



## 2011 WNBF/INBF BODYBUILDING JUDGING CRITERIA

### **BACKGROUND INFO:**

In the past, INBF/WNBF guidelines dictated that athletes be scored over two rounds: Symmetry and muscularity. The muscularity round combined both mass and conditioning creating a difficult choice for judges of deciding between these two aspects of bodybuilding. That issue was resolved in 2010 when a third round, the mass round, was added to the prejudging.

### **COMPETITION ATTIRE:**

- Men: bodybuilding posing suite
- Women: two-piece bodybuilding posing suit

### **JUDGING ROUNDS (3):**

- **ROUND 1 - SYMMETRY** - Symmetry encompasses overall conditioning from top to bottom.
- **ROUND 2 - MUSCULARITY/CONDITIONING** - Athletes will be judged on conditioning by executing a series of mandatory poses. Competitor must hit all the mandatory poses in a timely manner.
- **ROUND 3 - OVERALL MASS** - In this round bodybuilders will be judged on fat-free muscle mass, not by overall conditioning. Athletes will execute four poses in this round:
  1. Most Muscular - Crab or Hands on Hip,
  2. Front Double Biceps,
  3. Side Chest,
  4. Rear Lat Spread.

Note: The Head Judge at all INBF/WNBF events reserves the right to penalize an athlete one point for each pose if the athlete refuses to perform the requested poses properly. The athlete will be given a warning to correctly perform the pose and if the judge's request is ignored, a penalty assessed to their placement for each improper pose. Athletes will perform only the poses requested by the Head Judge or face the same penalty.

## **WNBF/INBF BODYBUILDING POSES:**

- The Front Double Biceps Pose
- The Side Chest Pose
- The Side Triceps Pose
- The Front Lat Spread Pose
- The Rear Double Biceps Pose
- The Rear Lat Spread Pose
- The Abs and Thigh Pose

## **SCORING OF EACH ROUND:**

The judges will score each round and give them 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 3 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 symmetry around to break the tie. The person who has the better score in symmetry places higher and breaks the tie.

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