



## WNBF FIT BODY DIVISION JUDGING CRITERIA

Scoring: Will be based on the following (2) Rounds.

### **BREAKDOWN BY ROUND**

#### Round #1 – Symmetry

Competitors will perform the mandatory quarter turns; judges will compare competitors against others in the same class. Judges will be looking at balance and proportion (e.g., between upper and lower body). Fit Body competitors 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 - Muscle Tone

The key is to come in Conditioned and Not overly muscular, too striated or hard looking. Too much overall muscle mass or appearing to be at the same physical level of a bodybuilding competitor is Not acceptable. Example: Shoulders/Arms ripped and too vascular. Some separation is required to display the different muscle groups and proper execution of the (5) Mandatory poses is essential.

Note: Points will be deducted if you clench your fist while executing the below mandatory poses.

Both rounds will be scored equally to come up with the final placement.

### **EXECUTION - SYMMETRY ROUND:**

Face Front - Heels together, toes facing forward. Lats spread, arms in semi-relaxed position at sides.

Side Pose - Feet offset slightly (foot of choice either with toes shifted forward by three inches or back by three inches; 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 toward the judge no more than 30 degrees.

Rear Pose (facing curtain) – Heels together, toes facing the curtain. Lats spread, arms in semi-relaxed position at sides.



## **EXECUTION - FIT BODY POSES**

Front Double-Biceps – (open handed) One leg shifted toward the side, both arms up in double-biceps pose.

Side Chest (side of choice) – Arm facing the judges is bent at 90 degrees, with the back arm reached across the torso to grasp the bent-arm wrist both hands must be open. One leg should be shifted back to tighten the calf.

Side Triceps (side of choice) – 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 clutched behind the back.) One leg should be shifted back to tighten the calf.

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

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.

### **Routine for Fit Body**

Fit Body competitors will now perform their mandatory poses individually at the finals/night show. 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. This is not a model walk or a routine.

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.