



FIGURE DIVISION JUDGING CRITERIA

BACKGROUND INFO

Figure is a class of physique competition judged equally on symmetry, tone, and beauty/stage presence (to include the stage walk). Judges use three rounds to assess competitors in each of these three areas.

COMPETITION ATTIRE

Two-piece Figure suit, must be in good taste; thongs or T-back bottoms are not allowed. The suit may be adorned with rhinestones, sparkles, sequins, etc. for added effect.

High-heeled shoes are required.

Jewelry is permitted; body jewelry (piercing) is allowed, so long as it is not offensive. Other jewelry (earrings, necklace, bracelets) may be worn, but should not obscure the physique or be in poor taste.

ROUNDS SCORED

Round #1 – Symmetry

Round #2 – Tone

Round #3 – Beauty Presentation / Stage Walk

BREAKDOWN BY ROUND

Round #1 – Symmetry

Competitors will perform the mandatory quarter turns; judges will compare competitors against each other. Judges will be looking at balance and proportion (e.g., between upper and lower body).

Figures should be symmetrically balanced; upper or lower body should not overpower the other; no one-body part should overpower the rest of the physique.

Round #2 – Tone

Competitors must show good muscle tone. Leanness and muscle development is expected; however, competitors should NOT exhibit as much conditioning and muscle mass/size or present an over-conditioned physique as is presented in Bodybuilding or Fit Body.



Mandatory Quarter turns for Symmetry and Tone rounds.

Face Front – From the Front:

- Heels must be together and in line, without either foot ahead of the other toward the front
- Hips **MUST** face the judges and arms must remain to the sides (although they shouldn't touch the sides or be exaggerated spread wide)
- Lats should be open/flared to show a nice V-Taper
- Toes must face the judges, but competitors can angle their toes out **SLIGHTLY** if it helps to accentuate their thigh presentation
- Angle of outward extension cannot exceed 15 degrees with either foot; any exaggeration of this ruling will be corrected by the head judge
Note: the head judge may insist that both feet be completely touching

Side Pose – From the front pose, competitors execute a ¼ turn to the right and adjust stance:

- Upper body turned 35 degrees toward judges so the rear shoulder can be seen, but nothing exaggerated
- 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 – From the side pose, competitors execute a ¼ turn to the right and face the curtain or rear of the stage

- Both feet must be together or very close (heels within 2-3 inches of each other)
- Toes cannot be spread wide apart
- 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 spread wide to show upper body symmetry



Round #3 - Beauty Presentation

- Hair and make-up should complement your figure
- Posing suit and shoes should complement your figure
- Skin tone - tan products/foundation color should complement hair and enhance overall figure
- Overall stage presence – judges will assess competitor’s ability to seamlessly execute quarter turns, present confidence and poise, and change places with other competitors

The score from Round 3 is combined with a judge’s assessment of the individual stage walk. During the stage walk, judges will consider:

1. The above beauty and presentation elements as a whole
2. How well you walk and present yourself during the mandatory poses

Judges will be looking to see if all the above elements work together as whole to present a total package.

Round 3 scores can be positively or negatively affected by the walk, moving a competitor up or down in the Round 3 ranking.

SCORING EACH ROUND:

Judges will score each round and give competitors a final placement for that round before the head judge moves to the next round.

Example: in a class of 8 competitors, judges will rank competitors 1 to 8 in each round. When the judges have completed scoring for all three rounds, they will add the (3) scores together to determine the final placement for each competitor.



	Symmetry Round	Muscle Round	Presentation Beauty Stage Walk	Sub Total	Final Total	Judge's Comments
Comp 1	2	1	2	5	2	
Comp 2	7	8	8	23	8	
Comp 3	1	2	1	4	1	
Comp 4	3	3	3	9	3	
Comp 5	4	4	5	13	4	
Comp 6	8	6	7	21	7	
Comp 7	5	5	4	14	5	
Comp 8	6	7	6	19	6	

WNBF Figure Walk

Competitors may choose from two options to execute the 5 mandatory poses; after last pose of either option competitors exit the stage.

OPTION 1

1. Location: Rear center stage
Pose: Front pose
2. Location: Front right side of stage
Pose: Left side pose facing center stage
3. Location: Front center stage
Pose: Front and rear pose
4. Front left side of stage
Pose: Right side pose facing center stage
5. Location: Rear center stage
Pose: Front pose

OPTION 2

1. Location: Walk in from either side
Pose: Side pose facing in
2. Location: Center stage
Pose: Front pose, rear pose, front pose
3. Location: Walk to other side
Pose: Side pose facing in

During prejudging while the walk is scored, the entire class should stay on stage. The judges can finalize their scores during this time.