



2026 World Natural Bodybuilding Federation Judging Criteria and Rules

This document outlines the 2026 judging criteria and operational rules for WNBF competitions, designed to enhance clarity, consistency, and fairness for judges, competitors, and coaches.

[2026 World Natural Bodybuilding Federation \(WNBF\) Judging Criteria and Rules](#)

[Table of Contents](#)

[1. Competition Format and Judging](#)

[1.1. The Judge's Role](#)

[1.1.1 Judging Principles - Fairness, Integrity & Professionalism:](#)

[1.1.2 Judging Responsibilities:](#)

[1.1.3 Communication Boundaries Between Judges and Athletes:](#)

[1.2. Scoring](#)

[1.3. Judging Independence and Conduct Breaches](#)

[1.4. Judging Transparency, Oversight and Feedback \(to be adopted by 2026\)](#)

[1.4.1. WNBF Judging Oversight Committee](#)

[1.4.2 Digital Scorekeeping and Transparency](#)

[2. Competitive Category Judging Criteria](#)

[2.1. Women's Categories](#)

[2.1.1. Women's Bodybuilding Category](#)

[2.1.2. Fit Body Category](#)

[2.1.3. Figure Category](#)

[2.1.4. Bikini Category](#)

[2.2. Men's Categories](#)

[2.2.1. Men's Bodybuilding Category](#)

[2.2.2. Classic Physique Category](#)

[2.2.3. Men's Physique Category](#)

[2.3. Wheelchair Category](#)

[2.3.1. Wheelchair Bodybuilding Category](#)

[2.4. Key Differences Between Categories](#)

[2.4.1 Key Differences: Men's Bodybuilding vs. Classic Physique](#)

[2.4.2 Key Differences: Figure vs. Fit Body](#)

[2.4.3 Key Differences: Fit Body vs. Women's Bodybuilding](#)

[3. Competitive Divisions](#)

[4. Pro Qualification and Competition Levels](#)

[4.1. Amateur Status](#)

[4.1.1 Acceptable Crossovers Between Divisions](#)

[4.2. Professional Status](#)

[4.3. Pro Qualification](#)

[4.3.1. Minimum Entrants Required for Pro Card Qualification](#)

[4.4. Professional Competition](#)

[5. Requirements to Become a WNBF Judge](#)

[5.1. Knowledge Assessment: Written Examination](#)

[5.2. Practical Assessment: Test Judging](#)

[5.3. Experience and Progression to Head Judge](#)

[6. Pre-Show Judges' Meeting Protocol](#)

[6.1. Meeting Facilitation and Agenda](#)

[6.2. Optional Judging Rules and Agreements](#)

[6.3. Handling Conflicts of Interest on the Judging Panel](#)

[7. Athletes' Meeting: Communication and Q&A](#)

[7.1. Communicating Main Points from the Judges' Meeting](#)

[7.2. Addressing Judging-Related Questions](#)

1. Competition Format and Judging

This section details how competitors are brought on stage and scored by the judges, compared to one another, and how final scores are tabulated, and the role and responsibilities of judges.

Competitors go through a number of rounds that are category-specific. In mandatory pose comparison rounds, they will perform quarter turns as directed by the Head Judge, and they may be moved around for comparison purposes.

Where competitors are moved on stage does not always indicate placings. Sometimes competitors are moved based on differences in stage lighting, to compare middle or lower placings (e.g., between 5th and 6th place) in larger classes, or to "set aside" a clear winner or winners so the judges can determine mid to lower level placings. Individual judges may ask for competitors to be moved and to perform specific poses to help them finalize scores through

these comparisons. In competitive classes, multiple rounds of judging with frequent competitor movement is expected.

At the promoter's discretion, in consultation with the judging panel, shows may have pre-judging and finals (i.e., mandatory comparisons within classes in the morning, followed by individual posing routines/walks and overall comparisons in the evening) formats, or straight-through, one show formats (i.e., mandatory comparisons, individual routines/walks, and overalls for each category occurring in succession without separation).

Also at the promoter's discretion, in consultation with the judging panel, large classes may go through call-outs to determine the top-tier placings (e.g., 1-5), then middle, and lower-tier placings, respectively, in separate call-outs. Further, in especially large classes (typically over 20), where even call outs are not feasible due to stage size, and to ensure no competitors are overlooked, judges may bring out sub-groups from the class as evenly distributed as possible (e.g., 4 groups of 10 for a class of 40) and identify the top athletes in the class by writing down the best competitors in each group, serving as an elimination round. Each judge takes note within each group of the best competitors, writing them down, and then comparing them to each subsequent group, potentially taking mobile phone/iPad pictures (see section 1.1.1 for further details on acceptable mobile phone use at the judging table), and once all groups have been reviewed, the remaining competitors are removed from subsequent comparison rounds. When this approach is implemented, each judge is to hand in the finalized competitor numbers they believe should make the cut. The scorekeeper then brings out all the competitors identified by each individual judge in the next round, and depending on their total number, they may be scored together in a single comparison round, or in call-outs.

Finally, when more than one pro card can be awarded, to ensure the best athletes are awarded, rather than just the winner, the top two athletes from a class may go on to the finals, overall comparison round, or additional comparison rounds may occur, depending on the competition format, and region. This can be especially important when there are imbalanced class sizes (i.e., 10 heavyweights, but 20 lightweights). These formats should be determined with the approval of the head judge, judging panel, and WNBF leadership, discussed in the judges' meeting and explained to the athletes in the athlete meeting, with all efforts to ensure consistency and fairness across competitions. These potentialities and their details are discussed further in section 3.3.

1.1. The Judge's Role

Judges are volunteers who typically have a degree of experience and familiarity with the sport of natural bodybuilding before becoming a judge, often with a background as a WNBF Professional competitor, promoter, event volunteer, WNBF official or some combination. Judges, as outlined in section 4, must go through training and testing to become certified, and head judges must have additional experience and training.

Objective judging is critical to the sport of natural bodybuilding, which is inherently subjective in nature. By doing their best to uphold the following principles and responsibilities, judges serve to make natural bodybuilding as objective, consistent, and fair as possible:

1.1.1 Judging Principles - Fairness, Integrity & Professionalism:

- Judge honestly, impartially, and objectively, per the judging criteria. Personal physique preferences or feelings towards athletes should not influence judging.
- Be informed, consistent, and reasonable when making rulings, and punctual and suitably dressed and groomed when fulfilling judging assignments.
- Be accountable for your words, actions, and attitudes, communicating with honesty, fairness, and respect, along with openness, and transparency where appropriate, while maintaining professional boundaries.
- Treat all (competitors, coaches, officials, administrators, volunteers, spectators) with objectivity and consideration, with regard for rights, dignity, and worth.
- Refrain from discrimination by age, race, sex, disability, sexuality, gender identity, or religion, and from bullying, abusing, intimidating, victimizing, or vilifying others.
- Refrain from innuendo, gossip, and personal attacks.
- Do not criticize other judges publicly, issues should be discussed with the head judge and with the judge in question when appropriate.
- Do not engage in or advocate for the use of banned substances or methods.
- Do not participate in, or encourage action that may jeopardize the integrity of the sport, including illegal activities or corruption. This is a mandatory firing offense.
- Maintain independence. See 1.3.
- Avoid or manage real or perceived conflicts of interest. See 5.3.
- Judges' primary focus should be the athletes on stage, for safety and scoring.
- Phone use at the judging table is for athletes/show promotion, or to document athletes for feedback or scoring. Promotion must be approved in the judges' meeting (section 5) and be equitable and consistent to avoid perceived bias.
- Formal athlete feedback must be equitable and consistent, in an agreed upon structure to ensure no perceived bias or unfairness to other athletes or crossing of any ethical boundaries (see 1.1.3).
- Judges may indicate suggestions to improve future scores (more mass, separation, posing, etc.), but should avoid indicating *how* to make changes if they are not qualified coaches and do so cautiously as they are not the athlete's coach.
- Consistent & objective terminology across judges focused on observation vs potential causes (ie "need more separation and hardness in the legs" vs be more conditioned or dryer) so as to not confuse athletes.

1.1.2 Judging Responsibilities:

- **Knowledge:** Judges must be familiar with the judging criteria and all rules and stay current with mandated training. They should attend athlete and judge meetings (see section 5 and 6) to discuss rules, scoring, changes, ambiguities and show format.
- **Evaluation:** Evaluate each competitor according to the judging criteria, ensuring each competitor is judged in exactly the same manner and under the same conditions.
- **Scoring:** Rank athletes in each round (see 1.2) per the criteria (see 2), independently (see 1.3). Scoresheets must be promptly and clearly completed, signed, and submitted.

- **Conflict of Interest:** Judges must declare conflicts of interest and act accordingly (see 5.3).
- **Communication:** Communicate clearly, consistently, effectively, and professionally with athletes. Avoid stating personal physique preferences; refer directly to the criteria only. See sections 1.1.1 and 1.4 for guidance on feedback.

Judges must uphold these principles and responsibilities to ensure ethical conduct, accurate judging, impartiality, and to avoid perceived bias, ensuring fair, consistent competition outcomes.

1.1.3 Communication Boundaries Between Judges and Athletes:

To ensure fairness, professionalism, and the protection of all parties, WNBFB strictly prohibits any personal or private communication between judges and athletes related to judging matters. All communication regarding a judge's role or responsibilities toward an athlete—or vice versa—must take place exclusively through the official WNBFB judges' email address, which is monitored by WNBFB leadership of the WNBFB affiliates.

If a judge is contacted directly by an athlete, they must instruct the athlete to submit their inquiry via the official email. Conversely, if an athlete receives a personal message from a judge regarding judging-related matters, they are encouraged to report the incident to WNBFB leadership through the same official channel: WNBFB@WorldNaturalBB.com

Any judge or athlete found to have violated this rule will be subject to a lifetime disqualification.

This policy is intended to prevent any form of bias, coercion, or misconduct. Inappropriate communication—including unsolicited personal messages or the exchange of photos—has led to serious ethical violations in other organizations. WNBFB is committed to maintaining the highest standards of integrity and providing a safe and respectful environment for all athletes and judges.

That said, given the overlapping roles within our natural bodybuilding community—where judges may also serve as volunteers, posing coaches, or even fellow athletes—interactions between judges and athletes may naturally occur in and around competitions. These interactions are acceptable only outside of the athlete-judge dynamic, and must be handled transparently, in line with the procedures outlined in the conflict of interest policy (see: manageable conflicts of interest).

Judging feedback to athletes after each show must be done in accordance with these guidelines. This can occur through a centralized system of providing feedback summary from all judges for an athlete after a show through a single message along with an athlete's individual score, or via some other system which ensures athlete safety, judge and competition integrity, and ethical protection of both parties.

1.2. Scoring

Each judge, within each category-specific round, scores/places the athletes from 1st to last, with the lowest score/highest placing from each judge aggregated by the scorekeeper/online scoring system to determine the final placings. These scores are based on which athletes best represent the category criteria in comparison to one another.

In the case of large classes with call outs or elimination rounds, lower placing athletes may not receive a placing, which is determined by discussion between the head judge, panel, and promoter based on class size and logistics. Athletes who do not place should be told only this when they ask for details about their placing, and that if they wish to receive feedback, it will not be in written format due to logistical constraints. However, if a judge has time, the judge can ask the athlete to show them a mobile phone picture of their physique, to give informal feedback. In the athletes' meeting, the constraints of feedback for athletes who do not place should be explained for larger shows. New events in isolated regions must have a minimum of 5 judges, and the highest and lowest scores/places are removed from aggregated scores. For a PRO CARD to be awarded in an open category, there must be a panel of at least 7 judges. Likewise, for a WNB Pro class, there must be a panel of at least 7 judges.

It is always best practice to train more judges than needed in each region. In the case(s) of a judge(s) missed or cancelled flights, a judge(s) becoming ill, in the extreme case of a judge(s) being detained by immigration, or in the case in section 1.3 below, it is always good to have access to more local judges who can step in for another judge.

In an event where WNB Pro card rules have been broken (e.g. not 7 judges) WNB Headquarters has the authority to remove pro status from any athlete. Promoter/Affiliate consequences may be imposed.

1.3. Judging Independence and Conduct Breaches

Judges' scores must be independent. Judges may ask one another questions or their opinion about an athlete's physique if struggling with a placing, tie breaker or a tight class, but may not indicate placings to one another until scores are handed in, and may not try to influence one another's scores. Test judges must abide by these rules when testing. Only the Head judge should speak to individual judges regarding their placings during the course of a show, doing so specifically if the judge is widely and repeatedly out of alignment with the judging criteria such that their scores diverge noticeably and uniquely from the panel.

If the Head Judge becomes or is made aware by the scorekeeper that a judge's scores are repeatedly and widely out of alignment with the panel by multiple placings, they must discuss the criteria with that judge to clarify any misunderstandings at the next break. The ideal outcome is a clarification of the criteria to the judge in question, continuation of the show, and improved scoring by that judge (in better alignment with criteria, and therefore the panel). If scoring remains out of alignment, but only for specific categories, the Head Judge can independently rule that the judge only remains on the panel for categories in which they are more in alignment with the criteria and panel. In extreme cases of out of alignment scoring which persists across

multiple categories, or in cases of strongly suspected or confirmed judging bias (i.e., admitted or discovered undeclared conflicts of interest), the Head Judge may call to remove a judge from the panel with a majority panel vote (excluding the judge in question). If a judge is removed from a panel due to out of alignment scoring, they must repeat test judging to sit on future panels. In cases of confirmed judging bias, however, they are banned from judging at WNBFF competitions.

1.4. Judging Transparency, Oversight and Feedback (to be adopted by 2026)

1.4.1. WNBFF Judging Oversight Committee

In 2025, the WNBFF Judging Oversight Committee was created. The WNBFF Judging Oversight Committee is a dedicated body comprised of seasoned WNBFF judges, including Regional Judging Directors representing the geographical regions where WNBFF member nations reside. Its primary mission is to ensure the consistent application of WNBFF judging quality and standards across all competitions worldwide. Annually, the committee is responsible for updating the WNBFF judging rules and guidelines. On an ongoing basis, it oversees the training and continuing education of judges within their respective regions, nominates qualified Head Judges, and rigorously monitors judging quality to uphold the integrity and fairness of all WNBFF events. More details and information will be provided regarding this committee in 2026.

1.4.2. Digital Scorekeeping and Transparency

The WNBFF, as an athlete-centered organization, to increase judging transparency, objectivity, accuracy, and reduce the potential for error or bias, will adopt digital scorekeeping in all shows by 2027. Digital scorekeeping reduces potential scorekeeping errors, has built-in tie-breaking systems, increases time efficiency, allows judges to easily give legible athlete feedback, and eases the burden on judges and volunteers.

Also by 2027, the WNBFF will adopt a policy of making overall scores publicly accessible online, showing overall point totals for each competitor, disclosing the identity of the judging panel members, test judges, and all declared conflicts of interests, whether managed, or which resulted in a judge not sitting on certain category panels. Scoresheets and information will be uploaded with photos or videos of each class in a reasonable time frame after shows. Individual athletes will be able to access their own individual scores and comments, but not the scores or comments for other athletes to maintain transparency while respecting individual confidentiality.

More details will arise as the WNBFF creates the infrastructure for these changes and adopts these policies across regions.

2. Competitive Category Judging Criteria

This section details the specific criteria for each competitive category. The goal is to provide clear, actionable guidelines for judges and a precise understanding for competitors and coaches regarding expectations for physique development, presentation, and stage presence.

Key Principles and Terminology for Judging (Applicable Across Categories):

- **Symmetry:** Assessment of development between left and right, front to back, and upper and lower body, creating a balanced physique, emphasizing V-taper and X-frame. Some distinctions between categories on what is considered symmetrical may apply.
- **Muscularity/Muscle Tone:** Evaluation of muscle size, shape, separation, definition, hardness, and vascularity, appropriate for the specific category.
- **Conditioning/Leanness:** Degree of body fat, revealing muscle definition and striations. Directly influences muscularity, and should be achieved without sacrificing muscle fullness or symmetry where not desired for the category.
- **Presentation:** Confidence, stage presence, posing ability, seamless transitions, and overall charisma, including aspects like tan quality, suit choice, hair, and makeup. The degree of importance varies by category. Posing ability is scored indirectly in some categories (e.g., inasmuch as it impacts symmetry and muscularity) and also directly in others (e.g., statuesque posing, smooth transitions, no visible effort or shaking).
- **Tanning and Tattoos:** Competitors are required to apply an appropriate stage tan to ensure optimal visibility of muscle definition under stage lighting. Failure to do so may negatively affect judging, as insufficient tanning can obscure key details of conditioning and symmetry. Tattoos are not discouraged or marked down; however, judges can only assess what is visible on stage. If the placement or appearance of a tattoo obscures the ability of a judge to determine how well a competitor meets the judging criteria, they can have a negative impact on scoring. Therefore, when in doubt, make attempts to cover tattoos when possible to ensure they don't interfere with judging.

2.1. Women's Categories

2.1.1. Women's Bodybuilding Category



Overview: This competitive category is the most muscular among the women's categories, emphasizes overall balance, muscularity, and conditioning, showcasing a complete physique, and is largely identical to Men's Bodybuilding.

Classes: The following are suggested weight class delineations for Women's Bodybuilding. Event promoters may use discretion in amending these cut-offs to ensure that competitors are grouped as evenly as possible, and to best maintain fairness in applying judging principles.

- **Weight Classes:**

- Lightweight: Under 119 lbs (54 kg)
- Heavyweight: 119 lbs (54 kg) and over
- *Flexibility in Class Numbers:* When there are few enough entrants such that there would be less than 3 per weight class, a single weight class can be instituted. Likewise, in large shows, up to 3 weight classes can be used. All adjustments are at the promoter's discretion in consultation with the judging panel.

Competition Attire:

- Two-Piece Bodybuilding Posing Suit.
- Decorated suits allowed.
- Back of suit must be appropriate coverage of the buttocks (see photo). All thongs are prohibited.



- Neck chains, bracelets, watches, or hair ornaments not allowed, non-distracting jewelry acceptable (e.g., small earrings, wedding bands, non-distracting hair clips).

Rounds Judged:

- **Round #1 - Symmetry (50% Score):** Focuses on overall balance and conditioning from top to bottom and side poses. Judges look for an X-frame, first considering the silhouette of the athlete, then balance between and across muscle groups, top to bottom, front to back, left to right.

Mandatory Poses (Symmetry Round):

- **Front Symmetry Pose:** Competitors will face the judges. The torso should be upright. Arms should be to the sides (not touching or exaggerated wide). Lats

should be open/flared to show V-taper. Feet should be together or slightly apart, toes facing forward, feet flat on the stage.

- **POSING TIP:** Focus on displaying the X-frame and overall symmetry, not flexing individual muscles.
- **Side Symmetry Pose:** Competitors will execute a quarter turn to the right, presenting their side to the judges. The torso should be upright. Arms should be to the sides (not touching or exaggerated wide). The upper body can be slightly twisted to display the rear shoulder and demonstrate a V-taper. Feet should be together or slightly staggered, feet flat on the stage.
 - **POSING TIP:** Focus on displaying the X-frame and overall symmetry from the side, not flexing individual muscles.
- **Rear Symmetry Pose:** Competitors will execute a quarter turn to the right, presenting their back to the judges. The torso should be upright. Arms should be to the sides (not touching or exaggerated wide). Lats should be spread to display a V-taper. Feet should be together or slightly apart, feet flat on the stage.
 - **POSING TIP:** Focus on displaying the X-frame and overall symmetry from the rear, not flexing individual muscles.
- **Round #2 - Muscularity/Conditioning (50% Score):** Athletes will be judged on the size of muscles and conditioning/definition by executing a series of mandatory poses. Judges are looking at the complete package from all parts of the physique, not just one body part at a time. The following poses will be called in this order;

Mandatory Poses (Muscularity/Conditioning Round):



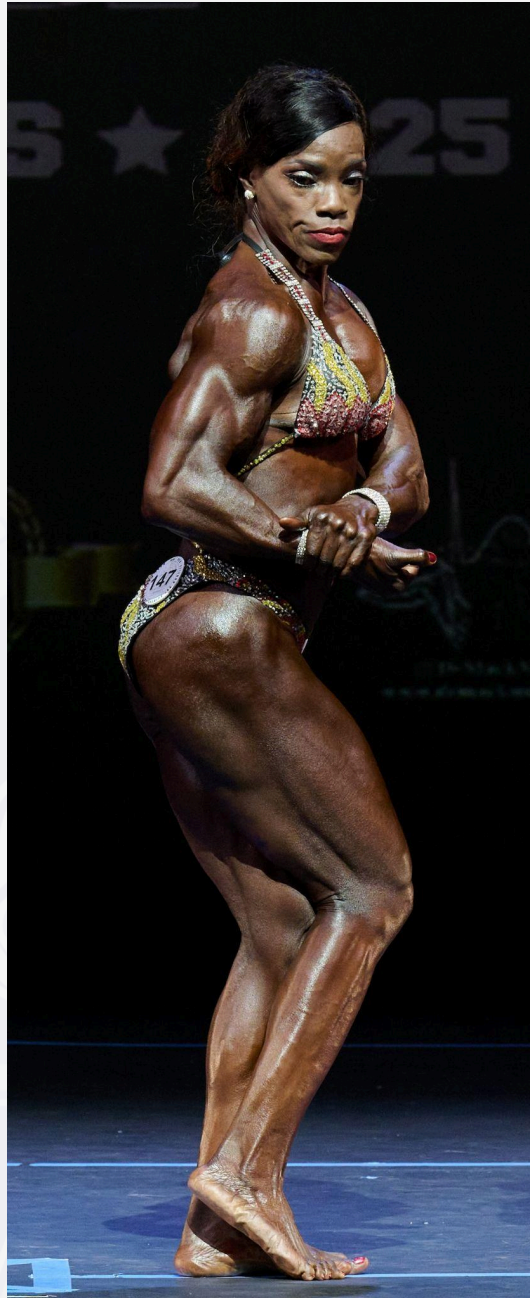
- **Front Double Biceps**

- Elbows positioned wide, fists held at or above ear level
- Elbows and lats spread forward
- Flexing of the biceps and forearms
- Legs positioned to display muscularity while maintaining symmetry (may display one leg, or pose legs symmetrically)
- **POSING TIP:** Keep knees slightly bent & angle feet outward for a symmetrical appearance.



- **Front Lat Spread**

- Hands/fists press the obliques inward, anchor on the rib cage
- Elbows & lats spread fully forward
- Chest held high without shrugging shoulders
- Flexing of the quads and fully separating all muscles (may display one leg, or pose legs symmetrically)
- **POSING TIP:** Keep air in your lungs and keep the chest up for a full, thick appearance. Don't lean backwards.



- **Side Chest**

- Away hand is placed on the wrist/hand facing judges. Pull upward to flex the bicep, forearm, and isolate the medial deltoid
- Chest should be held high with the away pec flexed and striated
- Both legs should be bent. The heel facing judges should be spiked displaying the calf.
- **POSING TIP:** Remember to display the entire physique, turn appropriately to display V-taper. Direct the weight through the balls of your feet & fully flex your calf, quadriceps, glute and hamstrings.



- **Side Triceps**

- Away hand reaches behind grasping the fingers, hand, or wrist of the arm facing judges. If an athlete is not flexible enough or cannot fully reach the other arm they may place the away arm behind the back and then straighten and flex the triceps facing the judges.
- Chest is held high. Arm facing judges is fully extended flexing the triceps
- Both legs should be bent. The heel facing judges should be spiked displaying the calf.
- **POSING TIP:** Stomach should be drawn in or abs flexed, maintaining your symmetrical appearance while keeping air filled lungs while also twisting to some degree to maintain V-taper.



- **Rear Double Biceps**

- Fists held at or above ear level
- Chest is held high. Arms/elbows rotate toward the judges as much as possible
- Feet rotated laterally flexing the hamstrings on both sides and spiking one foot displaying the calf
- One foot should be back, with the calf spiked and displayed.
- **POSING TIP:** Don't lean too far backward toward the judges or focus too much on the glutes, or step too far back with one leg or you may lose



- **Rear Lat Spread**

- Hands/fists press the obliques inward, anchor on the rib cage
- Elbows & lats spread fully forward
- Chest held high without shrugging shoulders, control of your hamstrings and calves.
- Feet rotated laterally flexing the hamstrings on both sides and spiking one foot displaying the calf

- **POSING TIP:** Same as rear biceps, and press downward and backward on the balls of your feet to assist in flexing and separating the displayed hamstring.
- **Abdominal & Thighs**
 - Hands behind head flaring the lats
 - Abdominals are fully flexed
 - Quads may be positioned together or one leg forward
 - Athletes are allowed to flex one leg then transition to flexing the other leg if they choose.
 - **POSING TIP:** Keep your elbows wide and flex your biceps while posing. This will accentuate your V-taper.



- **Hands on Hips Most Muscular** (optional per Head judge instructions)
 - Hands are rotated downward and placed on the hips for this most muscular pose
 - Abdominals are fully flexed with a slight forward lean crunching the abs
 - Legs may be positioned together or one leg may be placed forward and flexed
 - **POSING TIP:** Rotate your elbows as far forward as possible to bring the lats out from the front and improve your symmetry.



- **Crab Most Muscular** (optional per Head judge instructions)
 - The entire upper body is fully flexed with biceps curled
 - A slight lean forward to highlight the traps and shoulders
 - Legs may be positioned together or one leg may be placed forward, flexed, and striated
 - **POSING TIP:** Don't lean over too far and cover the abdominal muscles. This is a most muscular pose so judges are looking for the most amount of visible muscle.

- *Note:* The Head Judge reserves the right to penalize an athlete if they refuse to perform a requested pose properly after a warning.



Key Judging Elements:

- **Symmetry:** Capped delts, wide lats, sweeping quads, making the appearance of a small waist in both the symmetry and muscularity round poses. The appearance of an X-frame silhouette. No under-developed muscles from back to front, top to bottom, complete, balanced, round, developed muscles and muscle compartments visibly separated.
- **Muscularity:** Muscles are as well-developed as possible, full, and also fully separated, with striations and cross striations, with no muscles under-conditioned, and no muscles flat or under-developed. The best combination of leanness and muscle size possible.

Posing Routines:



- Posing routines are performed individually, and scheduled in the show relative to the category's mandatory comparison rounds, based on the show format, the number of competitors, and the promoter's preference. In larger shows, all or only some of the competitors (based on placing) will perform their posing routines.
- Do not factor into final placements, but can be considered for "Best Poser" awards (at promoter's discretion).
- Music must be edited (no vulgarity, racial slurs, or sexual content).

Scoring: Judges score each round and give a final placement for that round. Scores from two rounds are added for subtotals.

2.1.2. Fit Body Category



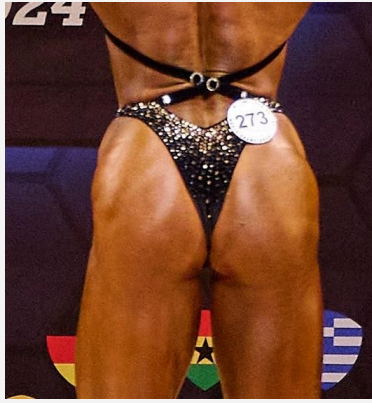
Overview: This competitive category is the second most muscular of the women's categories, and focuses on symmetry and muscle tone, with the selected poses placing a greater emphasis on symmetry rather than muscularity. Competitors should be more muscular than Figure, and Fit Body competitors' scores are more heavily weighted towards symmetry and posing. Fit Body competitors' posing is judged directly and indirectly, while muscularity is more heavily weighted in Women's Bodybuilding, with posing judged only indirectly.

Classes:

- **Height Classes:** The following are suggested height classes. Event promoters may use discretion in amending these cut-offs to ensure that competitors are grouped as evenly as possible, and to best maintain fairness in applying judging principles.
 - Short: Under 5'3" (160 cm)
 - Medium: 5'3" (160 cm) to 5'6" (168 cm)
 - Tall: Over 5'6" (168 cm)
 - *Flexibility in Class Numbers:* When there are few enough entrants such that there would be less than 3 per height class, two height classes (short and tall) can be instituted as evenly split based on the height of the entrants, or if necessary, only a single class. Likewise, in very large shows, up to 5 height classes can be used, at the promoter's discretion in consultation with the judging panel.

Competition Attire:

- Regulation bikini style posing suit (two-piece) with upper straps that cross the back and connect to the bottom.



- Promoters may use discretion to allow emblems or embellishments on suits during prejudging.
- Back of suit must be appropriate coverage of the buttocks (see photo). All thongs are prohibited.
- High heels are worn (typically 4 to 5.5 inches)

Rounds Judged:

- **Round #1 - Symmetry (50% score):** Competitors perform mandatory quarter turns. Judges assess balance and proportion (e.g., between upper and lower body). No one-body part should overpower the rest.

Mandatory Poses (Symmetry Round):

- **Face Front:** Heels together, toes forward. A slight outward rotation of the toes is allowed to better show the thighs. Lats spread, arms in semi-relaxed position at sides.

WNBIF™



- **Side Pose:** Feet offset slightly (foot of choice either with toes shifted forward by three inches (7.62 cm) or back by three inches (7.62 cm); feet still must be beside one another to some extent). Hips toward the side of the stage, face toward side of the stage. Upper body turned no more than 30 degrees toward judge.



- **Rear Pose:** Heels together, toes forward. A slight outward rotation of the toes is allowed to better show the thighs. Lats spread, arms in semi-relaxed position at sides.



- **Round #2 - Muscle Tone and Presentation (50% score):** Key is to be conditioned, displaying a hard physique with separation between all muscle groups. Generally, overall muscle mass is similar to Figure, but less than Women's Bodybuilding, which is facilitated by the specific Fit Body poses. Muscle definition may be more than Figure. Posing skill and presentation is also evaluated but not judged by recording a score (scores are recorded in Symmetry & Muscle Tone). Placings are not necessarily deducted for clenched fists during mandatory poses, but if there are ties then the athlete posing properly shall be placed higher. Both Symmetry and Muscle Tone rounds are scored equally so the most balanced athlete in both rounds shall be the focus of judging.
Mandatory Poses (Muscle Tone Round):
 - **Front Double-Biceps** (open handed): One leg shifted toward the side, both arms up in double biceps pose with open hands.



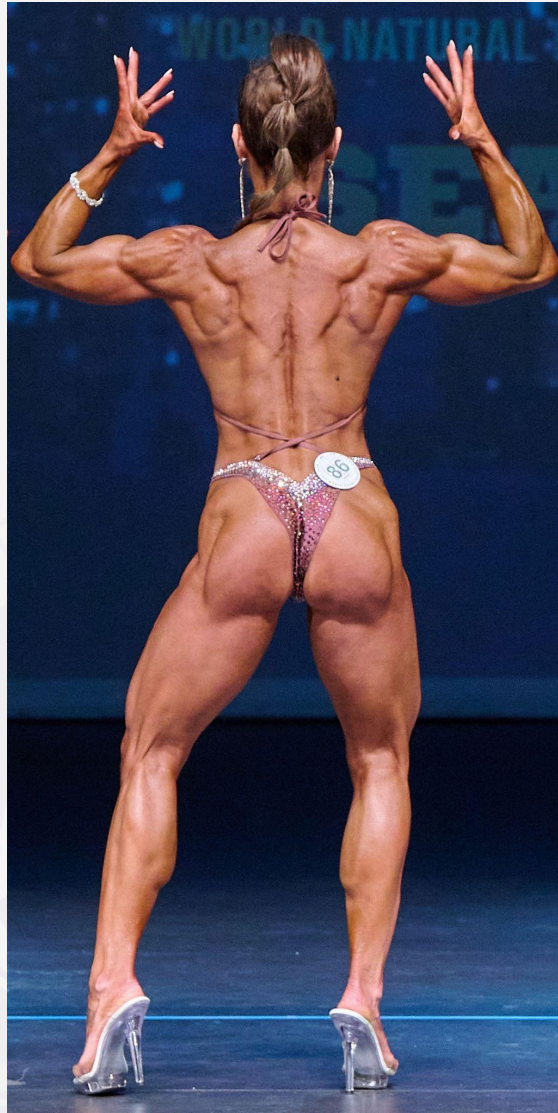
- **Side Chest** (side of choice or both sides per Head judge instruction): Arm facing the judges is bent at 90 degrees, with the back arm reached across the torso to grasp the bent-arm with both hands open touching each other. One leg can be placed forward to tighten the quad. The leg facing the judges may also be flexed and pressed against the extended rear leg to emphasize both the thigh and the calf.



- **Side Triceps** (side of choice or both sides per Head judge instruction): 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 clenched behind the back.) One leg is placed forward to tighten the quad.



- **Rear Double-Biceps** (open handed): One leg shifted toward the side, with the calf tightened. Both arms are lifted up in a double-biceps pose. Hands must be open.



- **Front Abdominal Pose** (one or both hands overhead): One leg must be extended toward the judges. Hands can be positioned either together behind the head, or with one hand behind the head and the opposite one positioned on the hips.



C

Key Judging Elements:

- **Symmetry:** Overall balance and harmony of the physique.
- **Muscle Tone:** Conditioned, but not excessively muscular or "ripped" if it comes at the expense of symmetry.
- **Execution of Poses:** Proper execution of mandatory poses is essential, both indirectly to enhance muscularity and symmetry, and also posing skill which is judged directly (statuesque posing, no visible effort, shaking, or inability to hold poses, smooth transitions).

Routine for Fit Body:

- Fit Body competitors will perform their mandatory poses individually, and scheduled in the show relative to the category's mandatory comparison rounds, based on the show format, the number of competitors, and the promoter's preference. In larger shows, all or

only some of the competitors (based on placing) will perform their mandatory poses. Your time on stage will consist of the 5 mandatory Fit Body poses to music while wearing heels. The order of the (5) poses is up to you and the promoter will provide the background music. The Master of Ceremonies will announce your name at which time you will go directly to the center stage and start your poses. You will execute the (5) mandatory poses one time and then exit the stage.

Scoring: Judges score each round and give a final placement for that round. Scores from two rounds are added for subtotals. Ties are broken by presentation and posing.

2.1.3. Figure Category



Overview: This competitive category is judged equally on symmetry and muscle tone, with stage presence serving an important component to the score. Competitors should be more muscular than Bikini but less muscular/conditioned than Fit Body or Women's Bodybuilding. Like Bodybuilding and Fit Body, leanness is important in the figure category, with no visible body fat, and all muscles appearing hard, with clear separation between all muscle groups. Figure should not have a "soft" look, even though it is not as muscular as Fit Body or Women's Bodybuilding. Notably, while visible cross striations are not required, they likely will simply not be visible on stage, as there are no muscularity poses in the figure competitive category.

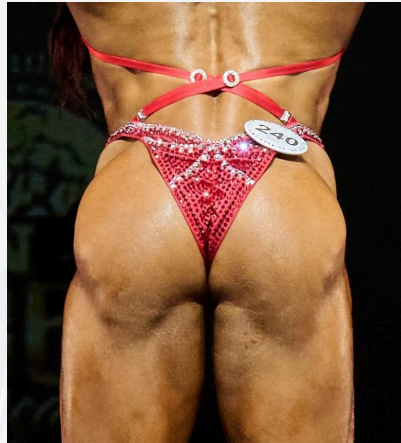
Classes:

- **Height Classes:** The following are suggested height classes. Event promoters may use discretion in amending these cut-offs to ensure that competitors are grouped as evenly as possible, and to best maintain fairness in applying judging principles.
 - Short: Under 5'3" (160 cm)
 - Medium: 5'3" (160 cm) to 5'6" (168 cm)
 - Tall: Over 5'6" (168 cm)
 - *Flexibility in Class Numbers:* When there are few enough entrants such that there would be less than 3 per height class, two height classes (short and tall) can be instituted as evenly split based on the height of the entrants, or if necessary, only

a single class. Likewise, in very large shows, up to 5 height classes can be used, at the promoter's discretion in consultation with the judging panel.

Competition Attire:

- Two-piece posing suit (must be in good taste; thongs not allowed) with upper straps that cross the back and connect to the bottom.



- Suit may be adorned with rhinestones, sparkles, sequins.
- High-heeled shoes are required.
- Jewelry is permitted (earrings, necklace, bracelets) but should not obscure the physique or so large or bright or showy as to be distracting.

Rounds Judged:

- **Round #1 - Symmetry (50% score):** Competitors perform mandatory quarter turns. Judges assess balance and proportion top to bottom, front to back, left to right. The X-frame is essential. No one-body part should overpower the rest.
Mandatory Quarter Turns (Symmetry Round):
 - **Face Front:** Heels together and in line, hips and toes facing judges (toes can angle slightly out). Arms to sides (not touching or exaggerated wide). Lats open/flared to show V-taper.



- **Side Pose** (1/4 turn to the right): Upper body turned 35 degrees toward judges so the rear shoulder can be seen, but nothing should be obscured. Hips must face side of the stage. Eyes must face side of the stage. Toes must face 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). 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** (1/4 turn to the right): From the side pose, competitors execute a 1/4 turn to the right and face the curtain or rear of the stage. Both feet must be



- together or very close. Toes cannot be spread wide apart. A slight outward rotation of the toes is allowed to better show the thighs. Feet cannot be offset to any degree (i.e., one in front of the other). Competitors should brush their hair to one side so their back can be seen. Arms must be at the sides with the hands hanging freely- palms toward the body. Lats are spread wide to show upper body symmetry.
- **Round #2 - Muscle Tone (50% score):** Competitors must show good muscle tone. Leanness and muscle development are expected; however, it should primarily serve to highlight symmetry (i.e., enhance the X-frame, with an emphasis on back and shoulder width, quad sweep, and balanced development), conditioning and muscle mass/size should not be as high as in Bodybuilding or Fit Body.

Key Judging Elements:

- **Symmetry:** Overall balance and proportion, creating a symmetrical physique with an emphasis on X-frame and V-taper.
- **Muscle Tone:** Conditioned, but not overly muscular, striated, or hard. Specifically, all muscle groups should be separated, but visible striations are not necessary.
- **Presentation:** Should be factored into both rounds, indirectly judged as it should enhance symmetry and muscle tone, but also presentation is directly judged and considered in tiebreakers. Assess hair, makeup, posing suit, shoes, tan evenness, overall stage presence, and the ability to seamlessly execute and transition between quarter turns and hold poses without visible effort or shaking.

Stage Walk:

- The stage walk is performed individually, and scheduled in the show relative to the category's mandatory comparison rounds, based on the show format, the number of competitors, and the promoter's preference. In larger shows, all or only some of the competitors (based on placing) will perform their stage walk.
- The Stage Walk or T-Walk is the competitor's opportunity to show grace, poise and confidence. Competitors should execute the T-walk in a confident, professional manner. Over exaggerated posing or performance outside the Figure competitive category (bodybuilding poses, bikini poses, gymnastic moves, etc.) are not allowed.

Scoring: Judges score each round and give a final placement for that round. Scores from two rounds are added for subtotals. Ties are broken by presentation and posing

2.1.4. Bikini Category



Overview: This competitive category focuses on presentation, balance, and category-specific muscular development. Competitors should be softer than Figure but lean, with muscle separation. Presentation is a key tie-breaker. While less muscular, Bikini is still within the sport

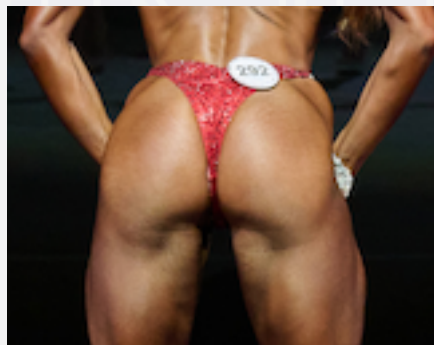
of Bodybuilding. All muscles should be developed to some degree, although glute, back and shoulder development are emphasized. Competitors, coaches, and judges should consider the ideal level of muscularity relative to the international, professional world standard. Meaning, at small shows, in amateur competitive categories, judges must ensure competitors are not graded "on a curve," such that the most muscular and conditioned bikini competitor is inappropriately penalized, simply because she is the most muscular and conditioned relative to the other competitors on stage at that small, amateur show. Rather, all bikini competitors' muscularity and conditioning should be judged relative to the professional, international, world standard. Presentation is also a large part of the score for Bikini competitors, encompassing the second half of their score, with posing judged indirectly (how it impacts physique presentation), as well as directly (how well they move on stage and show what appears to be effortless, smooth posing with a charismatic stage presence).

Classes:

- **Height Classes:** The following are suggested height classes. Event promoters may use discretion in amending these cut-offs to ensure that competitors are grouped as evenly as possible, and to best maintain fairness in applying judging principles.
 - Short: Under 5'3" (160 cm)
 - Medium: 5'3" (160 cm) to 5'6" (168 cm)
 - Tall: Over 5'6" (168 cm)
 - *Flexibility in Class Numbers:* When there are few enough entrants such that there would be less than 3 per height class, two height classes (short and tall) can be instituted as evenly split based on the height of the entrants, or if necessary, only a single class. Likewise, in very large shows, up to 5 height classes can be used, at the promoter's discretion in consultation with the judging panel.

Competition Attire:

- Two-piece bikini posing suit. Top ties straight across, bottom is a bikini class that flatters the physique.
- "Thongs," & "Scoop Cut" are discouraged. Pro Cut or Brazilian Cut suits providing coverage in the back are required (see photo).



- Multicolored or solid color. Fabric may be decorated (studs, rhinestones, beads, appliques). Designs may include connectors, straps, and hip connectors.

- Shoes are required (heel height typically is 4 to 5.5 inches). Jewelry is permitted.

Rounds Judged:

- **Round #1 - Fitness & Balance (50% score):** Judges look for round shoulders, defined abs, soft lines in legs, and tight glutes. An X-frame is rewarded, as is some degree of overall development, with separation between muscle groups. But conditioning and muscularity should be less than other classes. For example, quads should be separated, but there should not be visible cross striations. Such levels of muscularity or leanness will be scored down.
- **Round #2 - Physical Appearance (50% score):** Encompasses the overall appearance of the athlete, including stage presentation, posing skill, suit choice, tanning, hair, and makeup. Movement should be graceful, transitions should be smooth, posing should appear to take no effort.



Key Judging Elements:

- **Fitness & Balance:** Conditioned but with softer lines relative to other categories. An emphasis on back width, capped delts, and glute development is critical to the category, but no muscles should be under-developed (appearing not to be weight-trained at all). Muscle separation should be apparent while avoiding excessive muscularity or leanness.
- **Physical Appearance:** Stage presentation, suit choice, tanning, hair, makeup, posing during mandatories (transitions and ability to effortlessly hold poses) and stage walk.

Mandatory Poses/Execution:

- **Face Front:** Hips and toes positioned forward. One leg extended to the side (either leg). One hand on the hip, other arm hanging down below hips (not extended too far; 7"- 10" (17-25 cm)). Arms should not impede other competitors. Lats should be open but not

overly flared compared to other categories. A slight twist is allowed if both hips and shoulders are visible from the front.

- Hips and toes shall be positioned forward. One leg is extended to the side, either leg acceptable.
- One hand must be on the hip, the other arm should hang down below the hips (not extended to the side too far). Arms should not impede in another competitor's space.
- Lats should be open but less flared than Figure.
- A slight twist is allowed as long as both hips and shoulders are visible from the front.





- **Quarter Turn to the Right (Side Pose):** From front, 1/4 turn to the right. Upper body turned 35 degrees towards the judges (rear shoulder visible). Hips face side of stage; twisting toward judges and looking at audience/judges allowed. Either front or back leg can be bent, and one foot may have the heel lifted. Long hair pushed back. One hand on hip, the other hanging freely.
 - From the front. Competitors execute a 1/4 turn to the right and adjust stance: Upper body turned 35 degrees towards judges, so the rear shoulder can be seen.
 - Hips face side of the stage; Twisting toward judges and looking at audience/judges allowed

Bikini

CRITERIA

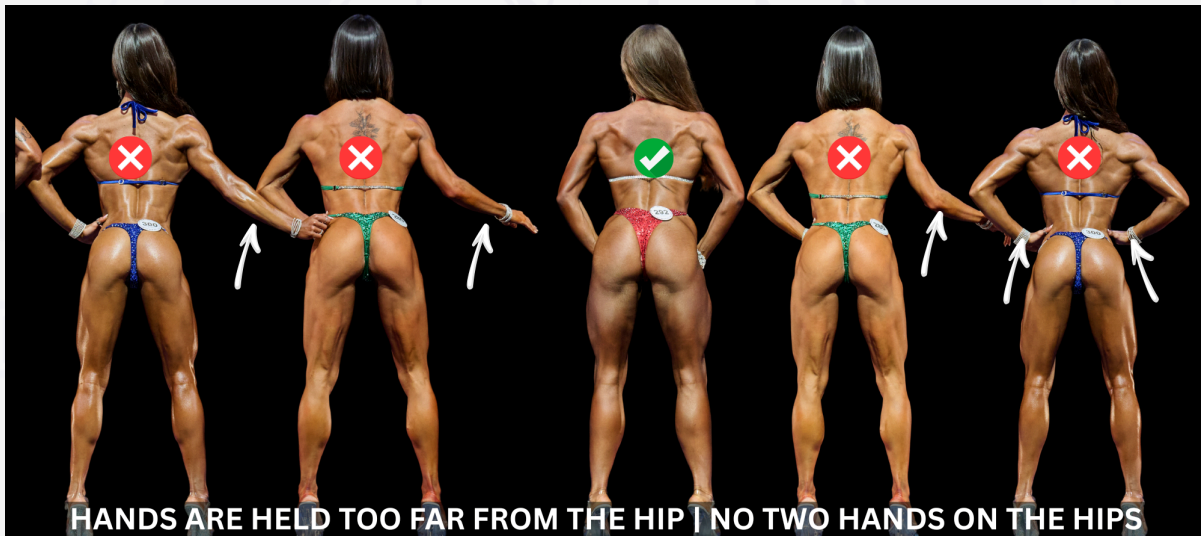
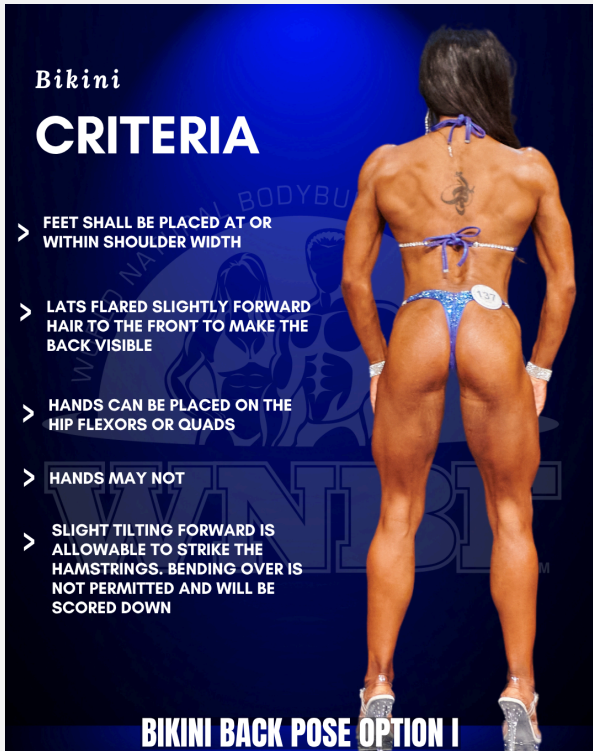
- > HIPS AND FEET FACE SIDE OF THE STAGE
- > EITHER FOOT FORWARD, EITHER HEEL MAY BE ELEVATED
- > ONE HAND ON THE HIP
- > THE OTHER ARM IS RELAXED AND HELD 7-10" (17-25 cm) FROM THE HIP
- > UPPER BODY IS TWISTED AT 35 DEGREES TOWARD JUDGES BIKINI ATHLETES MAY LOOK AT AUDIENCE AND JUDGES.



BIKINI SIDE POSE



- **Face Back of Stage (Rear Pose - Two Options):** From side pose, 1/4 turn to the right. Heels are shoulder width apart. Weight centered or shifted. Arm position optional; (Option I) hands on hip flexors or quads (Option II) - one hand on hip and one arm to side - the hand to the side may be only 7"-10" (17-25 cm) from the athlete's hip. Lats open but not overly-flared like other categories. Hair pushed to the front. No turning head to look at judges. Wide straddle or excessive bending over is not permitted.
 - From the side pose, competitors execute a 1/4 turn to the right and face the rear of the stage. Heels should be shoulder width apart. Weight can be centered or shifted to either side.
 - Arm position is optional and can include hands on hip flexors, hands on quads, or one hand on hip and one arm to the side - no more than 2 hand spans - approximately 7 - 10 inches from the athlete's hip.
 - Lats will be open but not flared to the extent of other categories to show upper body shape.
 - Hair should be pushed to the front.
 - At any time if competitors posing does not meet the criteria the head judge will issue a general warning. If It is not corrected they may call the specific athlete number to correct an issue. If the competitor still does not correct an issue the competitor may be scored down.



- **Quarter Turn to the Right:** Same as first side pose

Front/Back I Walk:

- The front to back walk performed as a whole class, and scheduled directly after or during the comparison rounds. The athletes shall walk to the back and front of the stage as directed by the head judge, it is used to separate close scoring competitors.

Stage Walk:

- The stage walk is performed individually, and scheduled in the show relative to the category's mandatory comparison rounds, based on the show format, the number of competitors, and the promoter's preference. In larger shows, all or only some of the competitors (based on placing) will perform their stage walk.
- The Stage Walk or T-Walk is the competitor's opportunity to show grace, poise and confidence. Competitors should execute the T-walk in a tasteful, confident manner. Over exaggerated posing or performance outside the Bikini competitive category (bodybuilding or Fit Body poses, gymnastic moves, etc.) are not allowed.

Scoring: Judges score each round and give a final placement. Scores from both rounds are added for final placement. Presentation and posing, including the stage walk or T-walk can break ties.

2.2. Men's Categories

2.2.1. Men's Bodybuilding Category



Overview: This competitive category emphasizes overall balance, muscularity, and conditioning, showcasing a balanced, muscular, detailed physique. It is the most muscular of all men's categories, and is evenly scored between symmetry and muscularity. Posing is only judged indirectly, insomuch as it impacts the appearance of symmetry and muscularity; however, competitors are reminded they are being compared. Thus, posing stamina and the ability to maintain their most symmetrical and muscular appearance while on stage, for the entirety of judging is critical.

* Classes:

The following are **suggested** weight classes for Men's Bodybuilding. Event promoters will use discretion in amending these cut-offs to ensure that competitors are grouped as evenly as possible, and to best maintain fairness in applying judging principles.

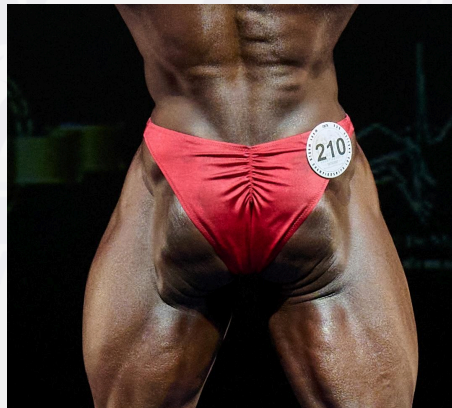
- **Weight Classes:**

- Bantamweight: Under 150 lbs (68 kg) (may be eliminated to yield 4 classes)
- Lightweight: 150.25 – 165 lbs (68.03 kg – 74.84 kg)
- Middleweight: 165.25 - 176 lbs (74.95 - 79.83 kg)
- Light Heavyweight: 176.25 - 190 lbs (79.94 - 86.18 kg)
- Heavyweight: 190.25 lbs and over (86.30 kg and over)

- *Alternative (3 classes):*
 - Lightweight: Under 165 lbs (74.84 kg)
 - Middleweight: 165.25 - 185 lbs (74.95 - 83.91 kg)
 - Heavyweight: 185.25 lbs and over (84.02 kg)
 - *Flexibility in Class Numbers:* When there are few enough entrants such that there would be less than 3 per weight class, two weight classes (lightweight and heavyweight) will be instituted as evenly split based on the weight of the entrants, or if necessary, only a single class. Likewise, in very large shows, up to 6 or 7 weight classes can be used. All these adjustments are at the promoter's discretion in consultation with the judging panel.

Competition Attire:

- Solid color, non-reflective, and opaque traditional V-shaped posing trunks. Proper coverage and no thongs or pulling up of the trunks to reveal glutes.



- Devoid of stripes, embroidery, emblems, or embellishments.
- No other objects (neck chains, bracelets, watches, hair ornaments) worn (minimalist jewelry acceptable, e.g., single small earring per ear, wedding bands).

Rounds Judged:

- **Round #1 - Symmetry (50% Score):** Focuses on overall balance and conditioning from top to bottom and side poses. Judges look for an X-frame, first considering the silhouette of the athlete, then balance between and across muscle groups, top to bottom, front to

back, left to right.

Mandatory Poses (Symmetry Round):

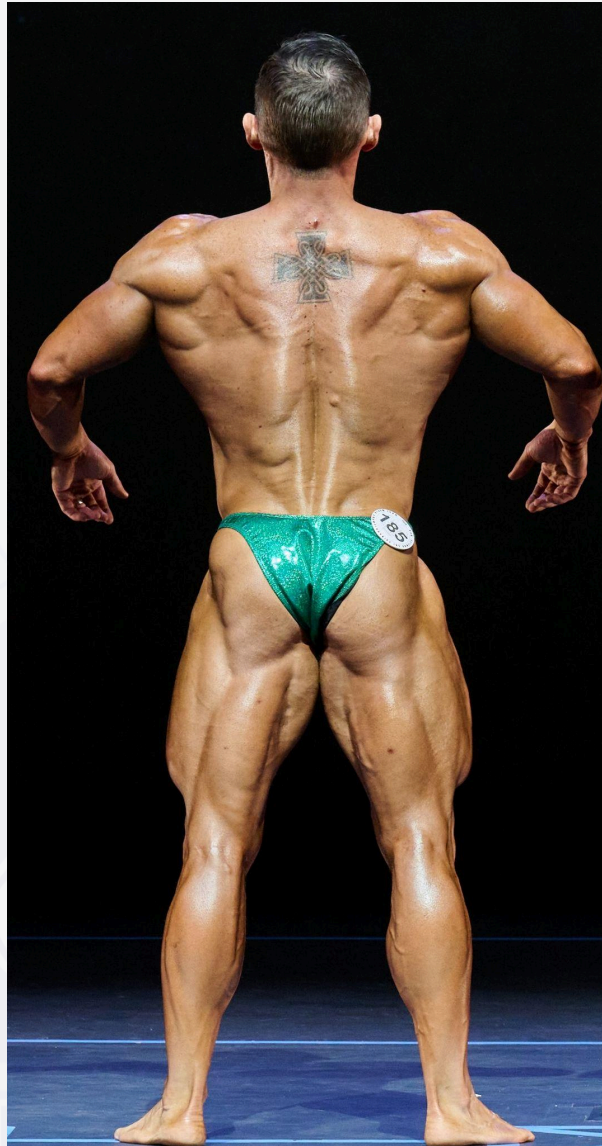
- **Front Symmetry Pose:** Competitors will face the judges. The torso should be upright. Arms should be to the sides (not touching or exaggerated wide). Lats should be open/flared to show V-taper. Feet should be together or slightly apart, toes facing forward, feet flat on the stage.



- **POSING TIP:** Focus on displaying the X-frame and overall symmetry, not flexing individual muscles.
- **Side Symmetry Pose:** Competitors will execute a quarter turn to the right, presenting their side to the judges. The torso should be upright. Arms should be to the sides (not touching or exaggerated wide). The upper body can be slightly twisted to display the rear shoulder and demonstrate a V-taper. Feet should be together or slightly staggered, feet flat on the stage.



- **POSING TIP:** Focus on displaying the X-frame and overall symmetry from the side, not flexing individual muscles.
- **Rear Symmetry Pose:** Competitors will execute a quarter turn to the right, presenting their back to the judges. The torso should be upright. Arms should be to the sides (not touching or exaggerated wide). Lats should be spread to display a V-taper. Feet should be together or slightly apart, feet flat on the stage.



- **POSING TIP:** Focus on displaying the X-frame and overall symmetry from the rear, not flexing individual muscles.
- **Round #2 - Muscularity/Conditioning (50% Score):** Athletes will be judged on the size of muscles and conditioning/definition by executing a series of mandatory poses. Judges are looking at the complete package from all parts of the physique, not just one body part at a time.

Mandatory Poses (Muscularity/Conditioning Round):



- **Front Double Biceps**

- Elbows positioned wide, fists held at or above ear level
- Elbows and lats spread forward
- Flexing of the biceps and forearms
- Legs positioned to display muscularity while maintaining symmetry (may display one leg, or pose legs symmetrically)
- **POSING TIP:** Keep knees slightly bent & angle feet outward for a symmetrical appearance.



- **Front Lat Spread**

- Hands/fists press the obliques inward, anchor on the rib cage
- Elbows & lats spread fully forward
- Chest held high without shrugging shoulders
- Flexing of the quads and fully separating all muscles (may display one leg, or pose legs symmetrically)
- **POSING TIP:** Keep air in your lungs and keep the chest up for a full, thick appearance. Don't lean backwards.



- **Side Chest**

- Away hand is placed on the wrist facing judges. Pull upward to flex the bicep, forearm, and isolate the medial deltoid
- Chest should be held high with the away pec flexed and striated
- Both legs should be bent. The heel facing judges should be spiked displaying the calf.
- **POSING TIP:** Remember to display the entire physique, turn appropriately to display V-taper. Direct the weight through the balls of your feet & fully flex your calf, quadriceps, glute and hamstrings.



- **Side Triceps**

- Away hand reaches behind grasping the hand or wrist of the arm facing judges
- Chest is held high. Arm facing judges is fully extended flexing the triceps
- Both legs should be bent. The heel facing judges should be spiked displaying the calf.
- **POSING TIP:** Stomach should be drawn in or abs flexed, maintaining your symmetrical appearance while keeping air filled lungs while also twisting to some degree to maintain V-taper.



- **Rear Double Biceps**

- Fists held at or above ear level
- Chest is held high. Arms/elbows rotate toward the judges as much as possible
- Feet rotated laterally flexing the hamstrings on both sides and spiking one foot displaying the calf
- One foot should be back, with the calf spiked and displayed.
- **POSING TIP:** Don't lean too far backward toward the judges or focus too much on the glutes, or step too far back with one leg or you may lose control of your hamstrings and calves.



- **Rear Lat Spread**

- Hands/fists press the obliques inward, anchor on the rib cage
- Elbows & lats spread fully forward
- Chest held high without shrugging shoulders
- Feet rotated laterally flexing the hamstrings on both sides and spiking one foot displaying the calf
- **POSING TIP:** Same as rear biceps, and press downward and backward on the balls of your feet to assist in flexing and separating the displayed hamstring.



○ **Abdominal & Thighs**

- Hands behind head flaring the lats
- Abdominals are fully flexed
- Quads may be positioned together or one leg forward
- Athletes are allowed to flex one leg then transition to flexing the other leg if they choose.
- **POSING TIP:** Keep your elbows wide and flex your biceps while posing. This will accentuate your V-taper.



- **Hands on Hips Most Muscular**
 - Hands are rotated downward and placed on the hips for this most muscular pose
 - Abdominals are fully flexed with a slight forward lean crunching the abs
 - Legs may be positioned together or one leg may be placed forward and flexed
 - **POSING TIP:** Rotate your elbows as far forward as possible to bring the lats out from the front and improve your symmetry.



- **Crab Most Muscular**

- The entire upper body is fully flexed with biceps curled
- A slight lean forward to highlight the traps and shoulders
- Legs may be positioned together or one leg may be placed forward, flexed, and striated
- **POSING TIP:** Don't lean over too far and cover the abdominal muscles. This is a most muscular pose so judges are looking for the most amount of visible muscle.
- *Note:* The Head Judge reserves the right to penalize an athlete if they refuse to perform a requested pose properly after a warning.

Key Judging Elements:

- **Symmetry:** Capped delts, wide lats, sweeping quads, making the appearance of a small waist in both the symmetry and muscularity round poses. The appearance of an X-frame silhouette. No under-developed muscles from back to front, top to bottom, complete, balanced, round, developed muscles and muscle compartments visibly separated.

- **Muscularity:** Muscles are as well-developed as possible, full, and also fully separated, with striations and cross striations, with no muscles under-conditioned, and no muscles flat or under-developed. The best combination of leanness and muscle size possible.

Posing Routines:

- Posing routines are performed individually, and scheduled in the show relative to the category's mandatory comparison rounds, based on the show format, the number of competitors, and the promoter's preference. In larger shows, all or only some of the competitors (based on placing) will perform their posing routines.
- Do not factor into final placements, but can be considered for "Best Poser" awards (at promoter's discretion).
- Music must be edited (no vulgarity, racial slurs, or sexual content). 60 seconds.

Scoring: Judges score each round and give a final placement for that round. Scores from two rounds are added for subtotals.

2.2.2. Classic Physique Category





Overview: This competitive category pays homage to the roots of bodybuilding, emphasizing symmetry and the artistry of posing, rather than being a "less muscular" or "less lean" competitive category than Bodybuilding. Symmetry is emphasized, making up 50% of the score, like Men's bodybuilding; however, unlike bodybuilding the second half of the score is divided between muscularity *and* presentation. Meaning, muscularity only makes up 25% of the total score, versus 50% in bodybuilding. Thus, a symmetrical physique, expertly presented, will often beat a more muscular or leaner physique due to score weighting in comparison to bodybuilding. Posing is scored indirectly (how it highlights the physique) and directly (as a skill). Selected poses are similar to bodybuilding, but allow more variation, self-expression, and don't include the poses which primarily highlight muscularity rather than symmetry. Competitors also perform two favorite, self-selected classic poses which provide the athlete latitude to highlight their posing skill and physique strengths, while hiding weaknesses, but because the selected poses differ from competitor to competitor, they are not directly compared to the same degree as the other mandatory poses.

- **Height Classes:** The following are suggested height classes. Event promoters may use discretion in amending these cut-offs to ensure that competitors are grouped as evenly as possible, and to best maintain fairness in applying judging principles.
 - Short: Under 5'7" (170 cm)
 - Medium: 5'7" (170 cm) to 5'10" (178 cm)
 - Tall: Over 5'10" (178 cm)
 - *Flexibility in Class Numbers:* When there are few enough entrants such that there would be less than 3 per height class, two height classes (short and tall) can be instituted as evenly split based on the height of the entrants, or if necessary, only a single class. Likewise, in very large shows, up to 5 height classes can be used, at the promoter's discretion and/or in consultation with the judging panel.

Competition Attire:

- Men's Classic Physique Posing Trunks: Black only, matte or lycra, no letters or designs.
- Side width of trunks must be between 2 inches (5.08cm) and 4.5 inches (11.43 cm).
- Sculpted or full back; material shall not reach the upper hamstring.
- Bodybuilding trunks are NOT allowed.

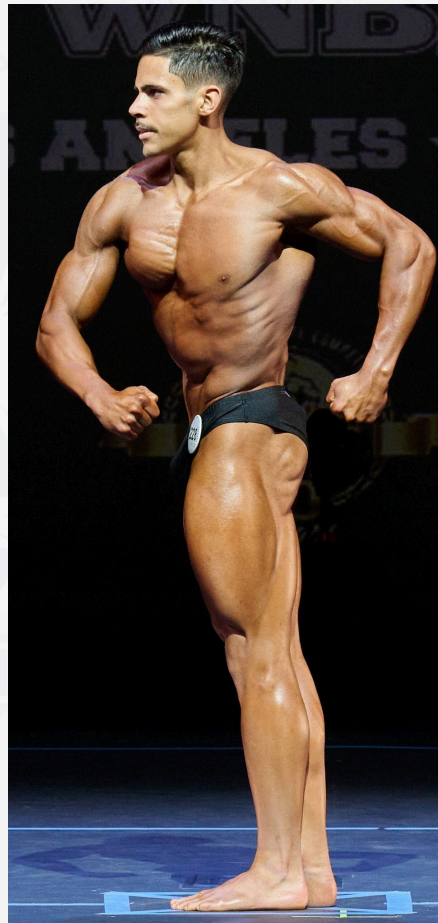
Rounds Judged:

- **Round #1 - Symmetry (50% Score):** Consists of the same four mandatory symmetry round poses as the bodybuilding competitive category. Focuses on overall balance across all muscles, and an X-frame. Judges first consider the silhouette of the athlete, then balance between and across muscle groups, top to bottom, front to back, left to right. Feet must be flat. Unlike round two poses which have more individual choice, as posing is a large component of round two score, symmetry poses should be consistent between athletes.

Mandatory Poses (Symmetry Round):



- **Front Symmetry Pose:** Competitors will face the judges. The torso should be upright. Arms should be to the sides (not touching or exaggerated wide). Lats should be open/flared to show V-taper. Feet should be together or slightly apart, toes facing forward, feet flat on the stage.
 - **POSING TIP:** Focus on displaying the X-frame and overall symmetry, not flexing individual muscles.
- **Side Symmetry Pose:** Competitors will execute a quarter turn to the right, presenting their side to the judges. The torso should be upright. Arms should be to the sides (not touching or exaggerated wide). The upper body can be slightly twisted to display the rear shoulder and demonstrate a V-taper. Feet should be together or slightly staggered, feet flat on the stage.



- **POSING TIP:** Focus on displaying the X-frame and overall symmetry from the side, not flexing individual muscles.



- **Rear Symmetry Pose:** Competitors will execute a quarter turn to the right, presenting their back to the judges. The torso should be upright. Arms should be to the sides (not touching or exaggerated wide). Lats should be spread to display a V-taper. Feet should be together or slightly apart, feet flat on the stage.
 - **POSING TIP:** Focus on displaying the X-frame and overall symmetry from the rear, not flexing individual muscles.
- **Round #2 - Muscularity & Presentation (50% Score):** Consists of five mandatory Classic Physique muscularity poses. Judges assess size, separation, and leanness (25% of total score). Presentation is directly judged (25% of total score), including posing skill, holding statuesque poses without visible effort, smooth transitions, and overall grooming (trunks fit, tan quality, face).

Mandatory Poses (Muscularity & Presentation Round):

- **Asymmetrical Front Double Biceps:** The competitor can make the pose asymmetrical by having one leg out to the side, one hand open, a hip shift, or any combination but the pose shall be presented asymmetrically



- **Side Chest Fists Touching Hip:** Performed like the bodybuilding version, but with the wrists bent, knuckles touching, fists touching the hip. Palms facing down.



- **Classic Side Triceps:** Performed like the bodybuilding version, but this is a front angled pose, without calf display, and one quad displayed facing the judges.



- **Rear Double Biceps:** Performed with one calf and hamstring displayed, with one hand open, with or without symmetrical arm placement, and can be angled or straight-on.

WORLD NATURAL BODYBUILDING FEDERATION
WNBF™



- **Abdominals and Thighs:** Can be performed identical to the bodybuilding version, with both hands behind the head, vacuum optional.

WORLD NATURAL BODYBUILDING FEDERATION
WNBF™



- **2 Self-selected Classic Poses:** Judged largely for presentation. Judges primarily evaluate posing skill in these two poses. Options include, but are not limited to: Rear twisted back double bicep, Side mantis, Archer, Rear archer, Victory pose, Teacup pose, Vacuum pose. No kneeling poses for space/safety (this can be done in posing routines). Others allowed but see note below.
 - *Note:* Self-selected classic poses cannot include the lat spread or crab/hands on hip most muscular, the other Classic Physique mandatory poses or their bodybuilding versions, Men's Physique poses, or non-asymmetrical versions of bodybuilding competitive category poses.



Key Judging Elements:

- **Symmetry (50%):** Paramount, with emphasis on proportional development, X-frame, visible separation between all muscles to assess balance.
- **Muscularity (25%):** Not explicitly less muscular or less lean than Bodybuilding, but excessive condition/hardness/vascularity that harms symmetry will be scored down. Leanness at the expense of fullness or symmetry will also be penalized.
- **Presentation (25%):** Crucial, as it is directly scored. Includes posing artistry, stage presence, ability to hold poses that appear effortless without shaking, smooth transitions and overall grooming.

Posing Routines:

- 60 second routines will follow pre-judging. For competitors crossing over into bodybuilding, it is the promoter's discretion to allow them to pose in one or both categories.
- Should be comprised primarily of Classic Physique poses, with the same limitations as the mandatory 2 self-selected Classic poses. No props allowed.

Scoring: Judges score each round and give a final placement for that round. Scores from two rounds are added for subtotals. Ties are broken by presentation and posing.

2.2.3. Men's Physique Category



Overview: This competitive category emphasizes symmetry and presentation, looking for a lean, fit, and muscle-toned physique, but not as muscular, conditioned, or striated as in Bodybuilding. Competitors, coaches, and judges should consider the ideal level of muscularity relative to the international, professional world standard. Meaning, at small shows, in amateur competitive categories, judges must ensure competitors are not graded "on a curve," such that the most muscular and conditioned Men's Physique competitor is inappropriately penalized, simply because he is the most muscular and conditioned relative to the other competitors on stage at that small, amateur show. Rather, all Men's Physique competitors' muscularity and conditioning should be judged relative to the professional, international, world standard.

Classes:

- **Height Classes:** The following are suggested height classes. Event promoters may use discretion in amending these cut-offs to ensure that competitors are grouped as evenly as possible, and to best maintain fairness in applying judging principles.
 - Short: Under 5'7" (170 cm)
 - Medium: 5'7" (170 cm) to 5'10" (178 cm)
 - Tall: Over 5'10" (178 cm)
 - *Flexibility in Class Numbers:* When there are few enough entrants such that there would be less than 3 per height class, two height classes (short and tall) can be instituted as evenly split based on the height of the entrants, or if necessary, only a single class. Likewise, in very large shows, up to 5 height classes can be used, at the promoter's discretion in consultation with the judging panel.

Competition Attire:

- **Board Shorts:** Conventional board shorts with inseams no shorter than 6 inches (15.24 cm) and no longer than 11 inches (27.94 cm). Waistband no lower than 3 inches (7.62 cm) below the navel. Legs of shorts should fit appropriately to accentuate the athlete's physique.

Rounds Judged:

- **Round #1 - Symmetry & Muscle Tone:** Judges look for a lean, fit, muscular physique that is balanced and aesthetically pleasing. Athletes should be groomed properly, possess a small waist, and have a good V-taper from the shoulders to the obliques. Judges are *not* looking for the level of muscle mass or extreme leanness necessary for success in bodybuilding. However, the upper body should be separated with no visible fat, and balanced, with capped delts, muscular arms, a wide back, pec hang, delt-pec tie ins, and well developed, deep abs and visible serratus.

Mandatory Poses/Execution (Quarter Turns to the Right):



- **Front Pose:** Competitors will face the judges. Feet must remain parallel but some lateral positioning of the toes is acceptable. Hands may be held at the sides momentarily to display symmetry, but this should *not* look like a bodybuilding front relaxed pose. Over-flexed posing and clinching of the fists is not preferred. Physique athletes shall have one hand on their hip on all quarter turns to differentiate Men's Physique from bodybuilding (Head Judge will remind competitors if needed).

- Shoulders, hips, and feet face forward.
- Some lateral positioning of the feet is allowed.
- One hand on the hip.
- Lats flared forward to display good shape & V taper.
- Symmetry & presentation is judged.
- **POSING TIP:** Maintain an aesthetic appearance during quarter turns. Poses should look fluent & natural. Over flexing or performing bodybuilding poses will affect your presentation score.



- **Side Poses:** Competitors' hips must face the side of the stage and heads should be turned toward the judges. Shoulders may be turned as much as 35 degrees toward the judges to accentuate their V-taper. One arm shall hang down and the other hand shall be placed on the hip. Feet shall be staggered, and the back leg (away from the judges) shall be set back with the heel raised and calf tightened.



Back Pose: Competitors face the back of the stage. Feet must remain parallel with allowable lateral positioning of the toes. Feet should remain flat on the floor. Lats should be spread to display V-taper. Hands may be held at the sides momentarily but then transition to one hand on the hip (Head Judge will remind competitors if needed).

- No bodybuilding poses should be executed by Men's Physique competitors during competition. Short transition movements/poses are acceptable. Smiling is expected.



- **Round #2 - Presentation:** Judges assess overall appearance, including shorts selection, stage appearance, stage walk, and grooming.

Key Judging Elements:

- **Symmetry & Muscle Tone:** Balanced muscle tone throughout. Lean, fit, and toned, but not the same level of muscle mass as bodybuilding. Large chest with clear delt tie-ins, capped delts, well-defined abs, obliques, wide back, small waist, and visible serratus.
- **Presentation:** Crucial for tie-breaking. Includes shorts selection, stage appearance, stage walk, and grooming.

Individual Stage Walk:

- The individual stage walk is performed individually, and scheduled in the show relative to the category's mandatory comparison rounds, based on the show format, the number of competitors, and the promoter's preference. In larger shows, all or only some of the competitors (based on placing) will perform their stage walk.
- When the T-walk is performed, competitors should execute a side pose facing toward the middle of the stage when posing on the outside posing location. At the middle of the

stage, competitors should perform a front pose, back pose, and finish with a front pose before walking to the next outside location.

- Poses should not be held for more than 3 seconds each, and the entire individual presentation completed in 30 seconds (Head Judge may allow more time). For large shows, competitors may need to complete their presentation in 15 seconds.

Scoring: Judges score each round and give a final placement for that round. Scores from two rounds are added for subtotals. Ties are broken by presentation and posing.

2.3. Wheelchair Category



2.3.1. Wheelchair Bodybuilding Category

Overview: This category focuses on overall balance and conditioning from the waist through the shoulders and Trapezius muscles, with judges assessing muscle size and definition through mandatory poses. Leniency will be given if a disability impedes proper posing and an execution. This category is described similarly to the Men's Bodybuilding category (i.e., regarding attire); however, this is solely because there have only been sufficient entrants into the WNBF for a men's category to exist. If a sufficient number of women enter the Wheelchair Bodybuilding Category, it can accommodate and will be described similarly to Women's Bodybuilding as well.

Classes:

- Wheelchair Bodybuilding does not have specific height or weight class designations; competitors are judged within one open class, typically due to a limited number of entrants. In larger competitions where this category is available, a promoter may opt to

provide additional divisions (Masters, Novice etc.), and if a large number of competitors enters any division, call outs can be performed.

Competition Attire:

- Black Sweat Pants or "Joggers"
- Black Athletic Shoes
- Black Socks

Rounds Judged:

- **Round #1 - Symmetry:** Symmetry encompasses overall balance and conditioning from the waist through the shoulders and Trapezius muscles.

Mandatory Poses (Symmetry Round):

- **Front Symmetry Pose:** Competitors will face the judges. The torso should be upright. Arms should be to the sides (not touching or exaggerated wide). Lats should be open/flared to show V-taper.
 - **POSING TIP:** Focus on displaying the V-taper and overall symmetry of the upper body and core.
- **Side Symmetry Pose:** Competitors will execute a quarter turn to the right, presenting their side to the judges. The torso should be upright. Arms should be to the sides (not touching or exaggerated wide). The upper body can be slightly twisted to display the rear shoulder.
 - **POSING TIP:** Focus on displaying the balance and proportion of the upper body and core from the side, ensuring a smooth silhouette.
- **Rear Symmetry Pose:** Competitors will execute a quarter turn to the right, presenting their back to the judges. The torso should be upright. Arms should be to the sides (not touching or exaggerated wide). Lats should be spread to display a V-taper.
 - **POSING TIP:** Focus on displaying the overall back development, symmetry, and the flow of the upper body from the rear emphasizing V-taper.
- **Round #2 - Muscularity/Conditioning:** Wheelchair athletes will be judged on the size of muscles and conditioning/definition by executing a series of mandatory poses. Judges are looking at the complete package from all parts of the physique, not just one body part at a time.

Mandatory Poses (Muscularity/Conditioning Round):

- **Front Double Biceps**
 - Elbows positioned wide, fists held at ear level.
 - Elbows and lats spread fully forward.
 - Flexing of the biceps and forearms.
 - **POSING TIP:** Keep elbows slightly bent & angle arms outward for a symmetrical appearance.
- **Front Lat Spread**
 - Hands/fists press the obliques inward, anchor on the rib cage.
 - Elbows & lats spread fully forward.

- Chest held high without shrugging shoulders.
 - **POSING TIP:** Keep air in your lungs and keep the chest up for a full, thick appearance. Don't lean backwards.
 - **Side Chest**
 - Away hand is placed on wrist facing judges. Pull upward to flex the bicep, forearm, and isolate the medial deltoid.
 - Chest should be held high with the away pec flexed and striated.
 - **POSING TIP:** Keep most of your weight on the arm facing the judges. Direct the weight through the ball of your hand & fully flex your pectorals and biceps.
 - **Side Triceps**
 - Away hand reaches behind grasping the hand or wrist of the arm facing judges.
 - Chest is held high. Arm facing judges is fully extended flexing the triceps.
 - **POSING TIP:** Stomach should be drawn in maintaining your symmetrical appearance while keeping air filled lungs while also flexing abs, obliques, and serratus anterior.
 - **Most Muscular Pose of Choice**
 - This pose allows the competitor to highlight their most impressive muscularity.
 - Can be a "Hands on Hips" or "Crab Most Muscular" variation, adapted for wheelchair.
 - **POSING TIP:** Focus on maximizing visible muscle mass in the upper body and core.
 - **Rear Double Biceps**
 - Fists held at ear level.
 - Chest is held high. Arms/elbows rotate forward as much as possible.
 - Focus placed on flexing the biceps, lats, and upper back.
 - **POSING TIP:** Don't lean backward toward the judges or focus too much on the lower back to lose control of your upper body muscles.
 - **Rear Lat Spread**
 - Hands/fists press the obliques inward, anchor on the rib cage.
 - Elbows & lats spread fully forward.
 - Chest held high without shrugging shoulders.
 - **POSING TIP:** Press downward and backward with your hands to assist in flexing and separating the displayed upper back and lats.

Key Judging Elements:

- **Symmetry:** Capped delts, wide lats, sweeping quads, making the appearance of a small waist in both the symmetry and muscularity round poses. The appearance of an X-frame silhouette. No under-developed muscles from back to front, top to bottom, complete, balanced, round, developed muscles and muscle compartments visibly separated.

- **Muscularity:** Muscles are as well-developed as possible, full, and also fully separated, with striations and cross striations, with no muscles under-conditioned, and no muscles flat or under-developed. The best combination of leanness and muscle size possible.

Posing Routines:

- Posing routines are performed individually, and scheduled in the show relative to the category's mandatory comparison rounds, based on the show format, the number of competitors, and the promoter's preference. In larger shows, all or only some of the competitors (based on placing) will perform their posing routines.
- Do not factor into final placements, but can be considered for "Best Poser" awards (at promoter's discretion).
- Music must be edited (no vulgarity, racial slurs, or sexual content).

Scoring: Judges score each round and give a final placement. Both scores are added to determine the final placement for each competitor in that class.

2.4. Key Differences Between Categories

While Bikini and Men's Physique are relatively unique categories with judging criteria that do not overlap with other categories, Classic Physique and Men's Bodybuilding can appear similar to the untrained eye, as can Figure, Fit Body, and Women's Bodybuilding. Therefore, this section serves to help coaches, athletes, and judges distinguish between these categories' criteria.

2.4.1 Key Differences: Men's Bodybuilding vs. Classic Physique

The primary distinctions between Men's Bodybuilding and Classic Physique lie in the emphasis of judging criteria and posing requirements.

- **Scoring Emphasis:**
 - **Men's Bodybuilding:** Places equal emphasis on Symmetry (50%) and Muscularity/Conditioning (50%). The goal is maximum muscle mass and leanness while maintaining symmetry.
 - **Classic Physique:** Divides the score into Symmetry (50%), Muscularity (25%), and Presentation (25%). While muscularity is important, it is not rewarded as heavily as in Bodybuilding, and presentation (posing skill, stage presence) is a directly scored component.
- **Muscularity & Leanness:**
 - **Men's Bodybuilding:** Rewards significant muscularity, size, and extreme leanness. Athletes can often win even with slight symmetry disadvantages if their muscularity is superior.
 - **Classic Physique:** Is not explicitly a less muscular or less lean category. However, athletes are marked down if muscularity harms symmetry (e.g., muscles appear flat, or one muscle group is exaggerated). Excessive condition, hardness, or vascularity that detracts from overall symmetry will be scored down.

Less symmetrical but more muscular Classic Physique athletes often cannot win due to muscularity being a smaller proportion of their score.

- **Posing & Presentation:**

- **Men's Bodybuilding:** Presentation is indirectly judged; good posing enhances symmetry and muscularity.
- **Classic Physique:** Presentation is directly judged. This includes the artistry of posing, holding statuesque poses without visible effort, smooth transitions, and overall grooming. Classic Physique athletes choose two favorite poses to display skill, which are scored, unlike the fixed mandatory poses in Bodybuilding.

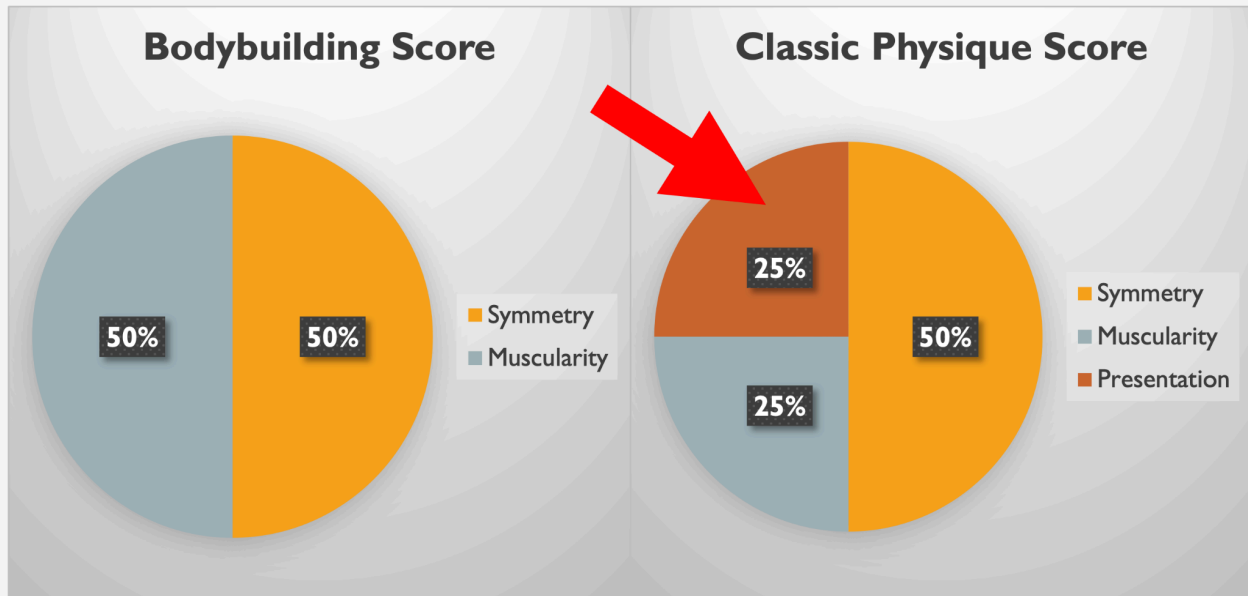


Figure 1. Score Weighting in Classic Physique versus Bodybuilding. You cannot be “too big” or “too lean” for Classic Physique. Muscularity is less weighted in Classic Physique *relative* to bodybuilding (25% vs 50%), but is not explicitly less. The glutes are covered, allowing some to be fuller without sacrificing leanness, potentially enhancing symmetry. Classic Physique athletes are only marked down if muscularity harms symmetry (i.e., muscles flat or exaggerated vs others). Posing is indirectly judged in bodybuilding (how it impacts symmetry and muscularity). Posing is also *directly* (as a skill) judged in Classic Physique. Less symmetrical but more muscular Bodybuilders can often win as a muscularity advantage can offset a symmetry disadvantage. However, less symmetrical, more muscular Classic Physique athletes, especially if they are not good posers often cannot win, as muscularity is only a quarter of their score.

2.4.2 Key Differences: Figure vs. Fit Body

While both Figure and Fit Body competitive categories emphasize symmetry and muscularity, the expected level of muscle size and leanness differs.

- **Muscularity & Conditioning:**

- **Figure:** Competitors are expected to show good muscle tone and leanness with an emphasis on symmetry. Thus, quad sweep, lat width, and capped deltoids are prioritized. However, they should *not* exhibit as much conditioning and muscle mass/size as seen in Fit Body or Women's Bodybuilding. However, in many

cases, the fact that there are no muscularity round poses in Figure, only symmetry poses, will ensure this distinction.

- **Fit Body:** Competitors are expected to be conditioned, but the key is *not* to pursue conditioning (leanness) at the expense of symmetry. Fit Body competitors should have development and hardness across all muscle groups and harder lines than Figure. Again, the inclusion of muscularity round poses aids in this distinction.
- **Overall Aesthetic:**
 - **Figure:** Focuses on an "X" shape, muscle tone, and overall presentation (hair, makeup, tan, suit choice, stage walk).
 - **Fit Body:** Seeks an athletic physique that is balanced and conditioned, with an X frame and level of muscle mass that is greater and/or more defined than Figure, and can be more readily displayed via the inclusion of muscularity poses. This is distinct from bodybuilding in that size or conditioning at the expense of symmetry should not be pursued.
- **Posing Style:**
 - **Figure:** Primarily relies on mandatory quarter turns with presentation serving as a tie-breaker.
 - **Fit Body:** Involves mandatory poses in heels that highlight symmetry and muscularity, with a greater emphasis on muscularity than Figure, but less than Bodybuilding. Unlike bodybuilding, posing is judged directly as part of the overall presentation.

2.4.3 Key Differences: Fit Body vs. Women's Bodybuilding

The distinction between Fit Body and Women's Bodybuilding lies in the greater emphasis on posing and symmetry in Fit Body, similar to the distinction between Classic Physique and Men's Bodybuilding. Muscle mass or conditioning at the expense of symmetry should be avoided in Fit Body, and the distinction between direct and indirect judging of posing should be noted.

Women's Bodybuilding rewards size and conditioning, and symmetry equally, meaning less symmetrical competitors can overcome more symmetrical competitors if they are leaner and more muscular to a greater degree than the other competitor's symmetry. This is not the case with Fit Body. Further, Fit Body emphasizes posing, it is directly judged in terms of smoothness, lack of shaking, ability to be statuesque, and display artistry and grace, as well as being indirectly judged as a way of enhancing the physique. In bodybuilding, however, posing is only judged indirectly, inasmuch as it enhances symmetry or muscularity.

- **Muscle Mass & Development:**
 - **Fit Body:** Competitors should be conditioned but *not* overly muscular, too striated, or with any over-developed muscle groups. The emphasis is on a balanced, athletic physique where no single body part overpowers the rest, and overall muscle mass is generally less than a bodybuilder, although the main distinction is the focus on symmetry. There are no limitations to the size or conditioning of a Fit Body competitor, but like Classic Physique in comparison to Men's Bodybuilding, symmetry and posing are weighted more heavily. Thus, a less symmetrical, but very lean and muscular bodybuilder who is a passable

poser, will place higher than a less symmetrical, very lean and muscular Fit Body competitor who is a passable poser in their respective categories.

- **Women's Bodybuilding:** Rewards significant muscle size, shape, separation, definition, hardness, striations, and vascularity. The goal is to present a complete physique with maximum muscle mass and leanness while maintaining symmetry. Symmetry and muscularity each contribute 50% to the score of the athlete. Thus, in bodybuilding, a symmetrical bodybuilder with less muscularity and a muscular bodybuilder with less symmetry may have a very close score. Unlike in Fitbody, where the more symmetrical athlete would be scored higher. Posing is only judged indirectly; meaning, it serves to enhance muscularity and symmetry. This differs from Fit Body, where grace, smooth movement, and the skill of posing itself is also judged.
- **Conditioning/Leanness:**
 - **Fit Body:** While leanness is expected, the physique should avoid appearing "shredded" to the extent seen in bodybuilding. Striated glutes are not the hallmark of this class. Muscle separation should be apparent, but a fully cross-striated physique with prominent vascularity will not be rewarded. Symmetry and posing are more highly weighted.
 - **Women's Bodybuilding:** Seeks a high degree of leanness and muscle definition, often displaying striations and vascularity in all muscle groups.
- **Posing:**
 - **Fit Body:** Posing is judged directly as part of the overall presentation, as well as indirectly, to enhance the physique. Presentation, in terms of stage presence, suit fit, etc., is a scored component.
 - **Women's Bodybuilding:** Posing is judged indirectly, as it should enhance symmetry and muscularity. Athletes are judged while on stage, so the inability to hold poses and maintain muscle separation will hurt scores. But the artistry or skill of posing is not a scoring component, and other elements of presentation, while important, are less emphasized.

3. Competitive Divisions

- **Teen Division:** 15-19 years of age, but this may not be offered at all events. Competitors under 18 only allowed with parental consent and consultation prior to competing.
- **Junior Division:** up to 23 years of age. They cannot be 24 on the day of the contest.
- **Master Division:** Restricted to competitors age 40 and older. When there are sufficient entries, divided into multiple 10-year sub-division: 40-49, 50-59, 60-69, 70-79, 80-89, etc. When there are a very large number of entries, each 10-year sub-division can have height/weight classes within it.
- **Debut Division:** First time competing in a physique competition in a particular category, *regardless of federation. Example: a person who has competed in Bikini several times may enter Debut Figure, Fit Body or Bodybuilding as a first-timer.* It is important for event promoters to confirm that a person is Debut - first time ever competing in said category.

Misunderstandings and/or entries that do not meet this criteria will result in disqualification of placing within that division. If available, noticed early enough, and if the time and logistical constraints of the show allow it, the competitor will be allowed to compete in the Novice division instead.

- **Novice Division:** Limited competitive experience. Have not won a Novice class of 5 or more in the WNBF Category they have entered.
- **Open Division:** Some competitive experience. Pro cards awarded with 8/5 or more competitors. Open competitive categories are separated by Height or Weight evenly/equally based upon the number of competitors at the event.
- **Crossovers between Debut, Novice and Open are allowed.**

4. Pro Qualification and Competition Levels

This section outlines the distinction between Amateur and Professional competition within the WNBF, detailing the requirements for pro qualification and the nature of competition at each level.

4.1. Amateur Status

An amateur is a competitor who has not won a WNBF Pro card. All contestants participating in WNBF sanctioned events qualify as amateurs. Amateur status is maintained by not competing for money in a WNBF natural event and maintaining a membership. A person may continue to compete as an amateur in competitive categories for which they do not hold a WNBF Pro card. For example, a WNBF Figure professional may compete as an amateur WNBF Bodybuilder in hopes of attaining another pro card for said competitive category. Upon winning WNBF professional status, a competitor must activate their WNBF membership within 30 days of urine test results. You can only compete as a Pro in categories you have won a pro card in. WNBF Masters pro cards, won by winning a masters division in which a pro card is awarded, *only* qualify you to compete in WNBF Masters pro classes. However, competitors ≥ 40 years of age with an Open WNBF Pro card won in an Open division can also compete in WNBF Masters pro classes.

At his/her discretion, a promoter may offer valuable consideration to winning amateur competitors such as free gym memberships, travel coupons to higher level competitions, free supplements, free sportswear, etc. These valuable considerations will constitute a subsidy to training expenses and will not jeopardize a competitor's amateur status. Promoters may not offer cash prizes to amateurs.

4.1.1 Acceptable Crossovers Between Divisions

Novice, Debut, and Open division crossovers are allowed. However, at promoter discretion these classes may not always be available, or may be combined based upon entry numbers and logistical and time constraints of the show.

Pro qualification can only occur when a sufficient number of competitors (5 or 8 depending on category; see 4.3) in an Open (or Masters in the case of Masters Pro cards) category are present and when a sufficient number of judges (7; see 1.2) sit on the panel.

4.2. Professional Status

WNBF Pro memberships are \$160 (plus processing fees) and are good for one year. Pros must keep memberships current to retain WNBF Pro status. The expiration will always be the month in which the athlete originally won WNBF Pro status.

WNBF Professionals may compete in other federations. However, a *new* WNBF Pro must **first compete in a WNBF Pro event prior to competing with other federations as a Pro in that category**. This is to value one's WNBF Professional membership opportunity and to support WNBF Promoters. This debut event should be indicated when registering for your WNBF Pro Card.

WNBF Professionals are expected to uphold the code of conduct guidelines. See the WNBF Constitution.

4.3. Pro Qualification

Amateur competitors in the Open Division of each competitive category compete for WNBF Pro Cards. A WNBF Pro Card is awarded to the winner of an Open Division class when there are a sufficient number of entrants present to qualify for a pro card. This requires a minimum number of competitors in the class (e.g., at least 8 competitors in Men's Bodybuilding, Men's Physique, and Classic Physique, as well as Bikini and Figure, and 5 for Women's and Wheelchair Bodybuilding and Fit Body). In categories with a greater number of competitors, additional pro cards may be awarded.

Amateur competitors in the Masters Division can compete for WNBF Masters Pro Cards in eligible shows. A WNBF Masters Pro Card is awarded to the winner of a Masters Division class when there are a sufficient number of entrants present to qualify for a Masters Pro card. This requires a minimum number of 5 competitors in all categories. In categories with a greater number of competitors, additional pro cards may be awarded.

WNBF Pro card winners must apply for professional status after being contacted by a WNBF official that they have a negative WADA compliant urinalysis drug test on file. Upon this notification a new Pro card winner has 30 days to register for Professional status. This does not mean you can continue to compete as an amateur the following day, or for the next few weeks taking Pro cards from other deserving athletes. You can refuse a Pro Card, or not register, only once. The second time you win pro qualification, if you don't accept it, you cannot compete as an amateur for 3 years. Likewise, Pros who have not paid their annual fees in 3 years due to a legitimate physical, mental health or financial crisis can pay for their lapsed membership fees and compete as a Pro once again. Requests on this matter must be sent directly to WNBF headquarters: WNBF@WorldNaturalBB.com If it has been over 3 years of lapsed Pro membership fees, the athlete must re-qualify for WNBF Professional status..

4.3.1. Minimum Entrants Required for Pro Card Qualification

The following minimum numbers of entrants are required for a WNBF Pro Card to be awarded.

- **Men's Bodybuilding, Classic Physique, Men's Physique, Bikini, and Figure Open Divisions:** At least 8 competitors.
- **Women's Bodybuilding, Fit Body, and Masters Divisions (all categories), and Wheelchair Bodybuilding Categories:** At least 5 competitors.

Pro Card recipients must undergo polygraph and urine testing to become officially eligible.

- **Class Winner Pro Cards ("Super Pro Qualifiers"):**
- In the US, there are 3 Super Pro Qualifiers annually in New York, Missouri and California at the end of the season - October-November. It is up to the event promoter to determine splitting divisions into classes of 8 or 5 in order to award more Pro cards. For example, if there are 16 athletes in Open Classic Physique, 2 Pro cards can be awarded. If there are 15 athletes, only the Overall champion will be awarded the Pro card.
- Internationally when an event is a culminating championship - all competitors qualified at a prior event during the year OR a single event in said country has **≥140 entrants (individuals, not crossovers)**, the regional President may determine that the winner of each height/weight class that has the minimum 8 or 5 competitors (category/division specific) can be awarded Pro status (same as the US "Super Pro Qualifiers"). If some height/weight classes have less than the minimum 8 or 5 competitors, those class winners **do not** earn Pro status by simply winning their class. However, these competitors can win Pro status in the overall comparison round **if they place higher than another class winner who did win Pro status**. For example, if there are three weight classes, and the lightweight and middleweight classes both have ≥8 competitors but the heavyweight class only has 6, the light- and middleweight class winners receive Pro cards. However, the heavyweight class winner **only** receives a Pro card if they place higher than **either** the light- or middleweight winner in the overall. Thus, in this example scenario, at least two, but up to three Pro cards could be awarded.
- **Multi-Class Pro Cards:** When an event has **≥140 entrants (individuals, not crossovers)**, in which there are over 8 or 5 competitors (category/division specific) in **every class**, the regional President/promoter may determine that the 1st and 2nd place winner in each class can go onto the overall comparison round. In these rounds **2nd place winners are fixed in their placement behind their class' 1st place winner and they can only be placed higher than competitors in other classes**. In these very large shows' overall comparison rounds, there can be up to 10 competitors (top two from up to 5 height/weight classes). Rather than awarding each class winner a Pro card, a certain number of total Pro cards are awarded based on the **overall comparison round placings**. This approach should be reserved only for very large categories in which there is an uneven balance in the number of competitors in each weight/height class (e.g., 30 bantamweights and lightweights, but 8–15 middle-, light heavy- and heavyweights). In such cases, this approach ensures that only the best competitors turn Pro. This structure should be based on a determination by the regional President to award 3-5 Pro cards **Prior** to the Judges and Athlete meetings.

4.4. Professional Competition

Professional competitors compete for prize money. Cash prizes are dependent on number of Pro entries, sponsors, overall show size, and are typically awarded to 1st through 3rd place, but may be awarded to top 5 placings in larger shows. If a pro category is large enough, it will have multiple classes, with the top 3 or 5 in each class winning prize money, and an additional prize sum awarded to the overall winner. All professional competitors who win cash prizes are subject to urine testing.

Pro classes are often smaller, and therefore, in such cases may be grouped into one or more height or weight classes. The groupings will be based on number of entrants, and dispersion of heights/weights among the entrants. Height/weight class dispersion will be determined and discussed in the athletes' meeting, or a separate Pro athlete meeting by the regional President/Promoter.

5. Requirements to Become a WNBF Judge

All aspiring judges must be nominated by WNBF leadership at the regional level, based on a belief that they will uphold the values and professionalism of the WNBF and that they will be professional representatives of the WNBF and are capable of becoming competent judges. To ensure a high standard of judging, prospective WNBF judges must meet the following requirements:

5.1. Knowledge Assessment: Written Examination

Nominees must complete an in person or online judges' training, and then pass a comprehensive written examination covering:

- Judge responsibilities, processes and principles of fair and unbiased judging (Section 1 & 3–6).
- The detailed WNBF competitive category judging criteria and procedures (Section 2).
- WNBF rules and regulations, including anti-doping policies (WNBF Constitution, Section 1 & 3–6)
- Conflict of interest policies (Section 5.3).

A minimum passing score of 90% is required. If the initial test is failed, one on one training with WNBF leadership or the regional judging representative is required with specific attention to incorrect answers, and then the test must be re-taken and passed with a 90% score.

5.2. Practical Assessment: Test Judging

Following successful completion of the training and written examination, candidates must successfully complete a practical test judging/training component, which involves:

- Observing a minimum of three (2-3) live WNBF shows or designated simulated judging sessions from the judges table, with at least 2 serving as test judging (see final bullet). Simulated judging sessions, or attending shows seated at the judges' table and mock judging (not test judging) can occur before written examination is passed. Test judging cannot occur until the written examination is passed.
- During their first observational show experience, which is not tested, test judges should shadow experienced WNBF judges and receive direct feedback on their scoring and rationale.
- Test judges should demonstrate the ability to consistently apply the judging criteria and accurately rank competitors in small and large shows (ideally both are attended), across all categories. If certain categories are not represented in the shows test judged, the judge will remain a test judge **only for the categories they have not yet test judged for.**
- Test judges should participate in post-show judging debriefs and attend judges' and athletes' meetings.
- To receive certification, a person must test judge two or more WNBF sanctioned events and must have scored $\geq 90\%$ accuracy with the official contest results on two separate occasions. Between the two events (but not necessarily in both), all categories should be represented (bodybuilding, be it men's or women's are considered the same category for test judging). If any categories are missing, the judge **may act as a judge in future shows only for those categories but must act as a test judge for categories not yet tested.**
- Upon passing the written examination and scoring 90% in two test judging shows, the judge will receive a certification as a WNBF judge and can serve as an official judge on any WNBF sanctioned panel **for the categories they have successfully tested** (although they cannot serve as head judge yet).

5.3. Experience and Progression to Head Judge

To become a WNBF Head Judge, an individual must demonstrate significant experience and leadership qualities as a judge, and be certified in all categories:

- **Minimum Judging Experience:** A candidate must have served as an official WNBF judge for at least five (5) WNBF sanctioned events, with a minimum of three (3) years of active judging experience. At least one of these events must be a Pro qualifier, or have a professional category. Exception; a new international affiliate in a remote region without the judging infrastructure will be required to attend multiple head judges virtual meetings and if possible sit in on the judging panel in a nearby country.
- **Consistent Performance:** A track record of consistent, accurate, and unbiased judging, as evidenced by feedback from Head Judges and show promoters, and with an average of 90% agreement with final scores.
- **Leadership and Communication Skills:** Demonstrated ability to lead a judging panel (head judges are encouraged to allow experienced judges who are candidates as future head judges to take the microphone to do some call outs, comparisons and quarter

turns), facilitate discussions, resolve disputes, and effectively communicate with competitors and coaches.

- **Head Judge Training:** Completion of a specific Head Judge training module, focusing on panel management, conflict resolution, and final score tabulation oversight, including an examination that must be passed (to be developed by 2027).

6. Pre-Show Judges' Meeting Protocol

The pre-show judges' meeting is crucial for ensuring consistency and addressing specific show dynamics. It will be conducted as follows:

6.1. Meeting Facilitation and Agenda

- The meeting will be facilitated by the designated Head Judge, in consultation with the event promoter.
- The agenda will include:
 - Review of all competitive categories and specific judging criteria.
 - Topics should include:
 - Whether all competitors are placed, or just the top 5, 10, 15, and how many will do individual routines or walks, and whether routines/walks are done once or twice by competitors when they do crossovers in categories (e.g., Classic Physique and Bodybuilding) or divisions (e.g., Masters and Open).
 - Which categories and divisions (i.e., Masters in addition to Open) have Pro cards available, how many (based on category size and competitiveness), and the manner in which they will be awarded (see Sections 3.3.1 and 5.2).
 - How athlete feedback will be given (see Section 1).
 - Review and record conflict of interest declarations and management strategies. When in doubt as to whether there is a conflict of interest, declare and record (see Section 5.3).
 - Discussion of acceptable conduct at the judges table; appropriate and inappropriate conferring between judges, acceptable use of photo/video on mobile phones for promotional/feedback purposes.
 - Q&A session for judges.

6.2. Optional Judging Rules and Agreements

For larger shows or specific circumstances, the judging panel, in consultation with the show promoter, will agree upon the application of the following optional rules:

- **Multiple Call Outs/Elimination Rounds:** For classes with a high number of competitors, the panel will decide on the number of call-out rounds and whether elimination rounds will be utilized to narrow down the field (see Sections 1 and 1.2).

- **Overall Comparisons and WNBFF Worlds Amateur Qualification:** As determined by the regional President/promoter the criteria for advancing to overall comparisons will be discussed by the panel (e.g., only the class winner, or the top two from large classes, will proceed to the overall comparison round). This ensures clarity on who will be considered for the overall professional status (see section 3.3.1). Additionally, the region-specific rules for which amateur athletes qualify to compete at WNBFF Worlds should be clarified prior to the judges and athlete meetings.

6.3. Handling Conflicts of Interest on the Judging Panel

Transparency and impartiality are paramount. All judges must declare potential conflicts of interest prior to the event in the judges meeting, ideally with advanced notice as soon as judges are aware of potential conflicts of interest. Conflicts of interest between an athlete and a judge may be deemed unmanageable, requiring the judge to recuse themselves from judging that athlete's class, or may be deemed manageable, requiring declaration after discussion, and a panel vote. The Head Judge also can determine a conflict of interest is not manageable independently.

Likewise, if other judges are concerned about a conflict of interest another judge might have, they should bring it up in the meeting or bring it up to the head judge.

- **Unmanageable Conflicts (Requiring Recusal):** A judge *must* recuse themselves from judging a specific class if an unmanageable conflict of interest exists. These include but are not limited to:
 - **Financial Conflict:** The judge owns or benefits from, or has interest, equity, or a relationship with a company or brand, such that they will benefit or could be perceived to benefit based on the placing of an athlete in that category.
 - **Family Members:** Children, siblings, parents, cousins, grandparents, uncles, aunts, nephews, nieces, etc.
 - **Romantic Relationships:** Spouses, partners, etc.
 - **Direct Coaching Relationship:** Athletes currently, directly coached by the judge.
 - Posing coaching is a manageable conflict of interest, see next section.
 - **Coaching Colleagues:** The judge is a coach for a given company or team, and they are judging one of their fellow coaches/colleagues.
 - **Personal Coach/Mentor/Boss:** The judge's own coach, mentor, or direct employer.
 - **Actively Competing Peers (Pro Class):** A judge who is an actively competing WNBFF professional cannot judge the same professional class in which they regularly compete. This prevents judging peers they will directly compete against.
 - **Other:** If a judge feels they may be biased due to another type of relationship, or that they will be perceived as biased, they're encouraged to recuse themselves.
 - **Recusal Process:** The judge will inform the Head Judge and show promoter, and will physically remove themselves from the judging panel for the duration of that specific category.

- **Manageable Conflicts (Requiring Panel Agreement):** For less direct associations, the judging panel will discuss and agree on whether the conflict can be managed without compromising impartiality. All manageable conflicts must be declared and recorded. These may include:
 - **Friends/Colleagues/Co-workers:** Individuals with whom the judge has a social or professional relationship, but no direct coaching or financial interest, or romantic relationship.
 - **Distant Relatives:** Second cousins, etc.
 - **Athletes Associated with a Team (Not Directly Coached) and Posing Coaching:** Athletes who are part of a larger team or gym that the judge is affiliated with, but whom the judge does not directly coach, or an athlete the judge used to coach, but does not currently coach *may* be considered a manageable conflict. Likewise, athletes that a judge coaches only for posing, especially when part of a posing workshop, but even one-on-one *may* be considered a manageable conflict.
 - **Other:** If a judge is unsure if another type of relationship could qualify as a conflict of interest, or could be perceived as biased, they're encouraged to declare it, and it should be recorded unless the head judge and entire panel feels it does not even reach the level of a manageable conflict of interest.
 - **Management Process:** If the panel agrees the conflict can be managed, by majority vote, the judge will be reminded of their ethical obligation to judge impartially. Importantly, impartial judging also means not *overcorrecting* and judging too harshly to avoid perceived bias. If any doubt remains as to whether a conflict is manageable, recusal is strongly encouraged. The decision of the Head Judge is final, and they can decide to overrule a majority vote.

7. Athletes' Meeting: Communication and Q&A

The athletes' meeting serves as a vital platform for communication and clarification to athletes, with the promoter and judging panel. In the case of shows with professional and amateur classes, the pro athletes' meeting may be separate.

Athletes should be provided with a run-sheet of the event, relevant health and safety information regarding the venue (fire exits, evacuation routes, on and off limits areas, etc.), a layout of the competitor areas (pump up, make up, and rest rooms, drug testing rest room, pre-stage staging area), an introduction to the expeditors and volunteers they will communicate with, and an explanation of how the show will go. Additionally

7.1. Communicating Main Points from the Judges' Meeting

At the direction of the regional President/promoter, the Head Judge and/or members of the judging panel may communicate the following key points and relevant information from the pre-show judges' meeting to the athletes:

- **Flow of Show and Areas of Importance:** Ensure the athletes understand the running order, areas of importance, key personnel, show format, timeline, and general procedures. Make sure athletes know how many people they can have with them backstage, those requirements, how family can purchase tickets, and how to access any livestreams. Consider the novice and debut competitors.
- **Safety and Cleanliness:** Ensure competitors know when and where to wear shoes, where they should be covered versus in posing suits, to ensure they are not dangerously dehydrated, where fire exits are, the escape routes, floor plan, AED/First aid, and to know where they can apply tanner and oil and to respect the venue (where they can and cannot eat, and to be mindful of their tanner staining furniture, walls, etc.)
- **Emphasis on Key Criteria:** Reiterate the primary judging criteria for each competitive category (e.g., conditioning, symmetry, muscularity, presentation).
- **Optional Rules in Effect:** Clearly state any optional rules that the judging panel has agreed upon for the show, such as:
 - If multiple call-outs or elimination rounds will be used for specific classes, and how many placings will be awarded/recorded.
 - The number of pro cards available for the event and in which divisions and categories and how they will be awarded.
 - The qualification criteria for advancing to the overall comparisons as well as WNBF Worlds (amateurs).
- **Posing Requirements:** Explain whether all athletes will get to do individual routines or walks, or only those who place or who place high enough. Briefly review the mandatory poses and general presentation expectations for each competitive category including individual routines and walks.
- **Sportsmanship and Conduct:** Remind athletes of the importance of sportsmanship and adherence to WNBF rules.
- **Drug Testing Procedures:** Notification of which athletes (typically pro card winners and pro athlete prize money winners; although promoters/officials can opt to do additional testing) will be drug tested, and the procedures. Specifically, not to leave the side of the designated chaperone, and that athletes should not use the bathroom designated for drug testing.
- **Athlete Feedback Procedures:** The timeframe, format, and which athletes will be able to reasonably receive feedback should be discussed (see Section 1)

7.2. Addressing Judging-Related Questions

The Head Judge and/or panel should also ensure there is sufficient time for athletes to ask questions:

- The Head Judge (or a designated experienced judge) will be present at the athletes' meeting to address any questions related to judging criteria, posing, or stage procedures.
- Questions should be answered clearly, concisely, and consistently with the information provided in the judges' meeting and material given to the athletes.
- Judges should not give personal opinions or predictions about outcomes.

This structured approach aims to provide a robust framework for WNBFF judging, fostering a more transparent and equitable competitive environment.

Extra Special Thanks to the 2025-2026 Regional Judging Directors for their contributions to this document.

Bob Bell - USA
Tina Smith - USA
Annalisa Ghirotti - Italy
Eason Lu - Taiwan
Dr. Eric Helms - New Zealand
Harold Sanchez - Colombia
Josep Lorenzo Falgas - Brazil
Katy Wayman-White - USA
Kyle Gallant - UAE
Leo King - Canada
Ryan Irwin - USA
Steff Noble - United Kingdom
Sim Chun Hean - Malaysia

