



Miss FIGURE – Miss ATHLETIC

ALL Female Divisions

All NABBA/ WFF Miss Figure & Miss Athletic Classes will be judged over three rounds.

1. Symmetry Round Quarter Turns
2. Comparison Round Compulsory Poses
3. Free Posing Round 90 sec Routine.

1. Symmetry Round

All competitors will present on stage in numerical order facing the judges. The head judge will call heels together facing the front. A series of quarter turns will follow. Competitors will be viewed from the left side, from the back, from the right side and from the front. Twisting is preferred on the left and right sides. Judging will be based on overall symmetry shape and muscle definition.

2. Comparison Round

Five poses make up the comparison round.

1. Front double biceps with open hand no fist.
2. Side chest
3. Side triceps
4. Back double biceps
5. Abdominal and thighs

All competitors will execute the nominated pose simultaneously. All posing is performed with open hands. The judges will be looking for overall conditioning of the muscles on display.

3. Free Posing Round

Each competitor will perform a 90 second routine to music to display her figure, physical conditioning and overall presentation. Theatrical Props may be used.

The emphasis must be on feminine shape and proportion, whilst retaining a “trained look” and low body fat levels, but not carrying development to an extreme that could be classed as unfeminine. It should not have the degree of development, definition, separation or striation of the female Physique competitor.

Elegance, femininity and poise are essential as is skin tone and artistic presentation. The overall appeal and entertainment value will be considered in the judging process.

WFF MISS BIKINI MODEL

MR & MISS FITNESS MODEL

MR & MISS AEROBICS

WFF Miss Bikini Model judging will be conducted over one round only.

1. BIKINI :

WFF Mr & Miss Glamour Sports Model judging will be conducted over three rounds.

- 1 SWIMWEAR symmetry Round in bikini or men small boardshorts (mid thigh) or briefs
2. FITNESSWEAR applicable Sports theme is appropriate. Men & Women same style cut. For men can be a theme eg. Soccer ball with shorts. Shorts to mid thigh. No branding showing of a company that isn't sponsoring event.
3. EVENING WEAR classy dress that isn't too short in length is fine, hugging to show body shape.

WFF Mr & Miss Aerobics judging will be conducted over two rounds.

- 1 SWIMWEAR symmetry round in swimwear
- 2 AEROBIC'S typical gymnastics routine performed to music (90sec maximum)

1. Bikini - Swimwear

Each competitor will be introduced individually, enter from the rear side stage and proceed to the rear centre of stage. They will then Model walk to the front of the stage, pause turn around and walk to the rear of the stage. At this point each competitor will turn and face the judges, pause briefly then walk to the line up point as directed. Depending on the volume of athletes The Miss Bikini and Miss Fitness competitors may be presented together on stage in numerical order facing the judges. The head judge will call heels together facing the front. A series of quarter turns will follow. Competitors will be viewed from the left side, from the back, from the right side and from the front. Twisting is preferred on the left and right sides. Judging will be based on overall symmetry, shape, and proportion plus a degree of muscle tone.

2. Sportswear - Theme

Each competitor will enter from the rear side stage (Note: builders outfit, policeman etc is not considered Sports attire and will be marked down) proceed to the middle of the stage. They will then Model walk to the front of the stage, turn around and walk to the rear of the stage. At this point each competitor will turn and face the judges, pause briefly then walk to the line up point as directed. When all competitors are on stage in the line up, the judges may call comparisons. Judges will be looking for a fit and shapely body. Emphasis will be on femininity for females, confidence for both men & women, and grace. The winner must be photogenic and epitomize the ideal fitness industry representative. The men are not to be too big like the NABBA Physique or as hard as WFF athlete might be.

3. Evening/Formal Wear

Miss Sports Model class only

Each competitor will be introduced individually, enter from the rear side stage and proceed to the rear centre of stage. They will then Model walk to the front of the stage, pause turn around and walk to the rear of the stage. At this point each competitor will turn and face the judges, then turn to back of the stage.

Miss Glamour and Miss Fitness competitors will present together on stage in formal evening wear (no **mini-skirts please**). There are no restrictions on color or style, although a body hugging figure enhancing out fit would be encouraged considering the judges are looking for sleek body lines and not the gown.

There is NO speech part to this division this year and next year in New Zealand to match International no evening wear for 2015.

3. Aerobic's/Fitness Class Routine to music (90sec)

Each competitor will present a 90 second routine choreographed to music, demonstrating all aspects of fitness. The judges will be looking for strength and elegance, flexibility and poise. Above all the routine should be entertaining, props may be used.

Demonstrations of athletic ability, gymnastics and fitness endurance are preferred. The personal theme and entertainment factor will be a major consideration.

NABBA/ WFF PHYSIQUE COMPETITIONS

What makes a winning physique?

The answer is = SYMMETRY, SIZE and SEPARATION

What does that mean?

SYMMETRY (PROPORTION)

Symmetry is a key ingredient in a winning physique & one that owes its qualities in large part to the genetics of the competitor. Wide shoulders, narrow hips, trim waist & a deep rib-cage are genetically endowed qualities on which a championship physique can be built.

A proportionate physique is one that has no overall development in which each individual body part complements the others in both size & shape. The upper body should not be developed to the extent that it overpowers the lower body & vice-versa.

All body parts should flow in harmony with no body part being over developed to the detriment of the others. Right & left sides should be equally developed, so as to not exhibit any readily observable differences in size.

SIZE (MUSCLE MASS)

First and foremost, a physique contest is “**a bodybuilding contest.**” Contestants must exhibit a degree of muscular development which will vary according to the class being judged. In the “***WFF categories the height and weight restrictions***” mean that a slimmer style of physique will be on display. Criteria such as Symmetry (above) and Separation (below) apply equally in judging the WFF classes.

SEPARATION (DEFINITION)

This factor must be considered in conjunction with muscle mass. Separation is the delineation between the muscle groups of the physique. Excess fatty tissue under the skin blurs this muscular division resulting in a smooth appearance.

Definition is the display of the individual muscles & muscle fibres (often referred to as 'ripped' or 'shredded').

The Competition

Round 1: Individual Free Posing Round

In this round each contestant performs their individual posing routine to their own selection of music. There is a time limit of 90 seconds and all music should be supplied on CD with a back-up copy available on event day. Original music is recommended as some home-made recording versions do not allow commercial systems to play. It is embarrassing both for the competitor and the promoter when music does not play, so please check this critical aspect.

The judges will look for a routine which is entertaining, compliments and enhances the physique of the competitor, showing their better features whilst disguising their weaker points. The competitor should have an empathy with the music selected, using movements in time to the rhythm or beat of the music without uncoordinated moves that are too fast for the audience and the judges to appreciate whilst digesting the competitor's physique.

Round 2: Symmetry Round

All competitors appear in numerical order in one line across the stage (when there are large number of competitors, the head judge may choose to dissect the line into two or three sections to allow clearer vision of the competitors by the judges). The line is then taken through a series of quarter turns.

In this round the competitors will be closely scrutinized for any genetic, structural or proportional defects that could affect their placing and are scored accordingly.

Round 3: Compulsory Posing Round

These poses are designed to allow the judges to view development of every muscle from different angles, thus ensuring the individual judge has a good basis for "callouts" (competitor comparisons). After the competitors have completed these poses as a group, each individual judge has an opportunity to call out only the competitors he wishes to view in further comparison.

Round 4: Posedown

In this round all competitors perform together in a group posing to background music which allows the head judge to tally the score card. The Top 3 winners are awarded immediately on stage and the 1st place winner only is invited to contest the Overall event later in the program.

Compulsory Poses – Men

1. Front Double Biceps

Standing facing the judges with heels together the competitor will raise both arms to shoulder level bending them at the elbows. The hands should be clenched and turned inwards. This will cause the biceps and forearm muscles to contract. In addition, the competitor should attempt to contract as many frontal muscles as possible.

2. Front Lat Spread

Standing facing the judges with heels together, the competitor will place the hands, either open or clenched, against the lower waist and will expand the latissimus dorsi (lats). At the same time, the competitor should attempt to lift the rib cage and contract as many other frontal muscles including legs as possible.

3. Side Chest

The competitor will quarter turn to the side as instructed by the head judge showing his left or right side. He will bend the front arm nearest to the judges to a right angle position with the fist clenched, and with the other hand will grasp the wrist. The front leg nearest to the judges will be bent at the knee and will rest on the toes. The competitor will expand the chest and by upward pressure on the front bent arm, contract the biceps as much as possible. He will also contract the thigh muscles, in particular the biceps femora's group, he will also display contracted calves.

4. Back Double Biceps

The competitor will stand facing the rear of the stage, back to the judges; he will bend the arms & wrists as in the front double biceps, and will place one foot back resting on the toes. He will contract the arm muscles, along with the muscles of the shoulders, upper & lower back, thigh & calf muscles.

5. Back Lat Spread

The competitor will stand facing the rear of the stage, back to the judges; he will place his hands on his waist with the elbows kept wide, one foot back resting on the toes. He will then contract the lats as widely as possible & display one calf contracted.

6. Side Triceps

The competitor will quarter turn to the side, again as instructed by the head judge. He will stand with his left or right side towards the judges & will place both arms behind his back. He can either interlock his fingers or grasp the front arm by the wrist with his rear hand. The front leg nearest the judges will be bent at the knee & will rest on the toes. The competitor will exert pressure against his front arm thereby causing the triceps muscle to contract. He will also raise the chest & contract the abdominals as well as the thighs & calves.

7. Abdominals & Thigh

Standing facing the judges, the competitor will place both arms behind the head and place one leg forward. He will then contract the abdominals by "crunching" the trunk slightly forward. At the same time, he will contract the thigh of the forward leg.

8. Most muscular

Standing facing the judges the competitor will strike a pose that best demonstrates their overall muscularity, either "Trap Over, Crab pose or Hands on Hips one leg flexed".

Judging Women's Classes

NABBA Miss Physique (Bodybuilding Recommend Over 60Kg)

The judging of the women "Bodybuilding" class should be conducted using the same principles as the Men's classes except for the most muscular pose, ensuring that the competitor still retain the sleek Feminine lines expected of a female athlete.

NABBA Miss Figure.

WFF Miss Athletic (50Kg short, 57Kg tall)

The criteria in the Women's "Miss Figure & Miss Athletic" differs from the "Miss Physique" class in that symmetry, shape & proportion attract more significance than muscularity & size. A firm, toned, "Feminine" physique is called for although there should be some degree of Muscularity & Muscular Separation.

Stage Presentation takes an increased importance in these classes as poise and confidence enhance the feminine athletes appeal, a quality over quantity distinction..

NABBA Miss Figure & WFF Miss Athletic

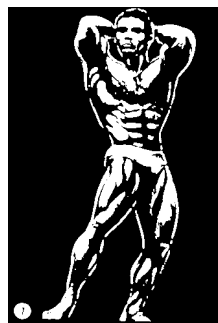
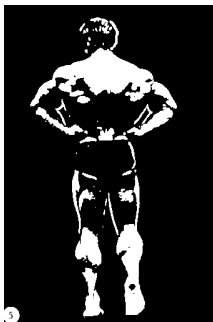
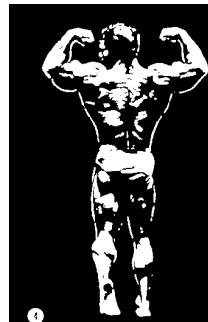
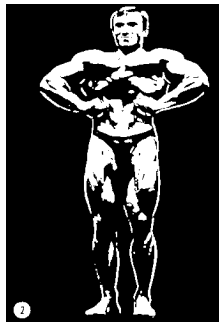
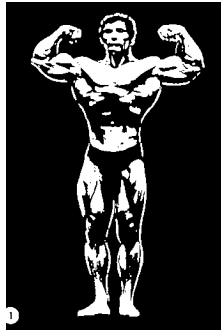
Compulsory Poses

Detailed instructions on how to perform each pose is given in the men's section above. Women should apply the criteria outlined in the preceding paragraphs when striking each pose. The most muscular pose and lat spread do not apply to Figure or Athletic classes.

- 1. Front double biceps**
- 2. Side chest**
- 3. Rear double biceps**
- 4. Side triceps**
- 5. Abdominals & thigh**

Trophy Award/Presentation follows each class immediately and the winner is then required to participate in the Overall at the conclusion of the day's event. The Overall winner is expected to travel to the next level of either National or International Competition, financial assistance will only be provided to those athletes committed to further their quest for glory.

Compulsory Poses - Men

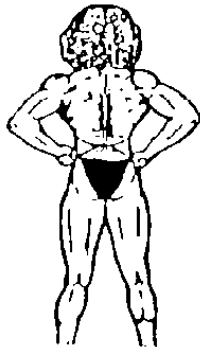
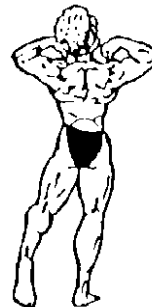
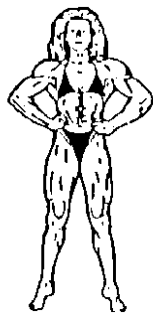


& most muscular pose



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Compulsory Poses Women's Bodybuilding



**& Abdominals and
thigh**