



NBFBI

NATURAL BODYBUILDING FEDERATION IRELAND

NBFBI BODYBUILDING DIVISION (MALE AND FEMALE)

COMPETITION ATTIRE:

- **Men:** bodybuilding posing suit (trunks)
- **Women:** two-piece bodybuilding posing suit (bikini)
- Suits must be of a single coloured material, but may be adorned with glitter, jewels or any such adornments. No thong or G-string type suits are allowed.

Notes:

Athletes will be judged by executing a series of quarter turns (semi relaxed) and mandatory poses. Competitors must hit all the mandatory poses in a timely manner. Remember every time a pose is called for; the judges are looking at the complete package from top to bottom not just that body part.

The Head Judge reserves the right to penalise an athlete 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.

Judging Round 1- Symmetry:

- Symmetry encompasses overall balance and conditioning from top to bottom and side poses.
- Quarter turns, showing all 4 sides. Feet **MUST** be flat to the stage and level with each other, and excessive twisting/flexing/posing in this round may be addressed by the head judge.



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ROUND 2 – MUSCULARITY/CONDITIONING:

Athletes will be judged on the size of muscles and conditioning/definition by executing a series of mandatory poses. Competitors must perform all mandatory poses in a timely manner. Judges are looking at the complete package from all parts of the physique not just one body part at a time.

Mandatory Poses:

- The Front Double Biceps Pose
- The Front Lat Spread Pose
- The Side Chest Pose
- The Rear Double Biceps Pose (showing one calf)
- The Rear Lat Spread Pose (showing one calf)
- The Side Triceps Pose
- The Abs and Thigh Pose (both arms overhead)
- The Most Muscular Pose (of your choice)

Round 3:

All competitors will perform a 60 second posing routine following their comparison rounds. NO props or costumes are allowed.

Posing music MUST NOT contain any profanity, sexually explicit or violent lyrics or racially offensive terminology. Such tracks will not be played.