



# WNBF UK WOMEN'S BODYBUILDING JUDGING CRITERIA

Women's Bodybuilding is the most muscular of all the female divisions. Athletes in this division should be the most well developed and conditioned with clear separation between the muscles, and the appearance of very low levels of body fat. Muscle size, and symmetry in combination with conditioning is what the judges are looking to award. Athletes who lack the appropriate size or conditioning may be better suited to the other divisions, e.g. Fit Body, or Figure.

## COMPETITION FORMATS AND COMPETITION ATTIRE

Competitions may take place as either a "Run Through" (Athletes appear on stage once and all rounds are judged) or "Prejudge and Evening Round" (Athletes appear on stage twice and are judged on two separate occasions; morning and evening). Athletes should follow the competition attire rules dependent on the show format.

### PREJUDGING

For prejudging competitors **must wear a plain colour two-piece crossed back posing suit without decoration.**

### AFTERNOON/ EVENING SHOW - IF YOUR SHOW IS A STRAIGHT RUN THROUGH FOLLOW COMPETITION ATTIRE BELOW

This class is performed in bare feet.

Jewellery is permitted; body jewellery (piercing) is allowed, so long as it is not offensive. Other jewellery (earrings, necklace, bracelets) may be worn, but should not obscure the physique or be in poor taste.

For both the Prejudge and the evening show OR runthrough shows - Two-piece crossed back posing suits must be in good taste; thongs are not allowed.

### WHILE ON STAGE

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[www.wnbfuk.com](http://www.wnbfuk.com)



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. Failure to comply with the rules and guidance from the head judge may result in an athlete losing points from their scorecard.

## **ROUNDS JUDGED**

### **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.

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 encompasses 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

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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 of choice called by the head judge. (this will be optional)

### **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.

#### **Music**

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.

#### **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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