



INTERNATIONAL  
NATURAL  
BODYBUILDING  
& FITNESS  
FEDERATION, Inc.



An Official WNBFF-Affiliated Non-Profit Amateur Organization

## INBF “FIGURE” COMPETITION RULES

Most INBF contests have added the “Figure” division since its inception in 2002. Figure is judged based on one round of prejudging, where competitors will be compared while wearing a two-piece swimsuit and high-heel shoes. Comparisons will be made in the standard quarter-turns of the competitors. Judging will reward toned muscularity, relative leanness, overall symmetry, facial beauty (makeup, hair, etc.), stage presence, poise, elegance and an overall fit look. There is no fitness demonstration, and this is not a bodybuilding competition (there are no mandatory “poses” other than the quarter-turns).

The quarter-turns will examine all ladies in the same positioning to the judges. In this regard, the “face front” command will require both feet together, with toes and hips facing the judges. Quarter-turns will be made to the right in four steps, until the contestants are again facing front. The Head Judge may ask for movement among the competitors to see different people together in different locations onstage.

All competitors will perform a stage walk in their swimsuits at both the prejudging and the night show. In the case of high athlete turnout, however, it is up to the promoter’s discretion whether the walk will take place at prejudging.

The walk will be conducted in a manner according to the promoter’s site restrictions, but in accordance with INBF rules. Competitors will enter stage right, walk to the center stage, do a complete turn; walk to stage left and do another complete turn; walk all the way over to stage right for one more turn and then exit. The turns are designed to allow contestants to show themselves to the judges and exhibit stage presence that enhances their presentation. However, overly exaggerated displays or taking excessive time onstage will be scored down.

The two-piece swimsuit must be in good taste; thongs or T-back bottoms are not allowed. The suit must be a solid color (no bold patterns allowed), but may be adorned with rhinestones, sparkles, sequins, etc. for added effect. *There is no one-piece swimsuit round in INBF competition.*

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.

The INBF is looking to reward women who have fit, toned physiques, yet who are not necessarily proficient in gymnastics or another performance art. To find out which shows carry the Figure class, check out the “Coming Events” in every issue of **Natural Bodybuilding & Fitness**, or log onto [inbf.net](http://inbf.net). You can also e-mail Charlie Carollo, INBF Chairman, at [inbf@epix.net](mailto:inbf@epix.net) for contest schedule information.