



# JUDGING CRITERIA



## WNBF CLASSIC PHYSIQUE DIVISION

As an athlete-centered organization, the WNBF recognizes the desire to pay homage to the roots of bodybuilding and are therefore creating a Classic Physique category. As a natural bodybuilding federation, the WNBF is *not* implementing Classic Physique as a less muscular category, as drug-free competitors do not carry mass at the expense of symmetry. Further, the WNBF is *not* implementing Classic Physique as a category where leanness is *explicitly* less than in the Bodybuilding category. The WNBF believes natural bodybuilding already exemplifies many aspects of Classic Physique and for that reason, care will be taken to introduce Classic Physique posing requirements and judging criteria without negatively impacting the Bodybuilding category. WNBF Classic Physique emphasizes symmetry and presentation, specifically the artistry of posing.

### COMPETITION ATTIRE

Men's Classic Physique Posing Trunks

- Black Only – Matte or Lycra with no letters or designs
- Up to 4.5" side length trunks
- Sculpted or full back – material shall not reach the upper hamstring
- Bodybuilding trunks are Not allowed.

### DIVISIONS

- Teen- 15-19 years of age
- Junior - up to 23 years of age
- Debut - First time competing in the Classic Physique category
- Novice - Limited competitive experience. Have not won a CP Novice class of 5 or more.
- Open - Some competitive experience. Pro cards awarded if 8 or more competitors.  
Open divisions separated by Height: To be determined equally based upon number of competitors.

### ROUNDS JUDGED

#### Round #1 – SYMMETRY

- 50% Score
- Consists of the same four mandatory symmetry round relaxed poses as the bodybuilding division (listed below).
- Symmetry encompasses the overall balance and harmony of the physique on all sides and in all muscle groups. Athletes should have broad shoulders, pleasing lines, and a small tapered waist.
- The lower body will match the upper body completing a perfect X frame. Having an exemplary muscle group in some cases can make a Bodybuilder stand out, however, Classic Physique competitors must have all muscle groups in proportion.

## **Round #2 – MUSCULATURE & PRESENTATION**

- 50% Score
- Consists of the Five mandatory Classic Physique muscularity round poses (listed below).
- Much like the Bodybuilding Category, athletes will be judged on the size, separation, and leanness of their musculature.
- While the leanness standard is not lower in Classic Physique, 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.
- Individual presentation of the athletes "classic physique" look is a focus for judging. Smooth quarter turns and graceful classic posing is crucial. The ability to hold poses without visible effort will positively impact scoring.
- Favorite poses should be chosen by the athlete to accentuate their symmetry & musculature.

**Note:** NO Bodybuilding, most muscular, or Men's Physique poses are permitted in Classic Physique.

### **MANDATORY POSES**

- Front, right side, left side, and back Symmetry poses
- Asymmetrical Front Double Biceps
- Side Chest Fists Touching Hip
- Classic Side Triceps
- Rear Double Biceps One Hand Open
- Abdominals and Thighs
- 2 Favorite Classic Poses (non-most muscular poses)
  - \* Favorite poses should be chosen by the athlete to accentuate their symmetry & musculature. Options may include: Rear twisted back double bicep, Side mantis, Rear archer, Victory pose, Teacup pose, Vacuum pose

### **SCORING OF EACH ROUND:**

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 athletes in the class the judging panel will place athlete's 1st through 8th in each round. When judging is complete both scores (2) will be added together to calculate the final placement for each competitor.

**Posing Routines:** 60 to 90 second routines (promoter specific) will follow pre-judging just as in natural Bodybuilding. Classic Physique poses should comprise an athlete's posing routine. No Props are allowed.