



WNBF UK BODYBUILDING JUDGING CRITERIA

COMPETITION FORMATS AND COMPETITION ATTIRE

SHOW FORMAT- 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.

TRUNKS - Bodybuilding Posing Trunks should cover $\frac{1}{2}$ of the glutes- Bodybuilding Posing trunks can be any material and colour of choice.

WHILE ON STAGE

Athletes should listen to the commands of the head judge. The head judge will ask for call outs and poses specified in the division criteria. Athletes should familiarise themselves with their number as this is how the judges will identify you. Unsporting behaviour such as elbow butting, and pushing is frowned upon and may be cautioned by the head judge. Crass behaviour such as pulling your trunks aside to expose your glutes may also be cautioned. Failure to comply with the rules and guidance from the head judge may result in an athlete losing points from their scorecard.

ROUNDS JUDGED

All points in Round 1,2 and 3 (symmetry, muscularity and free posing rounds) contribute to the bodybuilding score. The Mr Golden Era round is judged separately and should be considered a separate competition to the aforementioned bodybuilding rounds.

Round #1 – SYMMETRY

Symmetry encompasses overall balance and proportions of the physique from top to bottom. The overall aesthetic of the physique is considered here including the presentation of the athlete. Athletes will execute the 4 quarter turns. Excessive twisting/flexing/posing in this round may be addressed by the head judge.

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Front Relaxed

1. Quarter to the right showing the left side of the body
2. Quarter to the right showing the rear
3. Quarter turn to the right showing the right side of the body
4. Quarter turn to face the front

Front Relaxed

Round #2 - MUSCULARITY/CONDITIONING

The athlete's muscle mass and conditioning/definition will be judged in this round. Proportions and balance in the muscularity poses are considered. Conditioning to show the appearance of low body fat levels across the physique.

Athletes will execute a series of eight mandatory poses. Competitors must perform all mandatory poses in a timely manner. Judges are looking at the complete package from all parts of the physique, not just one body part at a time. Athletes will perform only the poses requested by the Head Judge.

MANDATORY POSES: As follows in this order

1. Front Double Biceps Pose
2. Front Lat Spread Pose
3. Side Chest Pose
4. Side Triceps Pose (both hands behind the back)
5. Rear Double Biceps Pose (showing one calf)
6. Rear Lat Spread Pose (showing one calf)
7. Abs and Thigh Pose (both arms overhead, flexing down on the abdominals)
8. Muscular Pose called by the head judge (Hands On Hips, Crab, etc)

Round 3 - FREE POSING

All competitors will perform a 60 second ONLY posing routine to a piece of music of their choice following their comparison rounds. Props and costumes are permitted but not required.

Posing Routine Music specifications

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Posing music must be submitted to the contest promoter please see website for information. This needs to be in MP3 format. The first minute will be played, but we advise you leave your file 10 seconds or so longer than this so that we can fade it out for you. Any athlete who has not submitted music by the deadline will pose to music of the promoter DJ's choice. Posing music **MUST NOT** contain any profanity, sexually explicit, or violent lyrics or racially offensive terminology. Such tracks will not be played.

All points in Round 1,2 and 3 (symmetry, muscularity and free posing rounds) contribute to the bodybuilding score.

Final Pose Down and Awards

To finish competitors may be asked to perform a free style pose-down as a group, where most muscular poses could be performed. Participants will then receive awards and a final invitation if applicable. In all instances the athletes will be directed and instructed by the MC and or Head Judges.

**FOR A VIDEO OF THIS CLASS POSING AND CRITERIA PLEASE SEE
YOUR DIVISION PAGE ON THE WEBSITE**

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