



## WNBF UK FIGURE & MASTER FIGURE CRITERIA

Figure is judged equally on symmetry, muscle tone and stage presence (to include posing and the stage walk). Judges will be looking at balance and proportion (e.g., between upper and lower body). Figures should be symmetrically balanced; upper or lower body should not overpower the other; no one-body part should overpower the rest of the physique. Competitors must also show good muscle tone, leanness and muscle development is expected.

The Figure division will be suitable for athletes who are larger framed and more heavily muscled than Bikini athletes, and slightly harder and leaner but WITHOUT the detail and conditioning of Fit Body or Size of Bodybuilding.

### COMPETITION FORMAT 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.

**FOOTWEAR** - High-heeled shoes are required. Height of the heel is at the discretion of the competitor however without an excessive platform (no more than 1.3 inch), the WNBF UK prefers a no platform classical heel. So the ball of the foot and toes are flush or close to flush with the floor. A good example of these can be found below.



**JEWELLERY** - 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.

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**BIKINI** - Two-piece crossed back bikini suits must be in good taste; thongs are not allowed. Two piece crossed back suits may be coloured and patterned as you wish and adorned with rhinestones, sparkles, sequins, etc. for added effect.

**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.

## **ROUNDS JUDGED**

### **Round #1 – SYMMETRY**

Competitors will perform mandatory quarter turns; judges will compare competitors against each other. Judges will be looking at balance and proportion (e.g., between upper and lower body, and sides). Figure athletes should be symmetrically balanced; upper or lower body should not overpower the other; no one-body part should overpower the rest of the physique.

### **Mandatory Quarter turns for Symmetry**

#### **Front Relaxed**

- Heels must be together and in line, without either foot ahead of the other.
- Toes must face the judges, but competitors can angle their toes out slightly if it helps to accentuate their quad presentation
- Hips **MUST** face the judges
- Arms in a semi-relaxed position at sides with hands soft and slightly turned into body.
- Lats should be open/flared to show a nice V-Taper.

**Side Pose** From the front pose, competitors execute a 1/4 turn to the right and adjust stance

- Upper body turned toward the judges so the rear shoulder can be seen.
- Hips must face side of the stage
- Eyes must face side of the stage
- Toes must face the side of the stage with both feet flat. The feet can be offset only half the distance of the foot (front or back foot offset)

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- Long hair should be pushed back behind the front shoulder so it doesn't obscure view
- Front and rear hands should hang freely with palms toward the body

**Rear Pose** – From the side pose, competitors execute a 1/4 turn to the right and face the curtain or rear of the stage

- Heels must be together and in line, without either foot ahead of the other.
- Toes must face the rear, but competitors can angle their toes out slightly if it helps to accentuate their leg presentation
- Competitors should brush their hair to one side so their back can be seen
- Arms in a semi-relaxed position at sides with hands soft and slightly turned into body.
- Lats are spread wide to show upper body symmetry

### **Round #2 – MUSCLE TONE**

Competitors must show good muscle tone. Leanness and muscle development is expected; however, competitors should NOT exhibit as much conditioning and muscle mass/size as presented in Fit Body or bodybuilding. In this round the figure athlete will perform athletic/ muscular poses of their choice with arms below the head. These poses should present an athletic aesthetic and not be too "bodybuilding" oriented.

### **Athletic / Muscular Poses for Muscle Round**

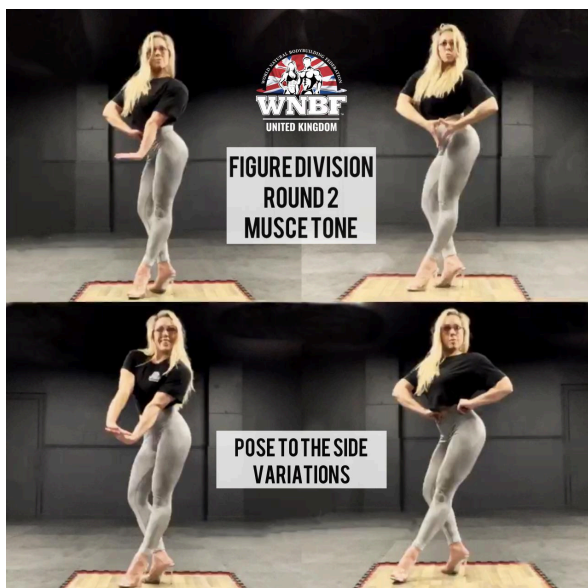
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- **Pose of choice from the front arms below the head**- Some examples below but you may use your own pose as long as arms below the head



- **Pose of choice from the side arms below the head**- Some examples below but you may use your own pose as long as arms below the head





- **Pose of choice from the back arms below the head-** Some examples below but you may use your own pose as long as arms below the head



- **Pose of choice from the side arms below the head-** Some examples below but you may use your own pose as long as arms below the head



### **Round #3 – STAGE I WALK**

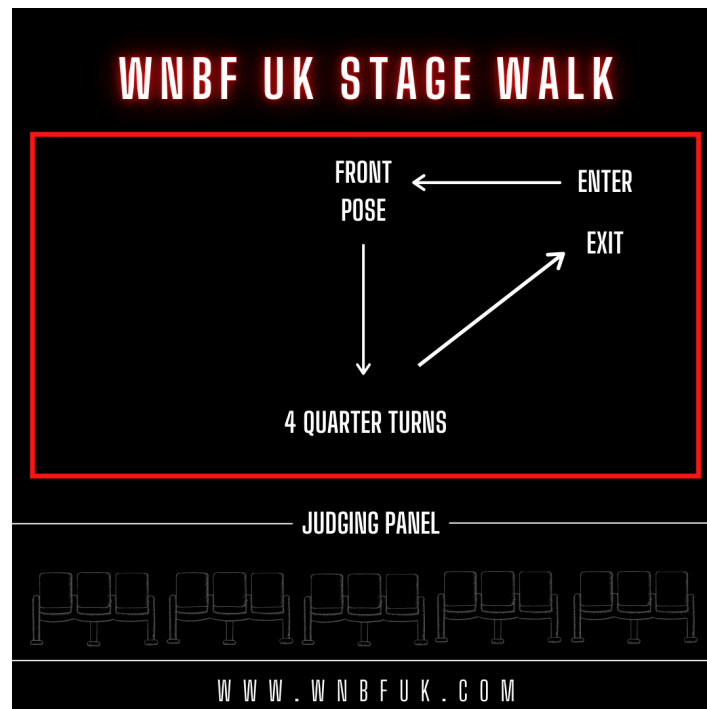
The Stage I Walk is the competitor's opportunity to show grace, poise and confidence. Competitors should execute the I-walk in a tasteful, confident manner. Over exaggerated posing or performance outside the figure division (bodybuilding poses, gymnastic moves, etc.) are not allowed.

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- 30 seconds is the time allocated for the I walk
- The I walk will be done to generic promoter music
- The I walk will consist of a pose at the rear centre stage and a walk to the center front. The competitor will present their 4 poses of voice (nothing above the head) and exit stage left.  
**Please see below for a diagram.**
- Poses should not be held for more than 3 seconds each, and the entire individual presentation should be completed in 30 seconds.
- Overall stage presence – judges will assess competitor's ability to confidently and seamlessly execute quarter turns within a stage walk



**[FOR A VIDEO OF THIS CLASS POSING AND CRITERIA PLEASE SEE YOUR DIVISION PAGE ON THE WEBSITE](#)**

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