



## WNBF UK FIT BODY CRITERIA

Fit Body is judged equally on muscularity, symmetry, and stage presence . Judges will be looking at balance and proportion (e.g., between upper and lower body).

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.

Competitors must also show good muscle development and conditioning. The key is to come in conditioned and not overly muscular, too striated or hard looking. Too much overall muscle mass or appearing to be at the same physical level of a bodybuilding competitor is not Fit Body. Some separation is required to display the different muscle groups.

In clear terms - Fit Body is a division which suits those with a more “trained” look, i.e. harder conditioned figure athletes/lighter muscled bodybuilders.

### 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.

**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.



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**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.

**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 the mandatory quarter turns;

#### **Face Front / Front Relaxed (¼ to the right)**

- Heels together.
- Toes facing forwards but can be slightly apart
- Lats spread
- Arms in a semi-relaxed position at sides with hands soft and slightly turned into body.

#### **Side Pose (¼ to the right)**

- Feet together with one foot of choice either with toes shifted forward by three inches or back by three inches; feet still must be beside one another to some extent
- Hips face toward the side of the stage
- Upper body rotated toward the judges so the judges can see a clear V taper and both delts.
- Arms lightly held by the sides of the body with palms facing toward the body, no excessive bending at the elbows.

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### **Rear Pose (¼ to the right)**

- Heels together.
- Toes facing forwards but can be slightly apart
- Lats spread
- Arms in a semi-relaxed position at sides with hands soft and slightly turned into body.

## **Round #2 – MUSCLE TONE**

Proper execution of the 5 Mandatory poses is essential.

### **Front Double-Biceps (open handed)**

- One leg shifted toward the side
- Both arms up in double biceps pose open handed

### **Side Chest (side of choice)**

- Arm facing the judges is bent at 90 degrees, with the back arm reached across the torso to grasp the bent-arm wrist; both hands must be open.
- One leg (leg facing the judges) can be extended out in front or One leg (leg closest to rear of the stage) can be shifted back and heel raised off the floor to tighten the calf.

### **Side Triceps (side of choice)**

- Arm facing the judges should be extended straight down at the side. The rear arm should be bent with that hand on the hip. (The hands are not clutched behind the back.)
- One leg (leg facing the judges) can be extended out in front or One leg (leg closest to rear of the stage) can be shifted back and heel raised off the floor to tighten the calf.

### **Rear Double-Biceps (open handed)**

- One leg shifted toward the side and slightly back (inch only), with heel raised and the calf tightened.
- Both arms are lifted up in a double-biceps pose open handed.

### **Front Abdominal Pose (one or both hands overhead)**

- One leg must be extended toward the judges.

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- Hands can be positioned either together behind the head, or with one hand behind the head and the opposite one positioned on the hips.

### **Favourite Pose of Choice**

- A favourite pose of choice that must be facing front or offset to the side. No back pose allowed here.

## **Round #3 – STAGE ROUTINE**

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.

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

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