



NBFI
NATURAL BODYBUILDING FEDERATION IRELAND

NBFI FIGURE DIVISION

COMPETITION ATTIRE:

Two-piece Bodybuilding/Figure suit must be in good taste; thongs or T-back bottoms are NOT allowed. The suit may be adorned with rhinestones, sparkles, sequins, etc. for added effect.

High-heeled shoes are required.

Jewellery is permitted; body jewellery (piercing) is allowed, so long as it is not offensive. Other jewellery (earrings, necklace, bracelets) may be worn, but should not obscure the physique or be in poor taste.

Notes:

Figure is a class of competition judged equally on symmetry, tone, and stage presence (correct execution of the mandatory poses and stage walk). Judges will be looking at balance and proportion (e.g., between upper and lower body). Figures should be symmetrically balanced; upper or lower body should not overpower the other; no one-body part should overpower the rest of the physique. Competitors must also show good muscle tone. Leanness and muscle development is expected; however, competitors should NOT exhibit as much conditioning and muscle mass/size or present a physique as is presented in Bodybuilding.

Figure competition suits athletes who are larger framed and more heavily muscled than Bikini athletes, and slightly harder and leaner but without the detail, condition and size of Bodybuilding.

Judging Round 1- Group Comparisons

Posing will be conducted in four quarter turns (1/4) to the right. The head judge will guide competitors through this process.



NBFI
NATURAL BODYBUILDING FEDERATION IRELAND

Front Pose:

- Heels must be together and in line, without either foot ahead of the other.
- Hips **MUST** face the judges and arms must remain to the sides (although they shouldn't touch the sides or be exaggerated spread wide)
- Lats should be open/flared to show a nice V-Taper
- Toes must face the judges, but competitors can angle their toes out Slightly if it helps to accentuate their thigh presentation. The angle of outward extension cannot be excessive with either foot; any exaggeration of this ruling will be corrected by the head judge

Side Pose:

- From the front pose, competitors execute a quarter turn to the right and adjust stance.
- Upper body turned toward judges so the rear shoulder can be seen, but nothing exaggerated
- Hips must face side of the stage
- Eyes must face side of the stage
- Toes must face side of the stage with both feet flat. The feet can be offset only half the distance of the foot (front or back foot offset)
- Long hair should be pushed back behind the front shoulder so it doesn't obscure view
- Front and rear hands should hang freely with palms toward the body



NBFI

NATURAL BODYBUILDING FEDERATION IRELAND

Back Pose:

- From the side pose, competitors execute a quarter turn to the right and face the curtain or rear of the stage.
- Both feet must be together or very close
- Toes cannot be spread wide apart
- Feet cannot be offset to any degree (i.e., one in front of the other)
- Competitors should brush their hair to one side so their back can be seen
- Arms must be at the sides with the hands hanging freely- palms toward the body
- Lats are spread wide to show upper body symmetry

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.



NBFI

NATURAL BODYBUILDING FEDERATION IRELAND

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.

Stage Walk Diagram:

