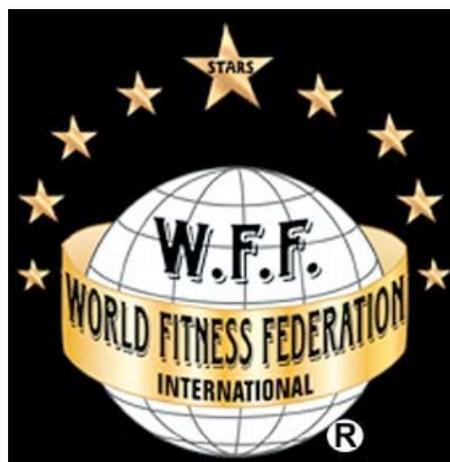


# NABBA / WFF

## NEW ZEALAND 2019



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# 2019 NABBA-WFF NZ REGIONAL/NATIONAL & PRO-AM CATEGORIES



WFF bodybuilding & figure classes do include:

**Novice Figure & Novice Mens Physique** one class, **Junior** 23 yrs under, **Masters Men** Over 50, & **Senior Womens** Over 45 -

please note they are still to hit height/weight limits for WFF as info below. You can still compete Internationally in WFF International shows if you compete/qualified in NABBA classes in NZ.

NABBA BODYBUILDING & FIGURE	
JUNIOR MEN	Under 20 years and under
MASTERS MEN	40-50 years
GRANDMASTERS MEN	Over 50 years * Mandatory
NOVICE MEN	Never placed first in any contest in any organisation
OPEN MEN BODYBUILDING	One class only
WOMENS JUNIOR FIGURE	Under 20 years
WOMENS MASTERS FIGURE	Over 45 years * Mandatory
WOMENS NOVICE FIGURE	Never placed first in any contest of any organisation
WOMENS OPEN FIGURE	One class only
WOMENS PHYSIQUE	One class only

WFF MENS BODYBUILDING			
HEIGHT	FITNESS	PERFORMANCE	ATHLETIC
Under 1.65m	<65kg	65-70kg	70-75kg
1.65-1.72m	<70kg	70-75kg	75-80kg
1.72-1.79m	<75kg	75-80kg	80-85kg
Over 1.79 m	<80kg	80-85kg	85-90kg

INTERNATIONAL & PROAM EVENTS ONLY	
SUPERBODY	EXTREME
75-80kg	95kg up
80-85kg	95kg up
85-90kg	95kg up
90-95kg	95kg up

WFF WOMENS FIGURE			
HEIGHT	FITNESS	PERFORMANCE	ATHLETIC
Under 1.63 m	<45kg	45-50kg	50-55kg
Over 1.63m	<50kg	50-55kg	55-60kg

INTERNATIONAL & PROAM EVENTS ONLY	
SUPERBODY	EXTREME
55-60kg	65kg up
60-65kg	65kg up

## WFF MODEL CLASSES

WOMEN'S CLASSES			
<b>AEROBIC FITNESS</b>		90-120 second Gymnastics/Aerobics routine only	
<b>BIKINI MODEL</b>	NOVICE	Never Placed First	All competitors complete Round one Bikini only.  (T Model Walk)
	JUNIOR	Under 23 years	
	SHORT	Height Under 1.63m	
	TALL	Height Over 1.63m	
	O/30	Over 30 years	
<b>SPORTS MODEL</b>	NOVICE	Never Placed First	All competitors complete two rounds. Round one: Sport Theme  (T Model Walk) 90sec music
	JUNIOR	Under 23 years	
	SHORT	Height Under 1.63m	
	TALL	Height Over 1.63m	
	O/30	Over 30 years	

MENS CLASSES			
<b>BEACH MODEL</b>	NOVICE	Never Placed First	All competitors complete Round one in Board Shorts only (must be long board shorts bottom knee)  (T Model Walk)
	JUNIOR	Under 23 years	
	SHORT	1.72m and under	
	TALL	Over 1.72m	
	O/30	Over 30 years	
<b>SPORTS MODEL</b>	NOVICE	Never Placed First	All competitors complete two rounds. Round one: Sports Theme  (T Model Walk - mid thigh shorts) 90 secs music
	JUNIOR	Under 23 years	
	SHORT	1.72m and under	
	TALL	Over 1.72m	
	O/30	Over 30 years	

**NOTE: YOU CAN ONLY ENTER INTO ONE CATEGORY  
CHECK WITH YOUR COACH OR OUR FEDERATION IF UNSURE WHICH CLASS YOU FIT INTO.**

**\*TOP FOUR MALE & FEMALE CLASS WINNERS QUALIFY FOR NATIONALS  
TOP ATHLETES FROM CHCH GRAND PRIX QUALIFY FOR WFF UNIVERSE & NABBA WORLDS  
TOP ATHLETES FROM NATIONALS QUALIFY FOR WFF WORLDS or NABBA UNIVERSE**

### PRO CARD NOTE:

at WFF ProAm events you can get offered a Pro card only if there is a number of at least 3 and quality is of good standard.

**PLEASE** make sure to ask your representatives for info on what it means to be a WFF Pro if you get offered at a ProAm Event.

**Note:** Once you accept Pro status you must fill out appropriate forms and pay pro fee to be given your actual Pro Card. Once you are officially PRO you can enter into any ProAm show Internationally.



## **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 60 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.



# **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 Sports Model judging will be conducted over One Round sport wear themed round only so NO bikini round.**

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.

**WFF Mr & Miss Aerobics judging will be conducted over one round.**

- 1 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 to walk either side of stage, back to middle, 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.. Judging will be based on overall symmetry, shape, and proportion plus a degree of muscle tone.



## 2. Sportswear - Themed

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 T walk to the front of the stage, pause turn around, side to side of stage 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. 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.



## 4. Beach Model - Men

Each competitor will be introduced individually, enter from the rear side stage and proceed to the rear centre of stage. They will then Model T walk to the front of the stage, pause turn around, side to side of stage 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. This class is for men who do not have much of a lower body, so top heavy, their swim wear will be those of Board Shorts to the knees. Not to be over tanned like a Bodybuilder.



# NABBA/ WFF PHYSIQUE COMPETITIONS

**What makes a winning physique when judging?**

**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').

# **Order Of The Competition**

## **Round 1: 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 2: 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 3: 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 60 seconds and all music should be supplied on CD as mp3 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 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 1<sup>st</sup> place winner only is invited to contest the Overall event later in the program.

# Compulsory Poses – Men & Womens Physique Bodybuilding

## 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 – NOT for women

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 Figure Athletic**

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, some financial assistance will only be provided to those athletes committed to further their quest for glory and high standard of an International athlete for ProAm events overseas.**