – both hands overhead
- Side pose of choice

**Rutina / walk:** Individual routine: maximum 60 seconds (per PCA criteria).

**Atuendo:** Figure suit and heels (per PCA).

**Notas:** PCA notes include prohibitions such as not lying on the stage during routines and “Full Moon” pose prohibited in some categories (per PCA criteria).

# WNBF UK

## **Fuentes (tal como se proporcionaron):**

- Bodybuilding WNBF UK Criteria 2025 (PDF).
- Men's Physique WNBF UK Criteria 2025 (PDF).
- Bikini WNBF UK Judging Rules 2025 (PDF).
- Classic Physique WNBF UK Criteria (PDF).
- Fit Body WNBF UK Judging Rules 2023 (PDF).
- Figure Master Figure WNBF UK Judging Criteria 2023 (PDF).
- Women's Bodybuilding WNBF UK Criteria 2023 (PDF).

## **Men's Bodybuilding (WNBF UK, 2025)**

### **Énfasis de juzgamiento (tal como se describe):**

- Overall bodybuilding criteria: muscularity + conditioning + symmetry/presentation (per WNBF UK document).

### **Formato / rondas (tal como se describe):**

- Round 1 – Symmetry: quarter turns (Front, Right Side, Back, Left Side).
- Round 2 – Muscularity: mandatory poses (listed below).
- Round 3 – Free posing: 60-second routine to competitor's music (per WNBF UK document).

### **Poses obligatorias/mandatorias (lista explícita):**

- Front Double Biceps pose (heels together; elbows slightly down; biceps peaked; calves, hamstrings, glutes, quads flexed).
- Front Lat Spread pose (heels together; lats flared; biceps not flexed; thighs/calf muscles flexed).
- Side Chest pose (either side).
- Side Triceps pose (either side).
- Rear Double Biceps pose (heels together; elbows slightly down; biceps peaked; calves, hamstrings, glutes flexed).
- Rear Lat Spread pose (heels together; lats flared; biceps not flexed; calves, hamstrings, glutes flexed).
- Abs and Thigh pose (both arms overhead, flexing down on the abdominals).
- Most Muscular pose (any of the three styles; hands can't be clasped).

**Rutina / walk:** Free posing routine: 60 seconds only; props/costumes permitted but not required (per WNBF UK document).

**Atuendo:** Men's posing trunks (per WNBF UK).

## **Women's Bodybuilding (WNBF UK, 2023)**

### **Énfasis de juzgamiento (tal como se describe):**

- Overall muscular development, conditioning, symmetry/presentation (per WNBF UK Women's Bodybuilding criteria).

### **Formato / rondas (tal como se describe):**

- Round 1 – Symmetry: quarter turns (Front, Right Side, Back, Left Side).
- Round 2 – Muscularity: mandatory poses (listed below).
- Round 3 – Free posing: individual routine (timing per WNBF UK document).

### **Poses obligatorias/mandatorias (lista explícita):**

- Front Double Biceps Pose

- Front Lat Spread Pose
- Side Chest Pose
- Side Triceps Pose (both hands behind the back)
- Rear Double Biceps Pose (showing one calf)
- Rear Lat Spread Pose (showing one calf)
- Abs and Thigh Pose (both arms overhead, flexing down on the abdominals)
- Muscular Pose of choice called by the head judge. (this will be optional)

**Rutina / walk:** Free posing routine per WNBF UK (see document for timing and music submission).

**Atuendo:** Women's bodybuilding suit (per WNBF UK).

### ***Classic Physique (WNBF UK)***

**Énfasis de juzgamiento (tal como se describe):**

- Classic aesthetics and symmetry; classic posing emphasis; no "Most Muscular" in this division (per WNBF UK Classic Physique criteria).

**Formato / rondas (tal como se describe):**

- Round 1 – Symmetry: quarter turns (Front, Right Side, Back, Left Side).
- Round 2 – Muscularity: mandatory poses (listed below).
- Routine round per WNBF UK show format.

**Poses obligatorias/mandatorias (lista explícita):**

- Front, right side, left side, and back Symmetry poses
- Asymmetrical Front Double Biceps
- Side Chest Fists Touching Hip
- Classic Side Triceps
- Rear Double Biceps One Hand Open
- Abdominals and Thighs
- 2 Favorite Classic Poses (non-most muscular poses)

**Rutina / walk:** Routine per show format; follow WNBF UK promoter instructions.

**Atuendo:** Men's posing trunks (per WNBF UK).

### ***Fit Body (WNBF UK, 2023)***

**Énfasis de juzgamiento (tal como se describe):**

- Balance between athletic muscularity and stage presentation; muscle tone judged via mandatory poses (per WNBF UK Fit Body rules).

**Formato / rondas (tal como se describe):**

- Round 1 – Symmetry: quarter turns (Front, Right Side, Back, Left Side).
- Round 2 – Muscle Tone: 5 mandatory poses (listed below).
- Round 3 – Stage walk / presentation (per WNBF UK Fit Body rules).

**Rutina / walk:** Stage walk / presentation per WNBF UK Fit Body rules.

**Atuendo:** Division-appropriate suit and heels (per WNBF UK).

### ***Men's Physique (WNBF UK, 2025)***

### **Énfasis de juzgamiento (tal como se describe):**

- Overall presentation and symmetry; discouraged from bodybuilding-style flexing (per WNBF UK Men's Physique criteria).

### **Formato / rondas (tal como se describe):**

- Round 1 – Symmetry: quarter turns / line-up as directed.
- Round 2 – Stage walk (mandatory quarter-turn sequence during walk).
- Comparisons may include repeating quarter turns (per WNBF UK document).

### **Poses obligatorias/mandatorias (lista explícita):**

- Front pose: relaxed, no flexing. Competitor chooses hand position/arm style within WNBF UK guidance.
- Quarter Turn Right: right side pose, relaxed.
- Back pose: relaxed.
- Quarter Turn Right: left side pose, relaxed.
- Quarter Turn Right: return to front pose (per WNBF UK document).

**Rutina / walk:** Stage walk: 30 seconds total for mandatory turns during walk; transitions may include brief poses but not held longer than 1–2 seconds (per WNBF UK document).

**Atuendo:** Physique shorts (per WNBF UK).

## ***Bikini (WNBF UK, 2025)***

### **Énfasis de juzgamiento (tal como se describe):**

- Total package: shape, balance, presentation; emphasis on stage presence (per WNBF UK Bikini rules).

### **Formato / rondas (tal como se describe):**

- Round 1 – Stage walk: mandatory quarter-turn poses performed in sequence (listed below).
- Comparisons may repeat quarter turns as directed.

### **Poses obligatorias/mandatorias (lista explícita):**

- Front pose (bikini front stance).
- Quarter turn to the right (side pose).
- Quarter turn to the right (back pose).
- Quarter turn to the right (other side pose).
- Quarter turn to the right (return to front pose).

**Rutina / walk:** Stage walk: mandatory poses held ~3 seconds each; overall mandatory-turn segment limited (per WNBF UK Bikini rules).

**Atuendo:** Bikini suit and heels (per WNBF UK).

## ***Figure (WNBF UK, 2023)***

### **Énfasis de juzgamiento (tal como se describe):**

- Symmetry, muscle tone, presentation; emphasis on shape and conditioning per Figure criteria.

### **Formato / rondas (tal como se describe):**

- Round 1 – Symmetry: quarter turns (Front, Right Side, Back, Left Side).
- Round 2 – Muscle tone/presentation: athletes perform poses as directed (no single fixed mandatory list provided in the text layer).
- Stage walk / presentation per WNBF UK figure document.

**Poses obligatorias/mandatorias (lista explícita):**

- Quarter turns: Front → Right Side → Back → Left Side (per WNBF UK Figure criteria).

**Rutina / walk:** Stage walk / presentation (per WNBF UK Figure criteria).

**Atuendo:** Figure suit and heels (per WNBF UK).

## **BNBF (UK)**

### **Fuentes (tal como se proporcionaron):**

- BNBF official criteria page (text provided by user): <https://bnbf.co.uk/competition/judging-criteria>

### **Men's & Women's Bodybuilding (BNBF)**

#### **Énfasis de juzgamiento (tal como se describe):**

- Muscularity, symmetry, definition/conditioning, and overall presentation (per BNBF text provided).

#### **Formato / rondas (tal como se describe):**

- Round 1 – Symmetry: quarter turns (front/right/back/left).
- Round 2 – Muscularity: 8 mandatory poses (listed below).
- Round 3 – Evening Performance: posing routine (1 minute amateurs; 1.5 minutes professionals).

#### **Poses obligatorias/mandatorias (lista explícita):**

- Front Double Biceps
- Front Lat Spread
- Side Chest (any side)
- Side Triceps (any side)
- Rear Double Biceps
- Rear Lat Spread
- Abdominals & Thigh
- Most Muscular (any style)

**Rutina / walk:** Posing routine: 60 s amateurs; 90 s professionals (BNBF).

**Atuendo:** Men: posing trunks. Women: bodybuilding suit (BNBF).

**Puntuación / placing:** Scoring per BNBF: in comparisons, judges rank competitors 1–6 (7 used for any place beyond 6). Overall score is sum of judges' rankings; lowest total wins (BNBF).

### **Athletic (Men) (BNBF)**

#### **Énfasis de juzgamiento (tal como se describe):**

- "Not excessively muscular or lean"; focus on athletic, fit appearance (BNBF).

#### **Formato / rondas (tal como se describe):**

- Round 1 – Muscularity & Condition: compulsory poses (listed below).
- Round 2 – Performance: posing routine (1 minute).

#### **Poses obligatorias/mandatorias (lista explícita):**

- Front Double Biceps
- Side Chest
- Rear Double Biceps
- Abdominal (hands behind head)
- Most Muscular (any style)

**Rutina / walk:** Routine: 60 seconds (BNBF).

**Atuendo:** Board shorts (men) (BNBF).

## **Athletic (Women) (BNBF)**

### **Énfasis de juzgamiento (tal como se describe):**

- "Not excessively muscular or lean"; focus on athletic, fit appearance (BNBF).

### **Formato / rondas (tal como se describe):**

- Round 1 – Symmetry: quarter turns.
- Round 2 – Athletic Muscularity: 5 compulsory poses (listed below).
- Round 3 – Performance: posing routine (1 minute).

### **Poses obligatorias/mandatorias (lista explícita):**

- Front Double Biceps
- Side Triceps
- Rear Double Biceps
- Abdominal & Thigh
- Most Muscular

**Rutina / walk:** Routine: 60 seconds (BNBF).

**Atuendo:** Figure suit (BNBF).

## **Figure (Women) (BNBF)**

### **Énfasis de juzgamiento (tal como se describe):**

- Female athletic physique with "symmetry, balance, proportion, muscular tone" and stage presence (BNBF).

### **Formato / rondas (tal como se describe):**

- Round 1 – Symmetry: quarter turns.
- Round 2 – Shape & Tone: competitor performs 3 poses (1 to front, 1 to side, 1 to back; competitor chooses poses).
- Round 3 – T-walk: stage walk/presentation (competitor's own style).

### **Poses obligatorias/mandatorias (lista explícita):**

- Quarter turns: Front → Right Side → Back → Left Side (Round 1).
- Round 2: 1 pose facing front + 1 pose side + 1 pose rear (athlete chooses; no fixed mandatory list in BNBF text provided).

**Rutina / walk:** T-walk / stage walk (BNBF).

**Atuendo:** Figure suit + heels; jewellery optional; hairstyle/makeup optional (BNBF).

## **Classic Bodybuilding (Men) (BNBF)**

### **Énfasis de juzgamiento (tal como se describe):**

- Classic bodybuilding aesthetics; judged for muscularity/symmetry but with classic look (BNBF).

### **Formato / rondas (tal como se describe):**

- Round 1 – Symmetry: quarter turns.
- Round 2 – Muscularity: 6 compulsory poses (listed below).
- Round 3 – Evening Performance: posing routine (1 minute amateurs; 1.5 minutes professionals).

### **Poses obligatorias/mandatorias (lista explícita):**

- Front Double Biceps
- Front Lat Spread

- Side Chest
- Rear Bicep
- Abs & Thighs
- Classic pose of choice

**Rutina / walk:** Routine: 60 s amateurs; 90 s professionals (BNBF).

**Atuendo:** Posing trunks (BNBF).

## **NABBA (UK)**

### **Fuentes (tal como se proporcionaron):**

- User-provided text; official site cited by user: <https://nabbaofficial.com/>

### ***Men's Bodybuilding classes (Teens / Junior / First Timers / Novice / Masters / Height Classes, etc.)***

**Elegibilidad / clases:** Novices: must not have previously been placed top 3 in a NABBA Area novice contest, or have won any open contest (NABBA).

#### **Énfasis de juzgamiento (tal como se describe):**

- Mass (muscular size, valued only with other qualities).
- Definition (low subcutaneous fat to reveal muscularity).
- Proportion (balanced development across muscle groups).
- Symmetry (often used to mean proportion/aesthetic; strictly right vs left equality).
- Stage Presence (posing performance, grooming, charisma, poise).

#### **Formato / rondas (tal como se describe):**

- Round 1 – Quarter Turns: front stance then “Quarter Turn To The Right” until facing front again; held for assessment of balance/symmetry/proportion and mass/condition.
- Round 2 – Routine: individual routine (minimum 45 seconds; Area shows may allow up to 60 seconds; Britain Finals/England/Universe designated 45 seconds).
- Round 3 – Comparisons: call-outs in groups of 4–6; mandatory pose requests (listed below).
- Optional pose-down: 30 seconds free posing; then awards.

#### **Poses obligatorias/mandatorias (lista explícita):**

- Abs and Thighs
- Lat Spread
- Front Double Bicep
- Side Chest (any side)
- Side Tricep (any side)
- Rear Lat Spread (showing hamstring and calf)
- Rear Double Bicep
- Most Muscular

**Rutina / walk:** Routine timing as stated above; check Area Rep for show-specific time (NABBA).

**Atuendo:** Trunks required; shorts/underwear not permitted (NABBA).

### ***Men's Physique (Open / Over 45s) (NABBA)***

#### **Énfasis de juzgamiento (tal como se describe):**

- “Total package” presentation; not to emulate too much muscularity; poise/posture/self-confidence (NABBA).

#### **Formato / rondas (tal como se describe):**

- Round 1 – Quarter turns: fixed but not flexed stance (NABBA).
- Round 2 – I-Walk: individual walk with rotations front/side/back/side/front; walk back; DJ music (NABBA).
- Round 3 – Comparisons: call-outs in groups; requested poses (listed below).

#### **Poses obligatorias/mandatorias (lista explícita):**

- Front Biceps
- Left side oblique
- Back Biceps
- Right side Oblique
- Front favourite pose

**Rutina / walk:** I-Walk to DJ's choice; plus possible 30 seconds free posing in pose-down (NABBA).

**Atuendo:** Shorts: mid-thigh max; ~2 cm below belly button; not skin-tight; no advertising; one colour preferred (NABBA).

## **Classic (NABBA)**

### **Énfasis de juzgamiento (tal como se describe):**

- Balanced X-frame with wide shoulders, tapered waist, proportioned legs; full muscle bellies (pleasing shape, not blocky); clean separation; posing showcasing aesthetics/symmetry; vacuum poses sought after (NABBA).

### **Formato / rondas (tal como se describe):**

- Round 1 – Quarter Turns: front stance then “Quarter Turn To The Right” until facing front again; held for assessment of balance/symmetry/proportion and mass/condition.
- Round 2 – Routine: individual routine (minimum 45 seconds; Area shows may allow up to 60 seconds; Britain Finals/England/Universe designated 45 seconds).
- Round 3 – Comparisons: call-outs in groups of 4–6; mandatory pose requests (listed below).
- Optional pose-down: 30 seconds free posing; then awards.

### **Poses obligatorias/mandatorias (lista explícita):**

- Abs and Thighs
- Lat Spread
- Front Double Bicep
- Side Chest (any side)
- Side Tricep (any side)
- Rear Lat Spread (showing hamstring and calf)
- Rear Double Bicep
- Most Muscular

**Rutina / walk:** Classic posing emphasis in compulsories and routine; vacuum poses sought after (NABBA).

**Atuendo:** Trunks (NABBA).



## Comparative table (landscape)

Incluye formato/rondas, poses explícitas y resumen de rutina+atuendo. Para detalles completos, ver las secciones anteriores.

Federation	Division	Stage format / rounds	Mandatory poses (explicit)	Routine + attire (key)
UKBFF	Men's Bodybuilding (incl. Classic Bodybuilding – compulsory poses list per UKBFF rulebook)	Quarter turns / comparisons as directed by head judge (rulebook).; Compulsory poses used for assessment in prejudging and/or finals as instructed.	Front Double Biceps; Front Lat Spread; Side Chest; Back Double Biceps; Back Lat Spread; Side Triceps; Abdominals and Thighs	Posing routine (details depend on show format; see UKBFF rulebook / promoter instructions).; Posing trunks (men).
UKBFF	Men's Classic Bodybuilding (UKBFF)	Prejudging: relaxed quarter turns + compulsory poses.; Finals: free posing routine + compulsory poses.	Front Double Biceps; Front Lat Spread; Side Chest (any side); Side Triceps (any side); Back Double Biceps; Back Lat Spread; Abdominals and Thighs	Free posing routine (music) (per UKBFF Classic Bodybuilding rules; timings per show/promoter).; Men must wear black posing trunks with no logos; thongs are not permitted (per UKBFF Classic Bodybuilding rules).
UKBFF	Men's Classic Physique (UKBFF)	Four quarter turns are used for assessment.; Compulsory pose round includes the mandatory pose list below.	a) Vacuum pose with hands behind the head; b) Front double biceps; c) Side chest; d) Back double biceps; e) Side triceps; f) Abdominals and thighs; g) Classic pose: athlete's own choice	Posing trunks (men).
UKBFF	Men's Physique (UKBFF)	Four quarter turns: Front → Quarter Turn Right → Back → Quarter Turn Right → Front (per UKBFF Men's Physique rules).	Front: standing relaxed with one hand on hip (per UKBFF Men's Physique rules).; Quarter Turn Right: standing relaxed with one hand on hip (per UKBFF Men's Physique rules).; Back: standing relaxed with one hand on hip (per UKBFF Men's Physique rules).; Quarter Turn Right: standing relaxed with one hand on hip (per UKBFF Men's Physique rules).; Front: standing relaxed with one hand on hip (per UKBFF Men's Physique rules).	No compulsory posing routine specified in Men's Physique rules; show format may include model walk depending on event (follow promoter instructions).; Physique shorts (per UKBFF rules; details vary by show).
UKBFF	Women's Physique (UKBFF)	Four quarter turns (front/right/back/right/front) for assessment.; Compulsory poses are called in the stated order.	Front Double Biceps (both arms raised and flexed; feet shoulder width; abdominals and quads flexed).; Side Triceps (keep body turned sideways; show upper-body muscle; keep legs straight but flexed).; Back Double Biceps (both arms up; calves and hamstrings flexed; look straight).; Abdominals and Thighs (hands behind head; display abdominals; front leg extended and flexed).	Posing routine may be included per show; follow promoter instructions.; Women's physique suit (per UKBFF).

Federation	Division	Stage format / rounds	Mandatory poses (explicit)	Routine + attire (key)
UKBFF	Bikini (UKBFF)	Comparison round: quarter turns (front, right, back, right, front); Finals: Stage walk / I-walk (per UKBFF Bikini rules).	Front stance: bikini pose with weight on one leg, shoulders back, arms relaxed (per UKBFF Bikini rules).; Quarter turn face right: right leg to side and slightly back; left hand on hip; right arm relaxed; head turned to face judges (per UKBFF Bikini rules).; Quarter turn face back: both feet staggered; display glutes/hamstrings; arms relaxed; head turned to judges (per UKBFF Bikini rules).; Quarter turn face right: mirror of other side (per UKBFF Bikini rules).; Face front again: return to front stance (per UKBFF Bikini rules).	Finals: Stage walk sequence is directed by head judge (per UKBFF Bikini rules).; Bikini suit and heels (per UKBFF).
UKBFF	Women's Bodyfitness (UKBFF)	Comparison round: quarter turns (front, quarter turn right, back, quarter turn right, front).	Quarter turns: Front → Quarter Turn Right → Back → Quarter Turn Right → Front (per Bodyfitness rules).	Finals may include stage walk; follow promoter instructions.; Bodyfitness suit and heels (per UKBFF).
PCA (UK)	Men's Bodybuilding (PCA)	Judges assess proportion, symmetry and definition during quarter turns and compulsory poses.; Compulsory pose list (below) performed in comparisons.	Front double bicep pose; Front lat spread pose; Side chest pose (any side); Side tricep pose (any side); Rear double bicep pose; Rear lat spread pose; Abdominals and thigh pose; Most muscular pose	Individual routine: maximum 60 seconds (per PCA criteria).; Posing trunks required; no logos. Thongs prohibited. Matching beltless items (if stated) per PCA criteria.
PCA (UK)	Classic Bodybuilding (PCA)	Compulsory poses performed, plus one classical pose of choice.	Front double bicep pose; Front lat spread pose; Side chest pose (any side); Side tricep pose (any side); Rear double bicep pose; Rear lat spread pose; Abdominals and thigh pose; Most muscular pose; Classical pose of choice (any classic pose)	Individual routine: maximum 60 seconds (per PCA criteria).; Posing trunks required; no logos. Thongs prohibited (per PCA criteria).
PCA (UK)	Men's Physique (PCA)	I-Walk: maximum 60 seconds; includes the compulsory pose sequence (below).; Comparison round: called out in groups; compulsory poses repeated.	Front pose – arms overhead with open hands; Side pose – arms overhead with open hands; show abs & obliques with one hand behind head; Rear pose – arms overhead with open hands; Side pose (other side) – arms overhead; show abs & obliques with one hand behind head; Front facing abdominals pose	I-Walk to music; max 60 seconds (per PCA criteria).; Board shorts (mid-thigh; not skin-tight; no advertising except small manufacturer logo; one colour preferred) (per PCA criteria).

Federation	Division	Stage format / rounds	Mandatory poses (explicit)	Routine + attire (key)
PCA (UK)	Ladies Bikini (PCA)	Quarter turns in comparisons (front/right/back/right/front).; I-Walk and stage presentation as per show format.	Front pose: one foot forward, other foot slightly back; hips slightly to side; arms relaxed.; Quarter turn right: right leg slightly back; left hand on hip; right arm relaxed; head turned to judges.; Quarter turn back: both feet staggered; show glutes/hamstrings; arms relaxed; head turned to judges.; Quarter turn right (other side): mirror.; Quarter turn front: return to front pose.	I-Walk as per PCA show format; follow promoter instructions.; Bikini and heels (per PCA).
PCA (UK)	Ladies Toned / Athletic / Trained Figure (PCA)	Quarter turns for symmetry.; Compulsory poses (below) performed in the "Physique Assessment" round (per PCA criteria).	Front pose – both hands overhead; Side pose of choice; Rear pose – both hands overhead; Side pose of choice	Individual routine: maximum 60 seconds (per PCA criteria).; Figure suit and heels (per PCA).
WNBF UK	Men's Bodybuilding (WNBF UK, 2025)	Round 1 – Symmetry: quarter turns (Front, Right Side, Back, Left Side).; Round 2 – Muscularity: mandatory poses (listed below).; Round 3 – Free posing: 60-second routine to competitor's music (per WNBF UK document).	Front Double Biceps pose (heels together; elbows slightly down; biceps peaked; calves, hamstrings, glutes, quads flexed).; Front Lat Spread pose (heels together; lats flared; biceps not flexed; thighs/calf muscles flexed).; Side Chest pose (either side).; Side Triceps pose (either side).; Rear Double Biceps pose (heels together; elbows slightly down; biceps peaked; calves, hamstrings, glutes flexed).; Rear Lat Spread pose (heels together; lats flared; biceps not flexed; calves, hamstrings, glutes flexed).; Abs and Thigh pose (both arms overhead, flexing down on the abdominals).; Most Muscular pose (any of the three styles; hands can't be clasped).	Free posing routine: 60 seconds only; props/costumes permitted but not required (per WNBF UK document).; Men's posing trunks (per WNBF UK).
WNBF UK	Women's Bodybuilding (WNBF UK, 2023)	Round 1 – Symmetry: quarter turns (Front, Right Side, Back, Left Side).; Round 2 – Muscularity: mandatory poses (listed below).; Round 3 – Free posing: individual routine (timing per WNBF UK document).	Front Double Biceps Pose; Front Lat Spread Pose; Side Chest Pose; Side Triceps Pose (both hands behind the back); Rear Double Biceps Pose (showing one calf); Rear Lat Spread Pose (showing one calf); Abs and Thigh Pose (both arms overhead, flexing down on the abdominals); Muscular Pose of choice called by the head judge. (this will be optional)	Free posing routine per WNBF UK (see document for timing and music submission).; Women's bodybuilding suit (per WNBF UK).
WNBF UK	Classic Physique (WNBF UK)	Round 1 – Symmetry: quarter turns (Front, Right Side, Back, Left Side).; Round 2 – Muscularity: mandatory poses (listed below).; Routine round per WNBF UK show format.	Front, right side, left side, and back Symmetry poses; Asymmetrical Front Double Biceps; Side Chest Fists Touching Hip; Classic Side Triceps; Rear Double Biceps One Hand Open; Abdominals and Thighs; 2 Favorite Classic Poses (non-most muscular poses)	Routine per show format; follow WNBF UK promoter instructions.; Men's posing trunks (per WNBF UK).

Federation	Division	Stage format / rounds	Mandatory poses (explicit)	Routine + attire (key)
WNBF UK	Fit Body (WNBF UK, 2023)	Round 1 – Symmetry: quarter turns (Front, Right Side, Back, Left Side).; Round 2 – Muscle Tone: 5 mandatory poses (listed below).; Round 3 – Stage walk / presentation (per WNBF UK Fit Body rules).		Stage walk / presentation per WNBF UK Fit Body rules.; Division-appropriate suit and heels (per WNBF UK).
WNBF UK	Men's Physique (WNBF UK, 2025)	Round 1 – Symmetry: quarter turns / line-up as directed.; Round 2 – Stage walk (mandatory quarter-turn sequence during walk).; Comparisons may include repeating quarter turns (per WNBF UK document).	Front pose: relaxed, no flexing. Competitor chooses hand position/arm style within WNBF UK guidance.; Quarter Turn Right: right side pose, relaxed.; Back pose: relaxed.; Quarter Turn Right: left side pose, relaxed.; Quarter Turn Right: return to front pose (per WNBF UK document).	Stage walk: 30 seconds total for mandatory turns during walk; transitions may include brief poses but not held longer than 1–2 seconds (per WNBF UK document).; Physique shorts (per WNBF UK).
WNBF UK	Bikini (WNBF UK, 2025)	Round 1 – Stage walk: mandatory quarter-turn poses performed in sequence (listed below).; Comparisons may repeat quarter turns as directed.	Front pose (bikini front stance).; Quarter turn to the right (side pose).; Quarter turn to the right (back pose).; Quarter turn to the right (other side pose).; Quarter turn to the right (return to front pose).	Stage walk: mandatory poses held 3 seconds each; overall mandatory-turn segment limited (per WNBF UK Bikini rules).; Bikini suit and heels (per WNBF UK).
WNBF UK	Figure (WNBF UK, 2023)	Round 1 – Symmetry: quarter turns (Front, Right Side, Back, Left Side).; Round 2 – Muscle tone/presentation: athletes perform poses as directed (no single fixed mandatory list provided in the text layer).; Stage walk / presentation per WNBF UK figure document.	Quarter turns: Front → Right Side → Back → Left Side (per WNBF UK Figure criteria).	Stage walk / presentation (per WNBF UK Figure criteria).; Figure suit and heels (per WNBF UK).
BNBF (UK)	Men's & Women's Bodybuilding (BNBF)	Round 1 – Symmetry: quarter turns (front/right/back/left).; Round 2 – Muscularity: 8 mandatory poses (listed below).; Round 3 – Evening Performance: posing routine (1 minute amateurs; 1.5 minutes professionals).	Front Double Biceps; Front Lat Spread; Side Chest (any side); Side Triceps (any side); Rear Double Biceps; Rear Lat Spread; Abdominals & Thigh; Most Muscular (any style)	Posing routine: 60 s amateurs; 90 s professionals (BNBF).; Men: posing trunks. Women: bodybuilding suit (BNBF).
BNBF (UK)	Athletic (Men) (BNBF)	Round 1 – Muscularity & Condition: compulsory poses (listed below).; Round 2 – Performance: posing routine (1 minute).	Front Double Biceps; Side Chest; Rear Double Biceps; Abdominal (hands behind head); Most Muscular (any style)	Routine: 60 seconds (BNBF).; Board shorts (men) (BNBF).

Federation	Division	Stage format / rounds	Mandatory poses (explicit)	Routine + attire (key)
BNBF (UK)	Athletic (Women) (BNBF)	Round 1 – Symmetry: quarter turns.; Round 2 – Athletic Muscularity: 5 compulsory poses (listed below).; Round 3 – Performance: posing routine (1 minute).	Front Double Biceps; Side Triceps; Rear Double Biceps; Abdominal & Thigh; Most Muscular	Routine: 60 seconds (BNBF).; Figure suit (BNBF).
BNBF (UK)	Figure (Women) (BNBF)	Round 1 – Symmetry: quarter turns.; Round 2 – Shape & Tone: competitor performs 3 poses (1 to front, 1 to side, 1 to back; competitor chooses poses).; Round 3 – T-walk: stage walk/presentation (competitor's own style).	Quarter turns: Front → Right Side → Back → Left Side (Round 1).; Round 2: 1 pose facing front + 1 pose side + 1 pose rear (athlete chooses; no fixed mandatory list in BNBF text provided).	T-walk / stage walk (BNBF).; Figure suit + heels; jewellery optional; hairstyle/makeup optional (BNBF).
BNBF (UK)	Classic Bodybuilding (Men) (BNBF)	Round 1 – Symmetry: quarter turns.; Round 2 – Muscularity: 6 compulsory poses (listed below).; Round 3 – Evening Performance: posing routine (1 minute amateurs; 1.5 minutes professionals).	Front Double Biceps; Front Lat Spread; Side Chest; Rear Bicep; Abs & Thighs; Classic pose of choice	Routine: 60 s amateurs; 90 s professionals (BNBF).; Posing trunks (BNBF).
NABBA (UK)	Men's Bodybuilding classes (Teens / Junior / First Timers / Novice / Masters / Height Classes, etc.)	Round 1 – Quarter Turns: front stance then "Quarter Turn To The Right" until facing front again; held for assessment of balance/symmetry/proportion and mass/condition.; Round 2 – Routine: individual routine (minimum 45 seconds; Area shows may allow up to 60 seconds; Britain Finals/England/Universe designated 45 seconds).; Round 3 – Comparisons: call-outs in groups of 4–6; mandatory pose requests (listed below).; Optional pose-down: 30 seconds free posing; then awards.	Abs and Thighs; Lat Spread; Front Double Bicep; Side Chest (any side); Side Tricep (any side); Rear Lat Spread (showing hamstring and calf); Rear Double Bicep; Most Muscular	Routine timing as stated above; check Area Rep for show-specific time (NABBA).; Trunks required; shorts/underwear not permitted (NABBA).
NABBA (UK)	Men's Physique (Open / Over 45s) (NABBA)	Round 1 – Quarter turns: fixed but not flexed stance (NABBA).; Round 2 – I-Walk: individual walk with rotations front/side/back/side/front; walk back; DJ music (NABBA).; Round 3 – Comparisons: call-outs in groups; requested poses (listed below).	Front Biceps; Left side oblique; Back Biceps; Right side Oblique; Front favourite pose	I-Walk to DJ's choice; plus possible 30 seconds free posing in pose-down (NABBA).; Shorts: mid-thigh max; 2 cm below belly button; not skin-tight; no advertising; one colour preferred (NABBA).

Federation	Division	Stage format / rounds	Mandatory poses (explicit)	Routine + attire (key)
NABBA (UK)	Classic (NABBA)	Round 1 – Quarter Turns: front stance then “Quarter Turn To The Right” until facing front again; held for assessment of balance/symmetry/proportion and mass/condition.; Round 2 – Routine: individual routine (minimum 45 seconds; Area shows may allow up to 60 seconds; Britain Finals/England/Universe designated 45 seconds);, Round 3 – Comparisons: call-outs in groups of 4–6; mandatory pose requests (listed below);, Optional pose-down: 30 seconds free posing; then awards.	Abs and Thighs; Lat Spread; Front Double Bicep; Side Chest (any side); Side Tricep (any side); Rear Lat Spread (showing hamstring and calf); Rear Double Bicep; Most Muscular	Classic posing emphasis in compulsories and routine; vacuum poses sought after (NABBA).; Trunks (NABBA).