



WNBF UK CLASSIC PHYSIQUE JUDGING CRITERIA

As a natural bodybuilding federation, the WNBF has *not* implemented Classic Physique as a less muscular category, as drug-free competitors do not carry mass at the expense of symmetry. Further, the WNBF has *not* implemented Classic Physique as a category where leanness is *explicitly* less than in the Bodybuilding category. The WNBF believes natural bodybuilding already exemplifies many aspects of Classic Physique and for that reason, care will be taken to introduce Classic Physique posing requirements and judging criteria without negatively impacting the Bodybuilding category. WNBF Classic Physique emphasizes symmetry and presentation, specifically the artistry of posing.

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 -

- Men’s Classic Physique Posing Trunks
- Black Only – Matte or Lycra with no letters or designs
- Up to 4.5” side length trunks • Sculpted or full back – material shall not reach the upper hamstring
- Bodybuilding trunks are Not allowed.

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

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Athletes are judged in 2 rounds (Symmetry and muscularity / presentation rounds) Both will contribute to the classic physique score.

Round #1 – SYMMETRY

- Contributes to 50% of the overall Classic physique Score
- Consists of the same four mandatory symmetry round relaxed poses as the bodybuilding division (listed below).
- Symmetry encompasses the overall balance and harmony of the physique on all sides and in all muscle groups. Athletes should have broad shoulders, pleasing lines, and a small tapered waist.
- The lower body will match the upper body completing a perfect X frame. Having an exemplary muscle group in some cases can make a Bodybuilder stand out, however, Classic Physique competitors must have all muscle groups in proportion.

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

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Round #2 - MUSCULARITY/CONDITIONING

- Contributes to 50% of the overall Classic physique Score
- Consists of the Five mandatory Classic Physique muscularity round poses (listed below).
- Much like the Bodybuilding Category, athletes will be judged on the size, separation, and leanness of their musculature.
- While the leanness standard is not lower in Classic Physique, leanness at the expense of fullness or where dieting leads to a loss of symmetry will hurt Classic competitors' scores. Excessive condition, hardness, or vascularity that harms symmetry will be scored down.
- Individual presentation of the athletes "classic physique" look is a focus for judging. Smooth quarter turns and graceful classic posing is crucial. The ability to hold poses without visible effort will positively impact scoring.
- Favorite poses should be chosen by the athlete to accentuate their symmetry & musculature.
- Note: NO Bodybuilding, most muscular, or Men's Physique poses are permitted in Classic Physique

MANDATORY POSES: As follows in this order

1. Front, right side, left side, and back Symmetry poses
2. Asymmetrical Front Double Biceps
3. Side Chest Fists Touching Hip
4. Classic Side Triceps
5. Rear Double Biceps One Hand Open
6. Abdominals and Thighs
7. 2 Favorite Classic Poses (non-most muscular poses)
 - * Favorite poses should be chosen by the athlete to accentuate their symmetry & musculature.
 - Options may include: Rear twisted back double bicep, Side mantis, Rear archer, Victory pose, Teacup pose, Vacuum pose

Round 3 - FREE POSING

All competitors will perform a 60 -90 second ONLY posing routine to a piece of music of their choice following their comparison rounds. Props and costumes are permitted but not required.

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Posing Routine Music specifications

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
CLICK HERE](#)**

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