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NATURAL BODYBUILDING FEDERATION IRELAND

NBFI BIKINI DIVISION

COMPETITION ATTIRE:

Traditional plain two-piece beach bikini swimsuit (not a bodybuilding “crossover” back bikini), however the fabric may be a multi-coloured fabric of choice in solid print.

- Note: Studs, rhinestones, beads or any appliqués (sequins, glitter etc....) are allowed on the Bikini division competition posing suits including the connectors, straps and hip connectors.
- Appropriate coverage in the back of the suit is REQUIRED. No thongs/G-strings/ T-backs.
- High-heeled shoes must be worn. **No specified style or heel/sole depth/height.**
- Jewellery is permitted.

Notes:

Bikini is a “softer” and lighter muscled look other than our other competitive classes, Figure and Bodybuilding; Competitors should be aware of the judging differences. Athletes displaying levels of muscularity (both muscle size and conditioning) that are more appropriate for the Figure, or Bodybuilding classes are likely to be marked down.

Judging Round 1- Group Comparisons

Front Pose:

- Feet can be shoulder width or less apart or one leg extended to the side.
- The hips MUST evenly face the judges. No twisting is allowed in the front pose.
- Arms can remain at the sides or you can place one hand on your hip. Note: Your arms should not touch the sides of your suit or be over exaggerated (spread wide).
- Arms must not be raised out to the side excessively. hands and wrists cannot go above waist height in any pose.
- Lats should be open.



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Side Pose:

- From the front pose, competitors execute a quarter turn to the right and adjust stance: Upper body turned towards judges, so the rear shoulder can be seen, but nothing exaggerated.
- The hips **MUST** face the side of the stage; the hip may come up a bit but not over exaggerated and you may twist your shoulders degrees towards the judges. Your hips must face the competitor in front of you. No exceptions.
- You may turn your head and look directly at the judges.
- Foot positions: You may leave both feet fully on the stage, or you can also lift the heel of the foot facing the judges off the ground a bit leaning on your front toe. However, in either position, toes must face the side of the stage and not turn out towards the judges. Hips must face the side of the stage as well.
- Long hair **MUST** be pushed back behind the front shoulder so it doesn't obscure view. The rear hand may be placed on the hip or could hang freely with palms towards the body.

Back Pose:

- From the side pose, competitors execute a quarter turn to the right and face the curtain or rear of the Stage. Just like the front pose, feet can be shoulder width or less apart or one leg extended to the side with the knee bent slightly or straight with or without one hand on the hip. Competitors can either choose stand with the legs crossed over. Competitors **MUST** brush their hair to one side when they turn to the rear so their back can be seen (if they have long hair).
- Shoulders **MUST** be directly above the hips at all times. **NO BENDING FORWARD IS PERMITTED.**
- Arms can either be at the sides with the hands hanging freely-palms towards the body, with one hand at the hip or placed out of view at the front of the body. Lats open to show upper body symmetry



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NOTES:

- At no time during the rear stance is a competitor permitted to turn their head to look at the judges or stand with their both legs wide or bend over. these variations will not be permitted.
- The competitor should hit their poses and only move to reset themselves. Any over exaggerated and distracting movement on stage will not be permitted and the head judge reserves the right to tell the competitor to hold their pose.

Round 2 - STAGE WALK:

The Stage Walk is the competitor's opportunity to further show their physique and stage presence to the judges. THE STAGE WALK SHOULD LAST NO LONGER THAN 30 SECONDS FROM STAGE ENTRY TO EXIT. Competitors should execute the Stage Walk in a tasteful, confident manner as exaggerated displays or taking excessive time onstage will be scored down. Competitors will execute the Stage Walk in the pattern specified in these rules. Competitors who fail to follow the designated walking pattern will be scored down.

You will execute the mandatory poses at the locations specified below (also please see supplied diagram):

1st Location: Rear Centre stage----- Front "relaxed" pose (as in quarter turns)

2nd Location: Front Centre stage ----- All 4 quarter turns in sequence, finishing with the front pose.

Competitors will then exit stage.

POSES SHOULD BE HELD FOR NO LONGER THAN 3 SECONDS AND THE ENTIRE WALK COMPLETED IN 30 SECONDS OR LESS FROM ENTERING TO LEAVING THE STAGE.



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Stage Walk Diagram:

