



2011 WNBF/INBF BEST BODY DIVISION JUDGING CRITERIA

BACKGROUND INFO:

The Best Body Swimsuit Contest is a swimsuit/modeling contest designed to find the most marketable, most beautiful and most fit swimsuit models that represent the ideal for the Best Body online magazine (bestbodymagazine.com), for Natural Bodybuilding & Fitness newsstand magazine and also for the WNBF.

Best Body is a “softer” look than competitive Figure, and competitors should be aware of the judging differences.

COMPETITION ATTIRE:

- Traditional plain two-piece beach bikini swimsuit;
Note: Studs, rhinestones, beads or any appliqués whatsoever are not allowed on Best Body competition swimsuits.
- High-heeled shoes.
- Jewelry is permitted.

JUDGING ROUNDS (3):

- Beauty Presence (facial beauty, tan, hair, makeup, nails etc.)
- Overall Fitness Balance
- Presentation/Model Walk (presentation, poise)

EXECUTION – BEAUTY PRESENCE AND SYMMETRY ROUNDS:

The below information outlines the competitor’s poses for the beauty presence and conditioning/symmetry rounds. These two rounds count for 2/3 of the overall score.

Note: Competitors may be asked to “stand comfortably” in the quarter-turns, at which time they may be allowed to twist the lower body, angle or “T” the feet or otherwise modify the basic stances to enhance their presentation. However, this altered stance presentation is by request of the Head Judge only.

Face Front – 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).
- Lats should be open but not overly flared as in Figure.
- 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! Any exaggeration of this ruling will be corrected by the head judge. Note: the head judge may insist on both feet to be completely touching together.

Side Pose:

- From the front pose, competitors execute a ¼ turn to the right and adjust stance: Upper body turned 35 degrees towards judges, 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 view.
- The front and rear hands must not be placed on the body, and should hang freely with the palms towards the body. Note: The head judge may request the side stance with the hand farthest from the judges to be placed on the hip.

Rear Pose

- From the side pose, competitors execute a ¼ turn to the right and face the curtain or rear of the stage.
- 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).
- Arms must be at the sides with the hands hanging freely- palms toward the body.
- Lats open but not overly flared to show upper body symmetry.

EXECUTION – MODEL WALK:

The model walk or T-walk is the competitor's opportunity to show her grace, poise and confidence to the judges. Competitors should execute the T-walk in a tasteful, confident manner as exaggerated displays or taking excessive time onstage will be scored down.

The model walk will be conducted in a manner according to the promoter's site restrictions, but in accordance with INBF rules. Competitors will execute the T-walk in the pattern designated by the head judge or show promoter. Competitors who fail to follow the designated walking pattern will be scored down.

SCORING OF EACH ROUND:

The 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 judges will placement them 1st thru 8th place in each round. When the judges are done with all three rounds they will add the (3) scores together to come up with the final placement for that competitor. If two competitors have the same final score the judge will revert to the beauty presence round to break the tie. The person who has the better score in beauty presence places higher and breaks the tie.

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