



# NBFI

NATURAL BODYBUILDING FEDERATION IRELAND

## **NBFI MEN'S PHYSIQUE DIVISION**

### **COMPETITION ATTIRE:**

All competitors will be barefoot and wear shorts. No posing trunks/briefs allowed. The shorts must be "board short" style shorts and be loose fitting around the thighs. Shorts must cover all of the thighs, and at most stop at (but not below) the knee. The waistband of the shorts should rest approximately mid-way between the hips and the navel to cover your hips entirely but not obstruct any muscle groups.

### **Notes:**

This is **NOT** a bodybuilding contest, so muscularity (muscle size and conditioning) does not need to be excessive to do well in the event. In fact, competitors who exhibit a level of muscular development and conditioning equal to that which is required to compete successfully in the open bodybuilding classes may be marked down.

Judges are looking for a lean, fit, athletic physique which is balanced and aesthetically pleasing. Elements such as a pleasing muscle shape, good v-taper (highlighted by relatively wide shoulders and a small waist) and a well-developed mid-section are prominent in the judges' criteria. Physiques should be well balanced, with no body part overpowering another, including a balance between upper and lower body parts.

### **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.

### **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.
- The hips **MUST** evenly face the judges and the arms can remain at the sides or you can place one hand on your hip.
- Lats should be open.
- NOTE: The head-judge may ask the competitor place both feet together.



# NBF I

NATURAL BODYBUILDING FEDERATION IRELAND

## 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 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 stand with feet together or with either leg extended to the rear. However, in any foot position chosen, 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. 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.
- Arms can either be at the sides with the hands hanging freely-palms towards the body or with one hand at the hip.
- Lats open to show upper body symmetry

**NOTE:** 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 TWO VARIATIONS WILL NOT BE PERMITTED.

- The competitor should hit their poses and then 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.
- After the rear pose, the athlete will take a further quarter turn to the right and perform the other side pose.



**NBFI**  
NATURAL BODYBUILDING FEDERATION IRELAND

**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.**



# NBFI

NATURAL BODYBUILDING FEDERATION IRELAND

Stage Walk Diagram:

