



INTERNATIONAL
NATURAL
BODYBUILDING
& FITNESS
FEDERATION, Inc.



An Official WNBFF-Affiliated Non-Profit Amateur Organization

INBF FIGURE STANCES

The INBF Figure Rules require that competitors use the following stance positions during prejudging of any INBF Figure event.

From the Front: Heels must be together and in line, without either foot ahead of the other toward the front. Heels cannot be spread wider than 2-3 inches apart. The hips **MUST** face the judges and the arms must remain to the sides (although they shouldn't touch the sides or be exaggerated spread wide).

Toes must face the judges, but competitors can angle their toes out **SLIGHTLY** if it helps to accentuate their thigh presentation. The angle of outward extension **cannot exceed 15 degrees with either foot!** (However, this is not always the most flattering thing, so caution should be exhibited.) Any exaggeration of this ruling will be corrected by the head judge. In addition, the head judge may insist on both feet to be completely touching together, so be prepared in your stance in case that is requested.

From the Side(s): A slight turn of 35 degrees (*upper body only*) is acceptable, so the rear shoulder can be seen, but nothing exaggerated. The hips must face the side of the stage. The eyes must face the side of the stage. Toes must also face the 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 the judges' view.

The front and rear hands must not be placed on the body, and should hang freely. However the head judge may request the side stance with the hand farthest from the judges to be placed on the hip, so be prepared if this is asked.

From the Rear: This is pretty much the same position as from the front. Both feet must be together or very close (heels within 2-3 inches of each other). The toes cannot be spread wide apart. The feet cannot be offset to any degree (i.e., one in front of the other).

Competitors should brush their hair to one side when they turn to the rear so their back can be seen (if they have long hair). But they cannot twist to the side or put a hand on their hip, etc. Arms must be at the sides with the hands hanging freely, with the back (lats) spread wide to show upper body symmetry.