



2025 WNBF JUDGING & RULES

BIKINI | FIGURE | FIT BODY

BODYBUILDING | CLASSIC PHYSIQUE | MEN'S PHYSIQUE

WorldNaturalBB.com



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From the World Natural Bodybuilding Federation.

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Clinic Preview

Introduction to the INBF/WNBF

Drug Testing

Bodybuilding

Classic Physique

Fit Body

Figure

Bikini

Men's Physique



JUDGES TRAINING CERTIFICATION

This certificate is presented to

BILL WONG

for their commitment to judging natural bodybuilding and physique athletes, and for abiding by judging Code of Conduct set forth by the WNBFF sanctioning body. The aforementioned is now certified to begin test judging WNBFF events.

Signed in the city of Sacramento, California, USA on this day of

March 9, 2025



Established 1989
New York, USA

Bob Bell
WNBFF President



Established 1989
New York, USA

Brief WNBFB History

- Established 1989
- Empire State Building Offices
- Natural Bodybuilding & Fitness
- WNBFB Platform for Natural BB
- First organization to urine and polygraph test
- 1st To Offer Pro Prize Money
- New leadership in 2014
- 60+ International Affiliates



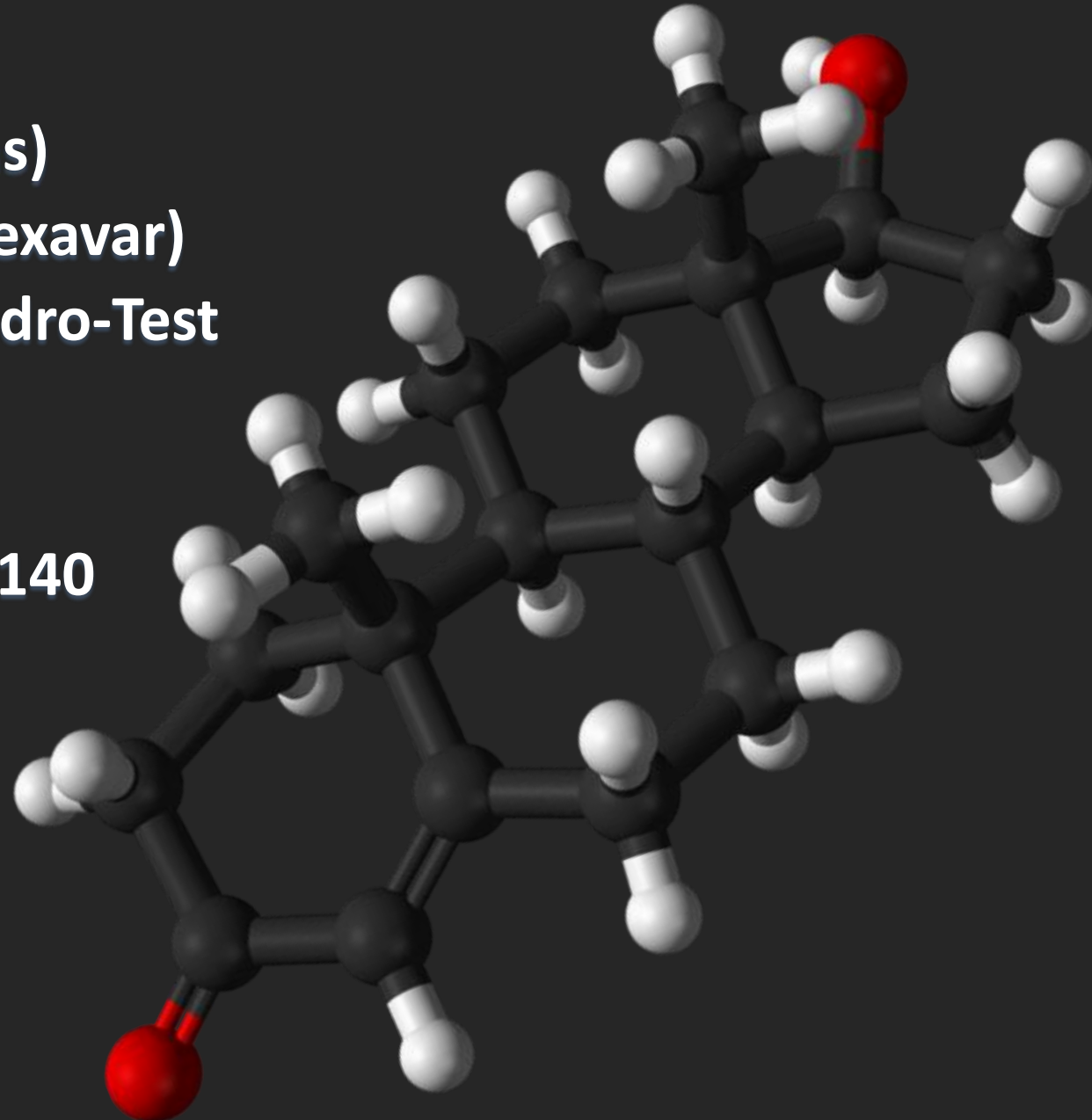
International Banned Substances Education



WorldNaturalBB.com

BANNED!

- Testosterone
 - TRT (patches, jells, creams, injections)
- Designer Steroids (M-Drol, Hexadrol, Hexavar)
- Pro-Hormones (1-Andro, Pro Andro, Andro-Test)
- Growth Hormone & GHS's
- SARM's – 5 YEAR BAN
 - Cardarine, Ligandrol, Ostarine, RAD 140
- SERM's
- DHEA
- 7 Keto DHEA
- Clenbuterol
- GLP-1 Weight Loss Medications
(Requires TUE)



Prescription Medication Policy

- ADHD Medication
- Thyroid Medication
- Acne Medication – 14 days
- Insulin – Diabetes
- Progesterone products for Women not banned
- CBD's – Cannabis – Marijuana – Not allowed **48 hours** prior to polygraph examinations

Prescription medications may never be used in excess
OR
For Bodybuilding Purposes Including Weight Loss!



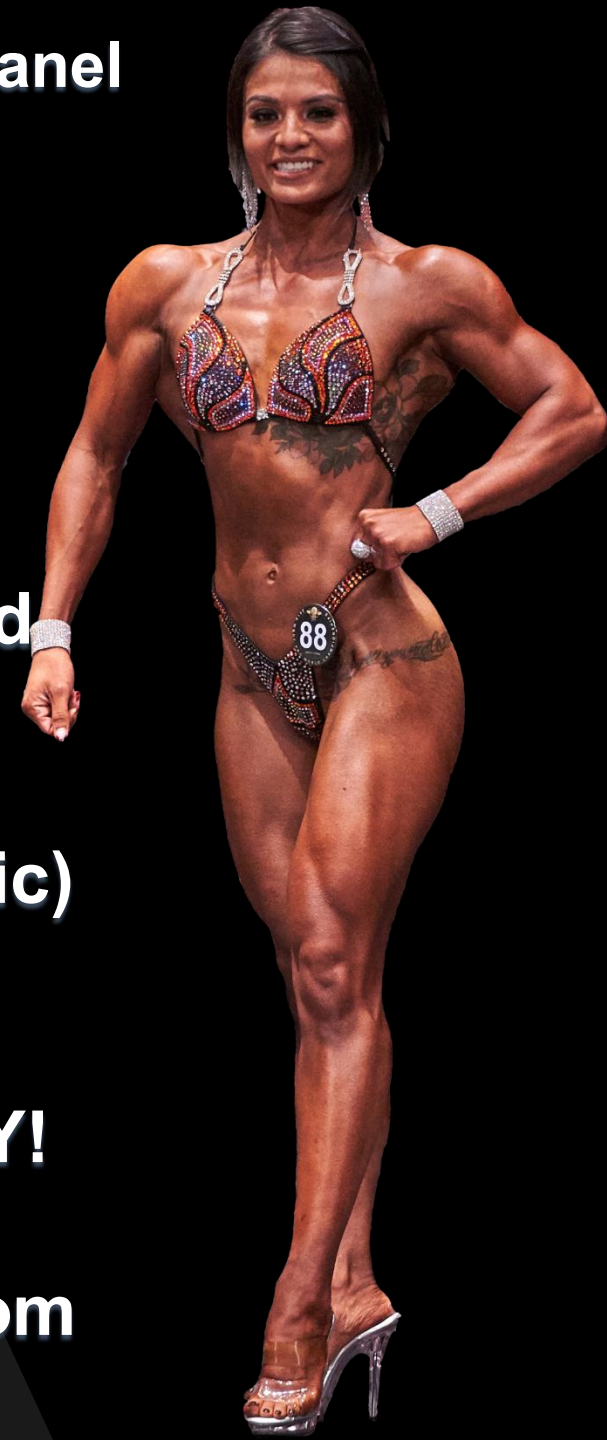
JUDGING & CODE OF CONDUCT



- Fair and consistent judging worldwide – Our Goal
- Removing “subjectivity” from the judging process through training and certifying judges with OUR criteria in mind
- Judging integrity
 - Small community (acquaintances, clients, friends, etc.)
 - Coaches/trainers shall not head judge clients/Step off panel
 - Must have the integrity to place ALL athletes appropriately without bias!
 - Obvious or blatant misplacing's will not be tolerated
 - Judges not on the active panel shall not talk to other judges – Promoter Eg.
 - **Race, religion, nativity, world history may never be discriminate against. Instant Termination from anything WNBF**
- Limit interactions with athletes before shows, limited talking at table, etc.
- Interact with athletes appropriately & provide feedback
- It is prestigious to be a judge in the WNBF – 100% Professionalism at all times

Head Judge - Stay Focused You're Leading A Panel

- A skilled judge considers all components of the criteria
- The physique that best represents WNBFF criteria should be awarded and dictate moves
- Upper & lower body (category specific) should match
- Overall Balance (per category) Is KEY!
- Judging Criteria - WorldNaturalBB.com





HEAD JUDGE ROLE – JUDGES' MEETING



- **Email/DM about key issues in advance: COI, judge numbers/roles**
- **Meeting must occur, but can occur on Zoom, in advance**
- **Review format. All athletes placed or top 3/5/10/15? All athletes or those placed do routine/walks? Do division (Masters/Open etc.) & category (Fit Body/Classic to BB) crossovers do only 1 routine?**
- **Review test judging, judge communication, athlete feedback rules.**
- **Discuss/Note/Record all Conflicts of Interest (COI) managed & unmanageable, must be reported with show results.**
- **After COIs, do pro qualifying categories have at least 7 judges?**
- **Review optional rules (call outs/elimination, pro qualification rules, combined classes, overall structure, allowed crossovers, WNBF world qualification)**



HEAD JUDGE ROLE – ATHLETE MEETING



- **Communicate clearly with the promoter – Be on the same page**
 - **Attend the athlete meeting – Who is running the meeting?**
 - **Share key athlete-relevant decisions from judges' meeting**
 - **Communicate criteria for each category & what is expected**
 - **Quarter turns, bodybuilding poses, stage walk, (buttons on right front, rear left/middle, know your number)**
 - **One hand on the hip for bikini & physique – front & side**
- **Avoid “what I want to see” or “here’s what I’m looking for” statements – refer directly to the criteria ONLY**
- **Avoid stating personal preferences or characteristics of a physique that you like. This does not drive the judging process the criteria does.**



THE HEAD JUDGES ROLE



- **Communicate clearly, effectively and professionally with athletes on stage**
- **Limit the amount of talking (especially INT'L shows – Primary Language Varies)**
- **Know the judging criteria & poses well (Call bb poses in order in slides below)**
- **Compare physiques thoroughly and on both sides of the stage.**
- **Accommodate for imperfect stage lighting by moving competitors**
- **Top down scoring system – Lead the judges panel – Best athlete in the middle**
- **Correct improper posing, warning, warning, move down the lineup**
- **Provide appropriate time for judges to score each class.**
- **Control the tempo & speed at Worlds we have a 5pm out time**
- **Be ready to deal with issues from athletes, spectators, or coaches**



STRATEGIC CALLOUTS/ORGAN



- **Evaluate the first quarter turns – Determine top 5 with check marks, circles, or slash**
- **I do a check from front, check from side, and a circle on the back relaxed to guide my callouts. Whatever works for you**
- **Mark numbers on score sheet – ask another judge for thoughts (but don't share placing)**
- **Focus on the most complete package from all sides – Don't get lost w/just big body parts**
- **Evaluate symmetry, muscularity, muscle tone, etc. from all sides**
- **Start moving athletes & conducting callouts – One full turn around start making moves**
 - **Acquaintances, former world champs, or athlete from your country should not be placed in the middle first (people are watching you, consider perceived COI)**
 - **Don't leave an athlete in the wrong place after a comparison for a judge**



PROFESSIONAL FEEDBACK



- Professional feedback can benefit the athlete & organization
- What does feedback do and why should we offer it?
 - It helps athletes improve their physiques/presentation, etc. and shows that we care about their success
 - Their physique improves > their placings improve > we both win
 - Athletes will choose the WNBF as opposed to other organizations
 - Domestic promoters and affiliates have heard great feedback from athletes because of this feedback policy
 - One positive comment and a constructive improvement comment at bare minimum.



PROFESSIONAL FEEDBACK LANGUAGE EXAMPLES



- **Head judges will always be the focus for feedback – know your stuff!**
- **Improve you delts and/or quads to improve your symmetry**
- **Spread your lats forward to bring them out more it ^ your symm.**
 - **Don't crunch your scapula's together on your back pose**
 - **Improve your conditioning**
 - **Arms, legs, or back are overpowering all other body parts**
 - **Develop better flow, consistency in each muscle group, improve upper body symmetry**
 - **Improve your overall muscularity especially in the open**



PROFESSIONAL FEEDBACK LANGUAGE EXAMPLES



- **^ Posing, ^ stage presence, don't tan yourself your color hurt you**
- **Become more comfortable in your shoes and walk at home**
- **Professional athletes should have polished stage presence, a perfect and comfortable walk, posing execution should be perfect and no letting off during pre-judge. Smiling for men's physique & bikini, matching the judging criteria (no bb poses), etc.**
- **Last thought for Head Judges: Learn basic anatomy terms – this adds to your reputation and credibility with athletes/coaches.**
- **Avoid comments like “be dryer” this could suggest not drinking water or to use diuretics or flush water out of your body.**



JUDGING CRITERIA

CRUCIAL TO COMPETITOR SUCCESS

Understanding the judging criteria process worldwide will ensure that all athletes are properly prepared to compete in WNBF sanctioned events in any country.

JUDGING CRITERIA VARIES

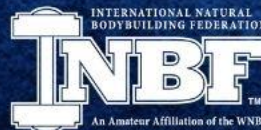
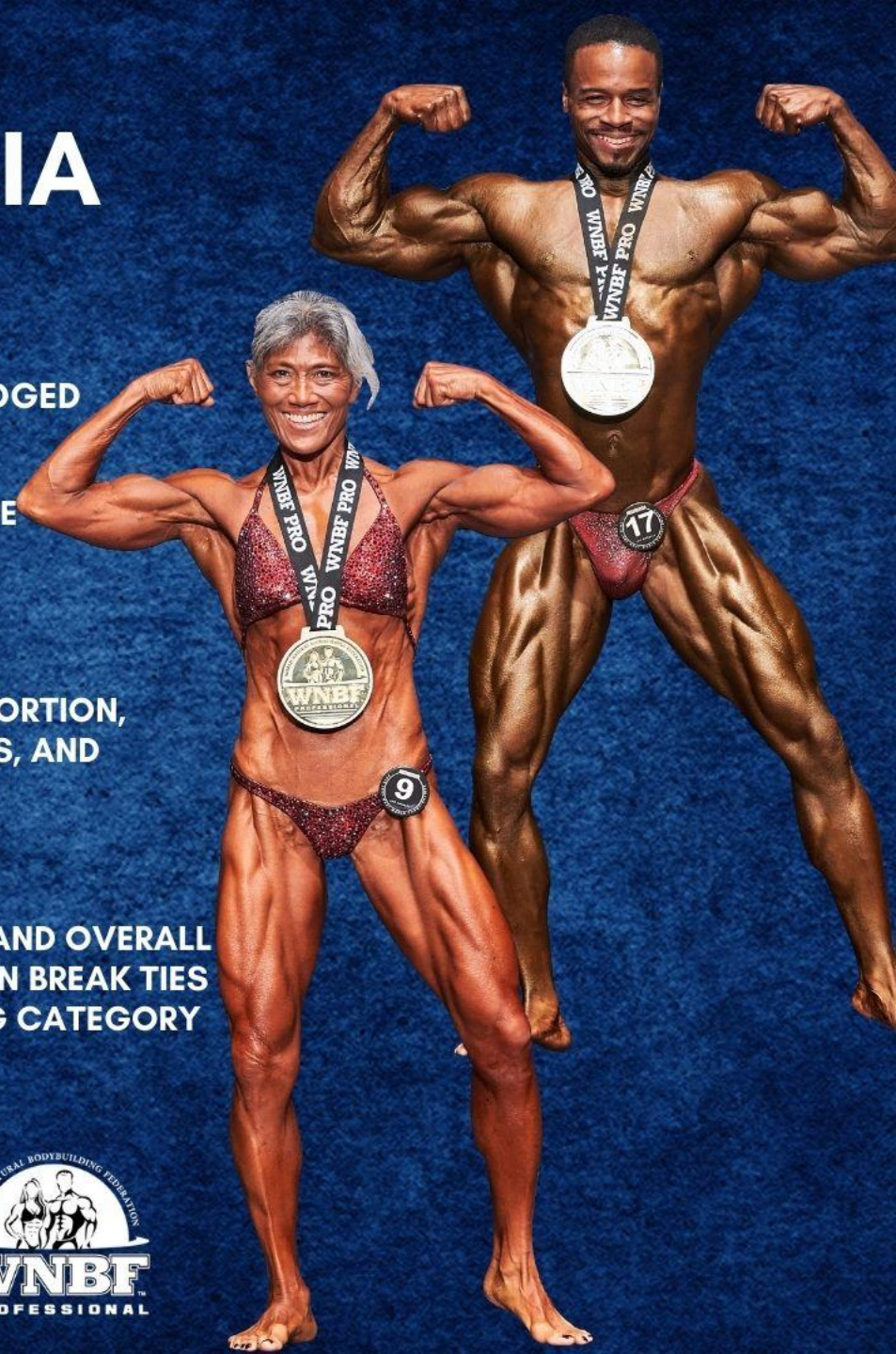
BODYBUILDING

CRITERIA SNAPSHOT

Bodybuilding

CRITERIA

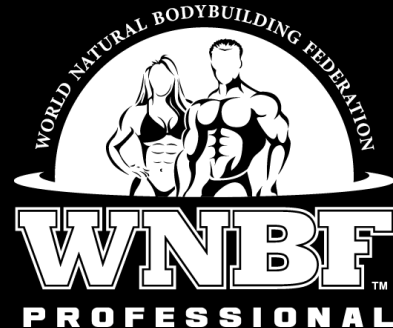
- > SYMMETRY & MUSCULARITY IS JUDGED
- > A BALANCED PHYSIQUE FRONT TO BACK AND SIDE TO SIDE
- > MUSCLE MASS, PROPORTION, CONDITION HARDNESS, AND DEFINITION IS ALSO EVALUATED
- > POSING EXECUTION AND OVERALL STAGE PRESENCE CAN BREAK TIES IN THE BODYBUILDING CATEGORY



- **TWO ROUNDS OF JUDGING**

- **Symmetry**
- **Muscularity**
- **50/50 Score**

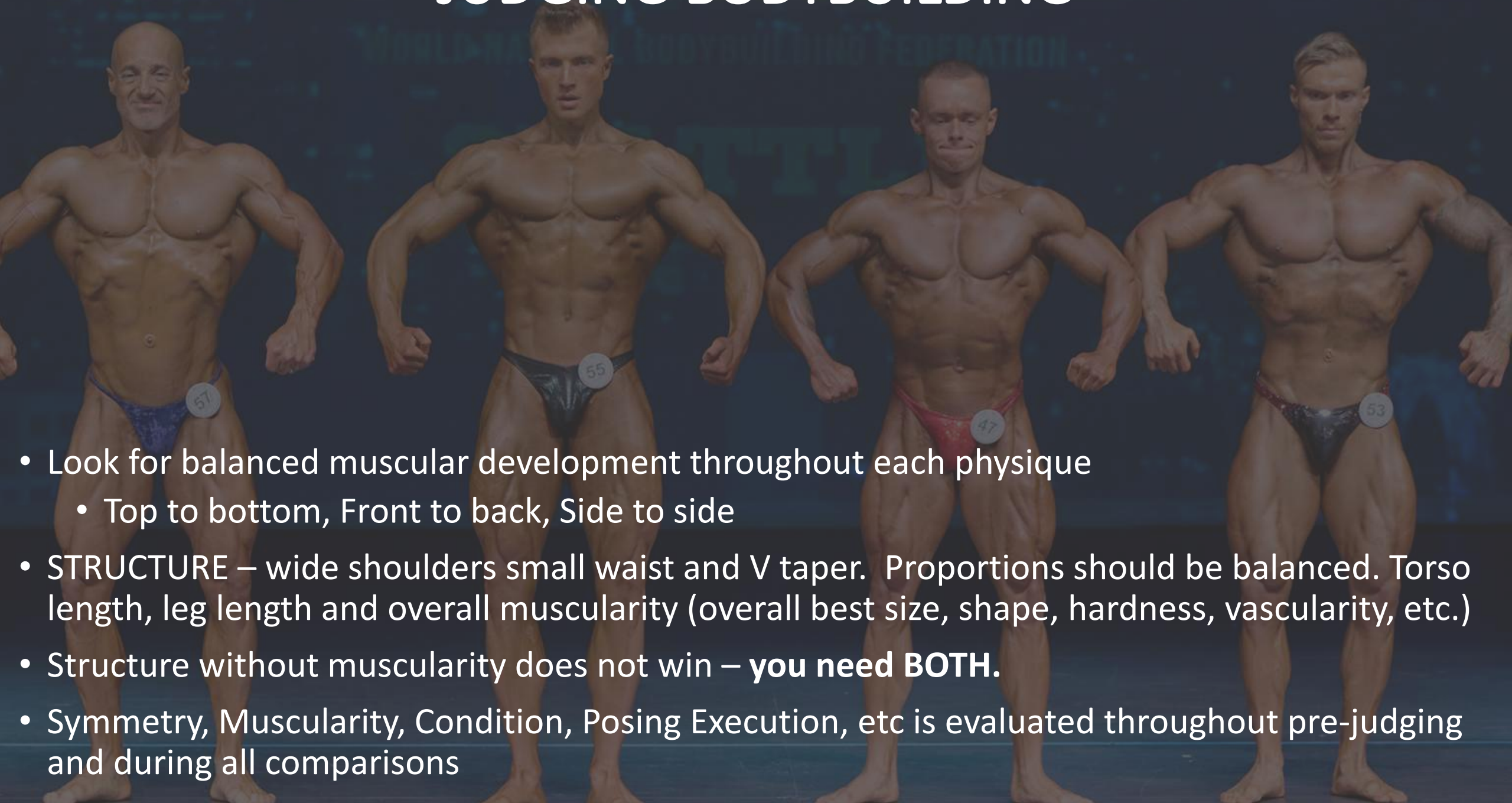
- **Evaluate athletes to determine symmetry, X frame rewarded, consider the physique as a silhouette first**
- **Hone in on which athlete is the most muscular with visible hardness, size, proportion, muscle separation, definition, etc.**
- **Athletes presenting good symmetry and also have all components of muscularity shall be placed higher**
- **The BEST OVERALL physique per the criteria is the focus of a judge**



**CONCEPT – THE LETTER X
KEY ASPECT OF SYMMETRY**



JUDGING BODYBUILDING



- Look for balanced muscular development throughout each physique
 - Top to bottom, Front to back, Side to side
- STRUCTURE – wide shoulders small waist and V taper. Proportions should be balanced. Torso length, leg length and overall muscularity (overall best size, shape, hardness, vascularity, etc.)
- Structure without muscularity does not win – **you need BOTH.**
- Symmetry, Muscularity, Condition, Posing Execution, etc is evaluated throughout pre-judging and during all comparisons

- Score each round on the score sheets
- ***Each judge scores independently***
- Ask for specific comparisons and movement (especially if you're on the end of the judges table)
- CHECK YOUR MATH! Ties are common and illustrate your thought process. **Break all ties prior to athletes leaving the stage. Scores should never be changed once the competitors leave the stage.**
- Be sure to incorporate posing, presentation, stage presence, tanning, as part of the overall placement, but primarily in how they impact symmetry and muscularity.





JUDGING SHEET



CONTEST NAME:

DATE:

DIVISION: BODYBUILDING		CLASS:				Judge Name:	Judge #
COMPETITOR #	Competitor Name	Round 1 SYMMETRY	Round 2 MUSCULARITY	TOTAL SCORE	OVERALL PLACING	COMMENTS & SUGGESTIONS	
		Rank	Rank				
25		4	5	9	5	Better quads and delts than 48 but lacked consistent development in all other body parts	
26		6	6	12	6	Overall good shape, be leaner, work on posing, great rear poses and holding poses	
27		3	3	6	3	Overall condition was really good, focus on adding overall muscle, really solid quarter turns, improve ab and thigh pose, use less oil	
36		1	2	3	1	Gave tie breaker to #36. Little less muscular in chest and quads than #49 but better balance and perfect posing and poise on stage	
40		7	7	14	7	Be leaner, stay on your legs on quads on front pose and hams on back pose, ^ arms, great calves	
43		8	8	16	8	Be leaner and practice posing, good overall muscle, purchase professional tanning	
48		5	4	9	4	Better overall package than 25, better balance and perfect posing execution, Improve Quads to improve symmetry	
49		2	1	3	2	Improve delts and quads a bit to improve symmetry, practice posing especially on side poses and most musculars	

PLEASE CHECK CALCULATIONS AND BE SURE THAT IF THERE ARE TIES THE OVERALL PLACING DOES NOT REFLECT A TIE

SYMMETRY ROUND – FRONT RELAXED



SIDE RELAXED



REAR RELAXED



SIDE RELAXED



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
- Both legs should be bent. The heel facing judges should be spiked displaying calves and soleus

» POSING TIP - Keep most of your weight on the foot facing the judges. Direct the weight through the balls of your feet & fully flex your quadriceps and hamstrings

CANDACE HATCH



FRONT DOUBLE BICEPS

- Elbows positioned wide, fists held at ear level
- Elbows and lats spread forward
- Flexing of the biceps and forearms
- Legs positioned to display muscularity while maintaining symmetry

» POSING TIP - Keep knees slightly bent & angle feet outward for a symmetrical appearance

MARIO GONZALEZ



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

» POSING TIP - Keep air in your lungs and keep the chest up for a full, thick appearance. Don't lean backwards

SAM OKUNOLA



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, glutes, hamstrings, and calves
- Feet laterally rotated to maintain that symmetrical appearance from the back

» POSING TIP - Don't lean backward toward the judges or focus too much on the glutes to lose control of your hamstrings and calves

LISA LUM



INTERNATIONAL BODYBUILDING POSES

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 calves and soleus

» POSING TIP - Stomach should be drawn in maintaining your symmetrical appearance while keeping air filled lungs while also flexing abs, obliques, and serratus anterior

DIRK EMMERICH



ABS AND THIGH

- Hands behind head exposing 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 symmetry during the abs and quads pose

CHRISTIAN SULLANO



HANDS ON HIPS

- 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

CHA JUNG CHANG



CRAB MOST MUSCULAR

- The entire upper body is fully flexed and finishes with bicep curling
- 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

MICHEL VIDAL



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 calves and soleus

» POSING TIP - Press downward and backward on the balls of your feet to assist in flexing and separating the displayed hamstring

JEFF ALBERTS



BODYBUILDING POSES

FRONT DOUBLE BICEPS

- Elbows positioned wide, fists held at ear level
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Brian DeCosta



BODYBUILDING POSES

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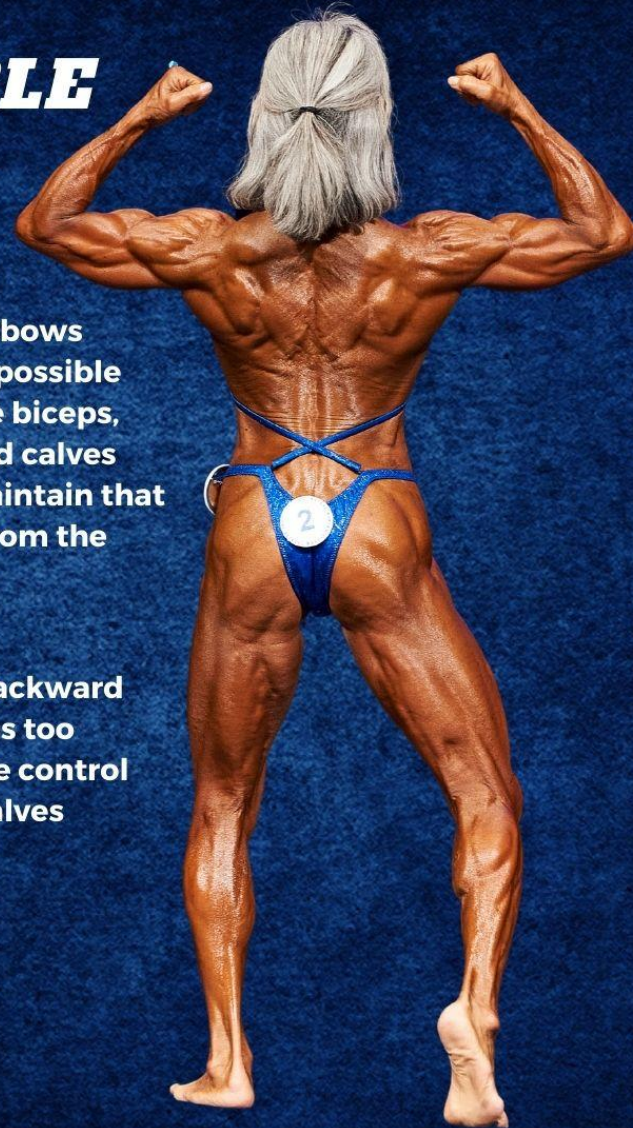
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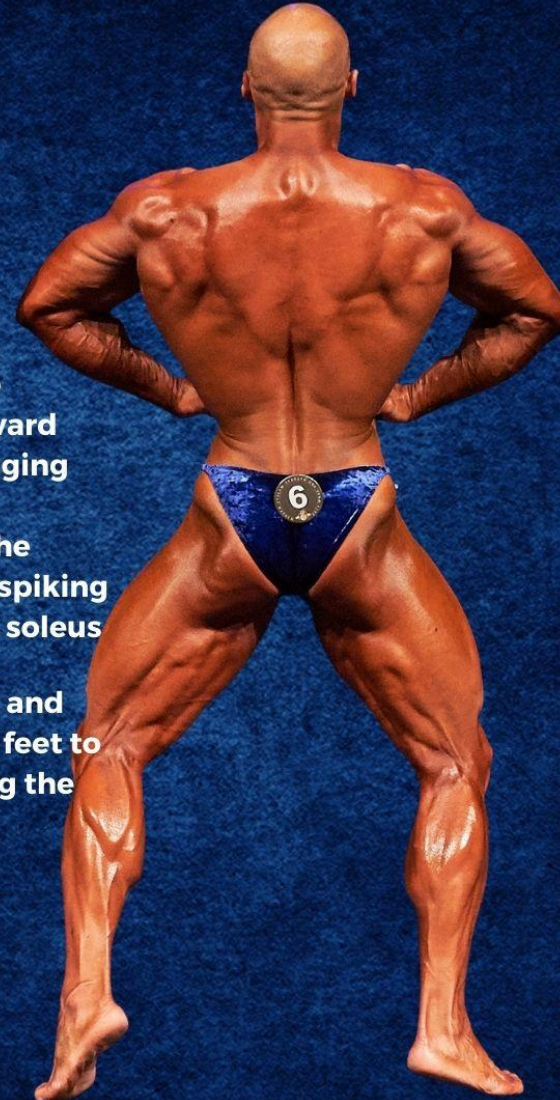
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CHA JUNG CHANG



BODYBUILDING POSES

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MIGUEL VIDAL



OPTIONAL POSES CALLED BY HEAD JUDGE

- Please don't call optional poses unless they are announced to athletes ahead of time. Athletes are nervous enough as it is so there's no reason to add to their stress by surprising them on stage.
 - Victory pose
 - Hamstring curl display
 - Serratus anterior pose/side serratus
 - One leg forward, flex and rotate



MUSCULARITY ROUND



CHAMPIONSHIPS

★ ★ WNBFB ★ ★

WORLD NATURAL BODYBUILDING FEDERATION

SEATTLE



WORLD CHAMPIONSHIPS

WNBF

WORLD NATURAL BODYBUILDING FEDERATION

SEATTLE



WORLD CHAMPIONSHIPS

WNBF

WORLD NATURAL BODYBUILDING FEDERATION



CHAMPIONSHIPS

WNBF

WORLD NATURAL BODYBUILDING FEDERATION

SEATTLE









WORLD CHAMPIONSHIPS
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BOSTON 2024

WORLD CHAMPIONSHIPS
WNBFF

WORLD CHAMPIONSHIPS
WNBFF
BOSTON 2024





AMATEUR WORLDS 2022 LAS VEGAS – OVERALL MEN'S BODYBUILDING









WORLD CHAMPIONSHIPS
WORLD NATURAL BODYBUILDING FEDERATION

WORLD CHAMPIONSHIPS
WORLD NATURAL BODYBUILDING FEDERATION

WORLD NATURAL BODYBUILDING FEDERATION

PRO CARD
WORLD OF LAS VEGAS
WNBFF
PRO NATURAL
NOVEMBER 20 2017

PRO CARD
WORLD OF LAS VEGAS
WNBFF
PRO NATURAL
NOVEMBER 20 2017

PRO CARD
WORLD OF LAS VEGAS
WNBFF
PRO NATURAL
NOVEMBER 20 2017



PRO WOMENS BODYBUILDING

- Judging Tips
- Consider each pose equally
- Analyze the entire physique during each pose.
- Legs, hamstrings, and back poses become separators in most classes
- If you are having difficulty finalizing your scores, ask for more poses







CHAMPIONSHIPS
WNBF
WORLD-NATURAL BODYBUILDING FEDERATION
SEATTLE



WORLD CHAMPIONSHIPS
WNBF
WORLD NATURAL BODYBUILDING FEDERATION

BETTER AESTHETICS



CLASSIC PHYSIQUE





Men's Classic Physique Posing Trunks

- Men's Classic Physique Posing Trunks: Black only, matte or Lycra, no letters or designs.
- Side length of trunks must be between 4.5 inches (11.43 cm) and 5.5 inches (13.97 cm).
- 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.
- Affiliates/Promoters – State on your application please



Round #1 – SYMMETRY

- 50% Score
- Same 4 mandatory symmetry poses as bodybuilding.
- Focuses on overall balance across all muscles, and an X-frame. 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.





Round #2 – MUSCULATURE & 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).
- While the leanness standard is not lower in Classic, leanness at the expense of fullness or where dieting leads to a loss of symmetry will hurt Classic competitors' scores. Excessive condition, hardness, or vascularity that harms symmetry will be scored down.
- Favorite poses judged mostly for presentation. As they differ between athletes. Competitors have many options, but cannot include crab most muscular, other Classic Physique mandatory poses or bodybuilding versions, Men's Physique poses, or non-symmetrical bodybuilding poses, e.g., a Front Lat Spread with one leg displayed is acceptable, but not a "pure" Front Lat Spread.

CLASSIC PHYSIQUE - MANDATORY POSES



Asymmetrical
Front Double Biceps (asymmetry
can be achieved with kicked out leg,
hip shift, or open hand)



Rear Double Biceps
One Hand Open OR
Traditional



Classic
Side Triceps



Side Chest
Fists Facing Down



Abs/Thighs
vacuum optional



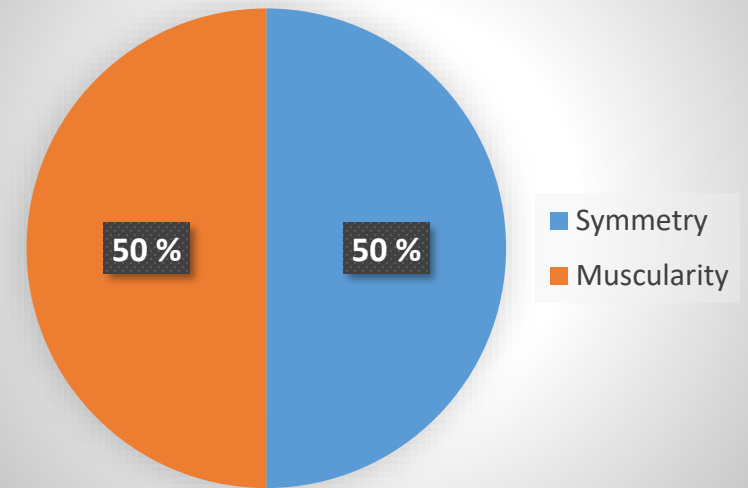
BODYBUILDING VS CLASSIC – WNBFF JUDGES GUIDE

A Guide for WNBFF Judges

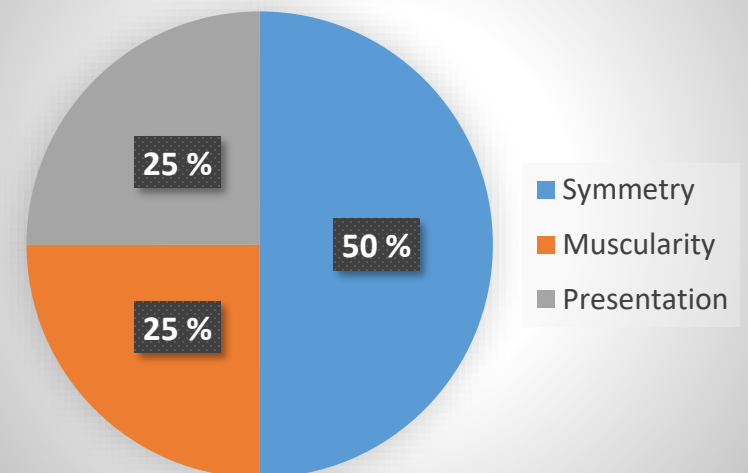
Muscularity is combined muscle size, definition, hardness, vascularity, separation and graininess (leanness).

1. Classic Physique is not a less muscular category than Bodybuilding.
2. Classic Physique is not an explicitly less lean category than Bodybuilding.
3. Classic Physique athletes' glutes are covered, allowing some to be fuller without sacrificing leanness, potentially enhancing symmetry.
4. But you cannot be “too big” or “too lean” for Classic Physique.
5. **Classic Physique athletes are only marked down if muscularity harms symmetry (i.e., muscles flat, muscle group is exaggerated in size vs others).**
6. Also, Classic Physique athletes are not rewarded as much for muscularity as Bodybuilders, as it is a smaller proportion of their score (25% vs 50%) .
7. Less symmetrical but more muscular Bodybuilders can often win as their muscularity advantage can offset their symmetry disadvantage.
8. However, less symmetrical, more muscular Classic Physique athletes often cannot win, as muscularity is only a quarter of their score.

Bodybuilding Score



Classic Physique Score

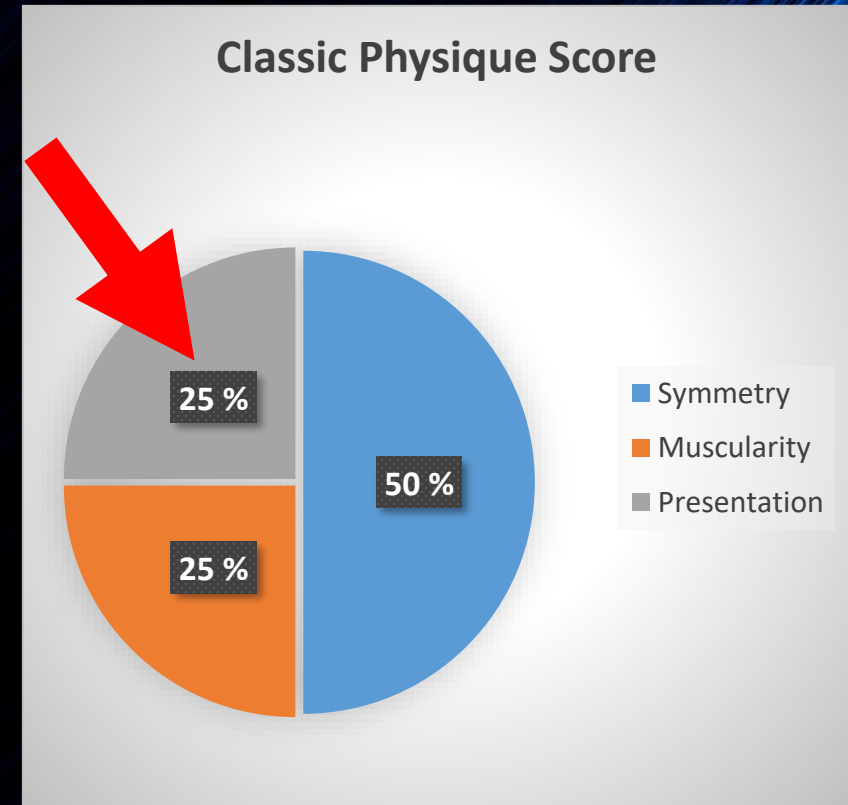


BODYBUILDING VS CLASSIC – WNBFF JUDGES GUIDE

A Guide for WNBFF Judges

The role of posing in Classic Physique versus Bodybuilding

1. In Bodybuilding, presentation is indirectly judged.
2. Bodybuilders who pose well enhance their symmetry and muscularity, making their X-frame and certain muscles' size more prominent.
3. This is also true for Classic Physique athletes, but their presentation is also directly judged. This means posing, in and of itself, is scored (25%).
4. Holding statuesque poses, without shaking or visible effort, with smooth transitions between poses, and never fully relaxing on stage is scored.
5. Classic Physique athletes choose two poses; giving the opportunity to display posing skill, as different poses between athletes are compared.
6. Presentation also includes how well the Classic Physique athlete's posing trunks fit, tan quality (including their face), and personal grooming.
7. Muscular and symmetrical bodybuilders who are poor posers can sometimes win if posing isn't so bad it harms symmetry or muscularity.
8. However, Classic Physique athletes who are poor posers rarely win, as they are sacrificing a quarter of their score.



BODYBUILDING VS CLASSIC – WNBFF JUDGES GUIDE

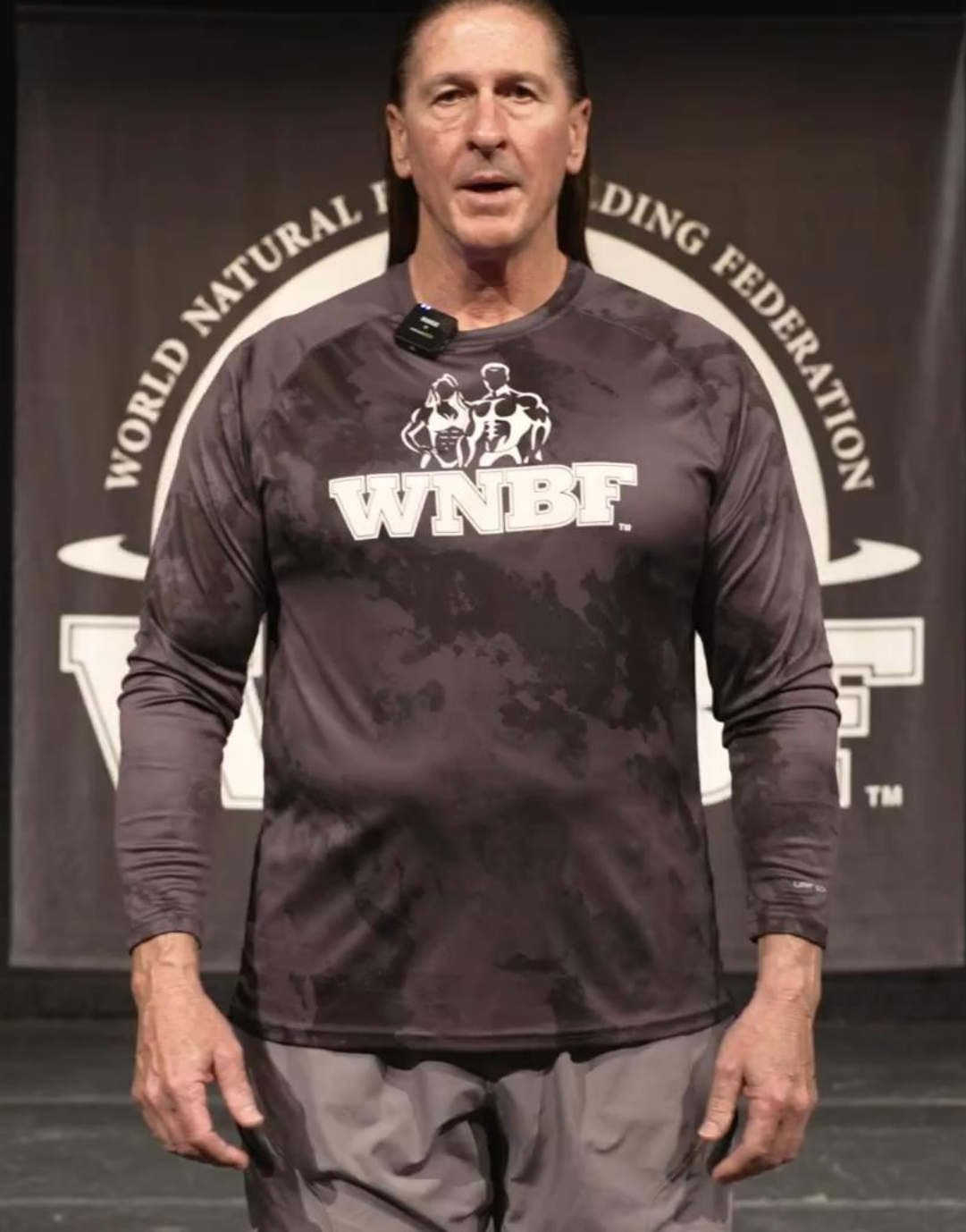


Example Comparison

1. Brian DeCosta won the heavyweight and overall Bodybuilding pro world title in 2023, while David Birger was 2nd in the lightweights.
2. David is an elite bodybuilder but would struggle to beat Brian. But, in Classic his posing and small waist are larger advantages.
3. **Some athletes can succeed in both categories,** which is not a problem and should be expected. Crossovers are encouraged.
4. **But many athletes do not have the posing skill or symmetry to succeed in both,** and their scores will reflect this if they cross over.

Brian DeCosta 2023 Pro Bodybuilding
WNBFF Worlds Champion, HW & Overall

David Birger - 2023 Pro Bodybuilding
WNBFF Worlds 2nd Place, LW



DEBUT CLASSIC PHYSIQUE

Asymmetrical Front Double Biceps



Side Chest Fists Facing Down



Classic Side Triceps – One Leg Toward Judges



Rear Double Biceps One Hand Open



Abdominals and Thighs



Favorite Classic Pose



OPEN CLASSIC PHYSIQUE













***THIS
IS
CLASSIC
PHYSIQUE
POSING!***



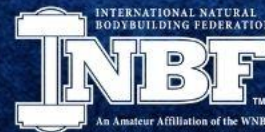
FIT BODY

CRITERIA SNAPSHOT

Fit Body

CRITERIA

- > SYMMETRY & MUSCLE TONE IS JUDGED
- > FIT BODY PHYSIQUES SHALL NOT BE AS MUSCULAR AS WOMEN'S BODYBUILDING
- > MANDATORY POSES AND FREE POSING EXECUTED IN HEELS
- > QUARTER TURNS ARE EXECUTED THE SAME AS FIGURE CATEGORY



FIT BODY

- **TWO ROUNDS OF JUDGING**
 - **Symmetry**
 - **Muscle Tone**
- **An athletic physique that is balanced and conditioned**
- **The level of muscle mass should not be as extreme as bodybuilding**
- **Overly lean and over dieted is not the desired look for Fit Body**
- **Open handed poses are executed in heels.**



PRO FIT BODY – SYMMETRY ROUND



SIDE RELAXED POSE



REAR RELAXED POSE



MUSCLE TONE ROUND

FRONT DOUBLE BICEPS



SIDE CHEST



SIDE TRICEPS



REAR DOUBLE BICEPS



ABDOMONALS



MEN'S PHYSIQUE

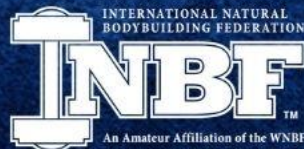
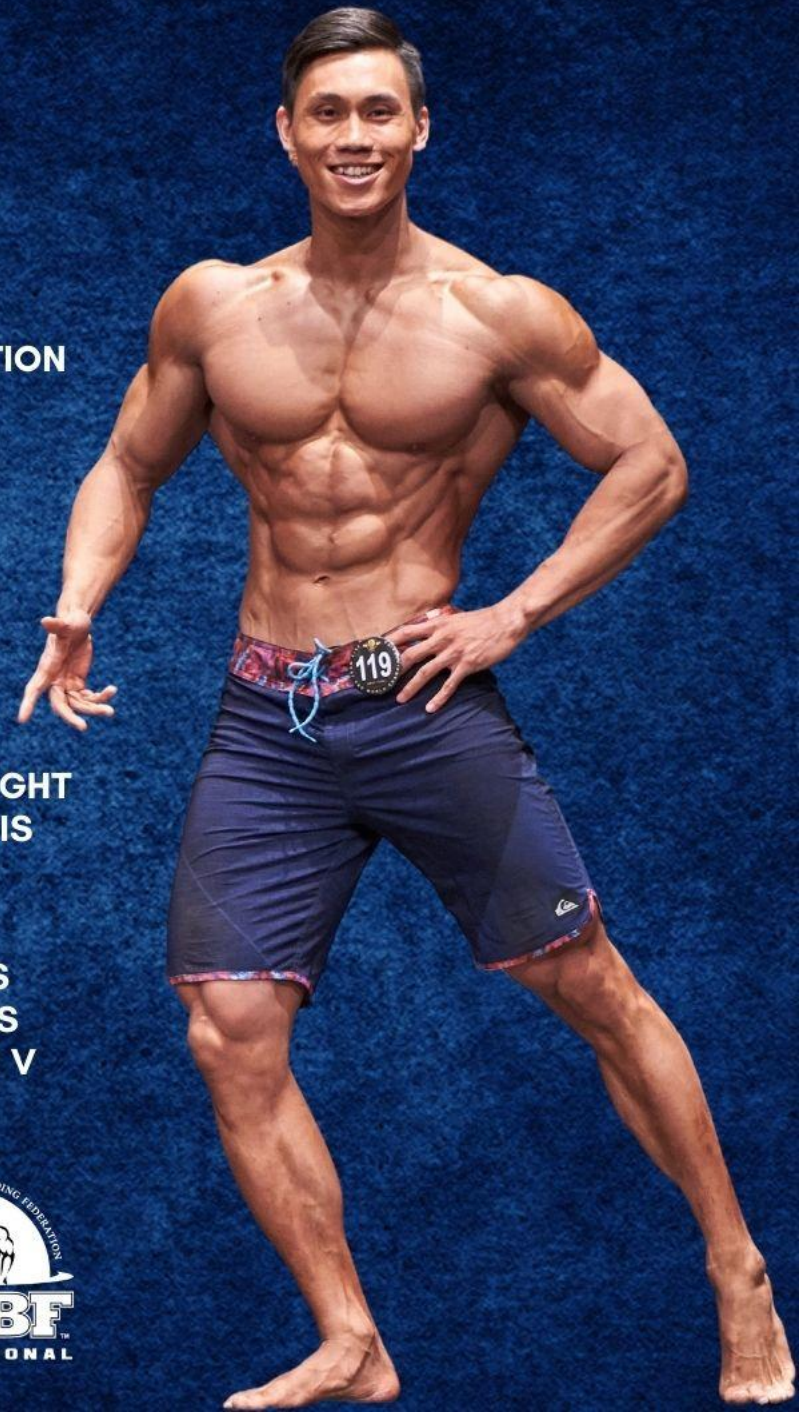
CRITERIA SNAPSHOT

MENS PHYSIQUE

CRITERIA

- FRONT POSE -

- > SYMMETRY AND PRESENTATION JUDGED
- > ATHLETES SHALL NOT BE AS MUSCULAR, OVER CONDITIONED, OR STRIATED AS IN BODYBUILDING
- > FEET FACING FORWARD, SLIGHT LATERAL POSITION OF FEET IS ALLOWED
- > ONE HAND ON THE HIP, LATS FLARED FORWARD. CHEST IS ELEVATED TO ACCENTUATE V TAPER



MEN'S PHYSIQUE | CRITERIA SNAPSHOT

- Shoulders, hips, & feet face forward
- Some lateral positioning of the feet is allowable
- One hand on the hip at all times
- Lats flared forward to display shoulder to waist V taper
- Symmetry & Presentation is judged
- POSING TIP - Maintain an aesthetic appearance during quarter turns. Poses should look fluid & natural. Over flexing or performing bodybuilding poses will affect your presentation and overall score



- **TWO ROUNDS OF JUDGING**

- **Symmetry**
- **Physical Appearance & Presentation**

- **Judges are looking for a lean, fit, and muscle toned physique. Balanced muscle tone throughout**
- **The level of muscle mass should not be the same as bodybuilding**
- **Well defined abs, obliques, and serratus anterior muscles**
- **Shorts selection, stage appearance, stage walk & grooming is scored**
- **Quarter turns are executed with one hand on the hip – No bodybuilding posing is allowed.**
- **Short transition movements/poses are acceptable**





JUDGING SHEET



CONTEST NAME:

DATE:

DIVISION:

MEN'S PHYSIQUE

CLASS:

Judge Name:

Judge #

COMPETITOR #	Competitor Name	Round 1 SYMMETRY & MUSCLE TONE	Round 2 PRESENTATION	TOTAL SCORE	OVERALL PLACING	COMMENTS & SUGGESTIONS
		Rank	Rank			
11		1	2	3	1	Gave tie breaker to #11. Smaller waist and more pronounced delts, #15 did have better stage presence but #11 physique was clearly better
12		8	8	16	8	Be leaner, improve your abs and posing, great shoulders and arms, improve tanning
15		2	1	3	2	
19		3	3	6	3	
22		7	7	14	7	Consider a smaller suite the legs were very long, great smile and chest development, improve posing.
35		5	5	10	5	
39		4	4	8	4	
40		6	6	12	6	

PLEASE CHECK CALCULATIONS AND BE SURE THAT IF THERE ARE TIES THE OVERALL PLACING DOES NOT REFLECT A TIE

Inaugural WNBFF Taiwan Championships



International Judging Panel
Very Consistent Judging Even Though Difficult To Judge

IT IS CRUCIAL THAT THE HEAD JUDGE KNOWS OUR CRITERIA & HAS A GOOD EYE!

FRONT POSE





WORLD
CHAMPIONSHIPS
WNBFF
2024



2024

WORLD CHAMPIONSHIPS

IFBB

2024





JUDGE PHYSIQUE VIDEO

FIGURE

CRITERIA SNAPSHOT

Figure

CRITERIA

- > SYMMETRY AND MUSCLE TONE IS JUDGED.
- > QUARTER TURNS AND A STAGE WALK IS EXECUTED IN THE FIGURE CATEGORY
- > STAGE PRESENTATION CAN BREAK TIES IN THE FIGURE CATEGORY
- > PHYSIQUES SHALL NOT BE AS MUSCULAR AS FIT BODY OR WOMEN'S BODYBUILDING



- **TWO ROUNDS OF JUDGING**
 - **Symmetry**
 - **Muscle Tone**
- **Figure competitors should be more muscular than a bikini competitor**
- **There is an acceptable range of muscle tone for this category**
- **Bodybuilding muscularity does not fit this category and is scored down**
- **Stage presence, stage walk, suit choice, tanning, and overall appearance may break ties**



PRO FIGURE







OPEN FIGURE



WORLD'S

NEW YORK 201



30 Years

WORLDLES

NEW YORK 2019



30
Years

WORLD'S

NEW 2019



BIKINI

CRITERIA SNAPSHOT

Bikini

CRITERIA

- FRONT POSE -

- > FITNESS & BALANCE AND PHYSICAL APPEARANCE IS JUDGED. STAGE PRESENCE CAN BREAK TIES IN THE BIKINI CATEGORY
- > HIPS AND FEET FACE FRONT OF THE STAGE
- > ONE LEG TO THE SIDE
EITHER LEG IS ALLOWABLE
- > ONE HAND ON THE HIP, THE OTHER ARM RELAXED NEAR THE OPPOSITE HIP AND THIGH



- Fitness and Balance
- Physical Appearance & Presentation
- Softer than Figure but lean, fit, and tone
- There is a range of muscle tone in this category in terms of size, shape, and definition.
- Focus on overall shape and balance of the bikini competitor physique
- Breaking Ties;
 - Tanning, hair, make up, suit choice to accentuate their physique, and the stage presentation and stage walk
- This is a fine side pose but may not be a front pose and head judge needs to address it




2024 BIKINI RULE ENFORCED – ONE LEG TO THE SIDE ON FRONT POSE

Bikini

CRITERIA

- FRONT POSE -

- > FITNESS & BALANCE AND PHYSICAL APPEARANCE IS JUDGED. STAGE PRESENCE CAN BREAK TIES IN THE BIKINI CATEGORY
- > HIPS AND FEET FACE FRONT OF THE STAGE
- > ONE LEG TO THE SIDE EITHER SIDE IS ALLOWABLE
- > ONE HAND ON THE HIP, THE OTHER ARM RELAXED NEAR THE OPPOSITE HIP AND THIGH



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An Amateur Affiliate of the WSBF

WNBPF
WORLD NATURAL BODYBUILDING PROFESSIONAL FEDERATION
PROFESSIONAL

Bikini

CRITERIA

- FRONT POSE -

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Bikini

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PROMOTERS, AFFILIATES, COACHES, & TRAINERS PLEASE HELP US EDUCATE



WORLD NATURAL BODYBUILDING FEDERATION

SEATTLE



JUDGING SHEET



CONTEST NAME:	DATE:
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DIVISION:	BIKINI	CLASS:	Judge Name:	Judge #
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COMPETITOR #	Competitor Name	Round 1 FITNESS / BALANCE	Round 2 PHYSICAL APPEARANCE PRESENTATION	TOTAL SCORE	OVERALL PLACING	COMMENTS & SUGGESTIONS
		Rank	Rank			
15		2	3	5	2	#15 had a well rounded fitnss appearance but her presentation was not as good as #35
16		1	1	2	1	
17		6	6	12	6	
35		3	2	5	3	Improve fitness in legs and glutes, comfortable in shoes & good posing. Better fitness out weighs posing to break tie
43		5	5	10	5	
50		4	4	8	4	

PRO BIKINI – Medium – Worlds 36









WORLD CHAMPIONSHIPS
WNBFB
BOSTON 2024

WORLD CHAMPIONSHIPS
WNBFB
BOSTON 2024



OPEN BIKINI SHORT





WORLD
CHAMPIONSHIPS
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WORLD CHAMPIONSHIPS
2024



WORLD CHAMPIONSHIPS
IBF

2024



OPEN BIKINI

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WORLD NATURAL BODYBUILDING FEDERATION

MIAMI NATURAL



MUSCLE MAYHEM

MIAMI | LOS ANGELES



MIAMI
NATURAL

CLUB
MUSCLE
SACRAMENTO

WORLD NATURAL BODYBUILDING FEDERATION



MIAMI
NATURAL



MUSCLE
MAY

MIAMI | LOS ANGELES



DEBUT BIKINI



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CHARLIE CAROLLO LEGS

EST. 1977

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CHARLIE CAROLLO LEGACY

EST. 1977



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CHARLIE CAROLINA L

EST. 1977

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OPERATION

JUDGE BIKINI VIDEO



CAMARADERIE AT THE ELITE LEVEL – WE LOVE IT!

THANK YOU FOR ATTENDING

