

BODYBUILDING DIVISION JUDGING CRITERIA

COMPETITION ATTIRE

Men: Bodybuilding Posing Suit

Women: Two-Piece Bodybuilding Posing Suit

Decorated suits allowed at Pre-Judge

ROUNDS JUDGED

Round #1 – SYMMETRY

- Symmetry encompasses overall balance and conditioning from top to bottom and side poses.

Round #2 - MUSCULARITY/CONDITIONING

- Athletes will be judged on the size of muscles and conditioning/definition by executing a series of mandatory poses. Competitors must perform all mandatory poses in a timely manner. Judges are looking at the complete package from all parts of the physique not just one body part at a time.

Note: The Head Judge at all INBF/WNBF events reserves the right to penalize an athlete a ranking if the athlete refuses to perform the requested pose properly. The athlete will be given a warning to correctly perform the pose, and if the judge's request is ignored a penalty may be imposed effecting their final placement. Athletes will perform only the poses requested by the Head Judge.

MANDATORY POSES:

Front Double Biceps	Side Triceps	Abdominal & Thighs
Front Lat Spread	Rear Double Biceps	Hands on Hips Most Muscular (optional for women)
Side Chest	Rear Lat Spread	Crab Most Muscular (optional for women)

SCORING OF EACH ROUND:

INBF Amateur: Judges will score each round and give competitors a final placement for that round before moving on to the next round. Example: if there are 8 people in the class the judging panel will place athletes 1st thru 8th in each round. When judging is complete both scores (2) will be added together to come up with the final placement for each competitor in that class.

WNBF Professional: Judges will score each round and give competitors a final placement for that round before moving on to the next round. Example: if there are 8 people in the class the judging panel will place athletes 1st thru 8th in each round. When judging is complete both scores (2) will be added together to come up with the final placement for each competitor in that class.

Pro Posing Routines: Final placings for professionals will be determined after free posing routines are finished. Judges may break ties or move a competitor up or down one (1) placing in this final judging process.