



2015 WNBF BODYBUILDING JUDGING CRITERIA

COMPETITION ATTIRE

Men: Bodybuilding Posing Suit

Women: Two-Piece Bodybuilding Posing Suit

Solid color with no decorations or metallic fabrics at pre-judge

JUDGING ROUNDS

ROUND 1 - SYMMETRY- Symmetry encompasses overall balance and conditioning from top to bottom.

ROUND 2 - MUSCULARITY/CONDITIONING - Athletes will be judged on conditioning by executing a series of mandatory poses. Competitors must perform all mandatory poses in a timely manner. Remember, every time a pose is called for the judges are looking at the complete package from top to bottom not just that body part.

Note: The Head Judge at all WNBF events reserves the right to penalize an athlete one point for each pose if the athlete refuses to perform the requested poses properly. The athlete will be given a warning to correctly perform the pose and if the judge's request is ignored, a penalty assessed to their placement for each improper pose. Athletes will perform only the poses requested by the Head Judge or face the same penalty.

WNBF MANDATORY POSES

Front Double Biceps

Front Lat Spread

Abs and Thigh

Side Chest

Rear Double Biceps

Most Muscular (optional for

Side Triceps

Rear Lat Spread

women

SCORING OF EACH ROUND

WNBF Amateur - Judges will score each round and give them a final placement for that round before moving on to the next round. Example: if there are 8 people in the class the judges will placement them 1st thru 8th place in each round. When the judges are done they will add the (2) scores together to come up with the final placements for each competitor in that class.

WNBF Professional - Judges will score each round and give them a final placement for that round before moving on to the next round. Example: if there are 8 people in the class the judges will placement them 1st thru 8th place in each round. When the judges are done they will add the (2) scores together to come up with A Sub-Final placement for each competitor in that class. Pro Judges will finalize their scores after the Pro posing round to either break a tie or move a competitor up one (1) placement.