

NBFI

NATURAL BODYBUILDING FEDERATION IRELAND

Competitor Rules and Guidelines

Correct as of Jan 2023 and will apply to the 2023 season and until further notice. PLEASE read carefully before directing any queries to us.

Sections:

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- 2 - Amateur/Professional status
- 3 - Drug testing, anti-doping and banned substances.
- 4 - Competition classes
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1 - Memberships –

Membership and entry fees for the season are shown on the entry form for each contest. In short, Association membership is €65. Entry into each division of each contest is €35 (so for example, membership to the NBFBI and entry into one class at one contest is €100). Membership is payable once per season and lasts until the end of that calendar year regardless of when purchased. An athlete who competes in multiple contests will pay membership only once, in time for the first event in which they compete along with their entry fee, and only the division entry fees for subsequent contests. Entries for ALL contests close 14 days before the day of the event, and once submitted memberships and entry fees are non-refundable without exception.

NBFBI membership and entry to NBFBI events are available to all Irish based amateur athletes and to Irish citizens who are currently residing outside Ireland. Guest entries for international athletes are granted for contests which allow international entrants (subject to approval from their own countries governing body if one exists). Each application is reviewed individually and the NBFBI reserve the right to decline membership and/or entry to any individual for any reason without stating said reason and without a right to appeal by the applicant.

Any member of the NBFBI whose conduct is deemed inappropriate, damaging to the association or not within the spirit of sport either in or out of a contest may have their membership withdrawn. THIS INCLUDES CONDUCT ON SOCIAL MEDIA OR OTHER ELECTRONIC COMMUNICATION PLATFORMS.

2 - Amateur/Professional status –

An amateur athlete is defined as one whom is not currently an eligible PNBA Professional/ “Pro Card” holder, (including Professional athletes who are members of other recognised and established sanctioning bodies recognised by then NBFBI who would be eligible for NBFBI/PNBA Professional status if requested). Athletes who hold Pro status in sanctioning bodies not recognised by the NBFBI/PNBA are generally eligible to compete as amateurs and may be entitled to a bye to the National Championship (as they are likely to have met the qualifying standard already) but will be reviewed on a case-by-case basis. Accredited Professional athletes who have either never competed as a Pro or not competed as a Pro for over 2 whole seasons and in either case have chosen to relinquish Professional status are also eligible to return to amateur competition and apply for NBFBI membership.

Amateur members are free to compete with any other sanctioning body they are a member of, without prejudice. Holding NBFBI membership does not limit an athlete to competing exclusively in NBFBI events.

ANY IRISH AMATEUR ATHLETES WHETHER HOLDING NBFBI MEMBERSHIP OR NOT MAY ONLY COMPETE IN CONTESTS HELD BY OTHER INBA GLOBAL AMATEUR AFFILIATES WITH THE APPROVAL OF THE NBFBI, AS THEY ARE DEEMED TO BE REPRESENTING IRELAND IN DOING SO. THEY MUST HAVE

PROVEN THEMSELVES TO REPRESENT THE REQUIRED STANDARD TO COMPETE INTERNATIONALLY IN A PRIOR NBFI CONTEST. EVERY INBA GLOBAL AFFILIATE IS AWARE OF THIS RULING AND SHOULD NOT GRANT YOU ENTRY TO THEIR CONTESTS WITHOUT OUR APPROVAL.

A professional athlete is one who has been either offered and has accepted PNBA Pro status or has obtained NBFI/PNBA Pro membership by way of holding Professional status with a recognised sanctioning body. Once such status is held, the athlete becomes a member of the PNBA and applies/pays for membership directly to the PNBA. A professional athlete does not need to hold NBFI membership any longer but needs to hold valid PNBA membership before being able to compete in any PNBA sanctioned Professional contests promoted by the NBFI.

3 - Drug Testing, Anti-doping and Banned Substances –

The NBFI operates in accordance with the WADA list of prohibited substances and methods. The current list can always be found at

<https://www.wada-ama.org/en/content/what-is-prohibited>

All NBFI members are eligible to be drug tested by one or more methods including urinalysis, blood sampling and approved Lie Detection Technology (with the NBFI reserving the right to test by any other additional legitimate means of testing available without prior notice) either at a NBFI sanctioned event (all of which will feature drug testing by at least one of the aforementioned methods) or “out of competition” at any place they may be for the duration of their membership and for a period of 2 years after their most recent membership has expired. If selected for a test, an athlete has no right of refusal unless in doing so they accept that they will be considered to have tested positive and accept the commensurate penalty for doing so. Athletes aged under the age of 18 or with limited ability to consent will not be tested without the consent and presence of a parent/guardian/appropriate adult of their choosing and the approval of the testing official.

To be eligible to hold NBFI membership and compete in our events, you must be free from the use of all steroids, growth hormones and peptides (categories S0, S1.1 and S2) for a minimum of *seven years* prior to your first competition with the association, all “over the counter” anabolic agents and hormone/metabolic modulators (categories S1.2 & S4) for a minimum of *three years* prior to your first competition with the association and stimulants, diuretics and beta2-agonists (categories S3, S5 & S6) for a minimum of *6 months* prior to your first competition with the association. Narcotics, cannabinoids, and glucocorticoids (categories S7, S8 and S9) are banned “in competition” and athletes are required not to have these substances in their system when competing.

Muscle implants are forbidden, as are blood, gene and cell doping/manipulation and the tampering of samples collected for analysis (prohibited methods M1, M2 & M3).

Any athlete prescribed a substance which appears on the prohibited list by a licensed medical professional for a genuine diagnosed medical condition which cannot reasonably be treated without the use of that substance can apply for a Therapeutic Use Exemption (TUE). Please contact the association directly and the antidoping officer will assess your case and take you through this process if you are eligible.

All NBFJ members MUST ensure they are eligible for membership BEFORE they apply by checking substances, they have ingested against the WADA prohibited list in its current form as shown on the WADA website <https://www.wada-ama.org/en/content/what-is-prohibited>. All members are responsible throughout their membership for ensuring they adhere to the guidelines laid out in the rules of the association, the prohibited list and alter the use of any substances which may subsequently be added to the list.

Any drug test failures will result in disqualification from all events that the failed athlete has competed in during that season and a subsequent ban from NBFJ/INBA/PNBA membership from any period between one year and life (depending on the substance detected). Results will also be shared with any other sport governing body and may render the athlete who has tested positive liable to a ban with them also.

The NBFJ and its officials CANNOT endorse ANY supplement or product for being “safe” to use in competition unless its manufacturing process has been guaranteed to the association. It is the responsibility of the individual to ensure that no ingredients of any product used appear on the banned list, and for the manufacturer to confirm that the product contains nothing but the listed ingredients. If in doubt, don’t use it.

The database at <https://globaldro.com/Home> is a useful resource to check medications and single ingredients to see if they feature on the prohibited list but will **NOT** list most sports supplements as they contain multiple ingredients and often “proprietary blends” that do not indicate their ingredient makeup. If a product that you search for on the database is not found, please do not assume that it is permitted for use.

4 - Competition Classes –

As of the following season, the NBFJ offers the following disciplines and divisions:

Mens Classes,

Teen Bodybuilding (up to and including 19 years of age on the day of the National Championships), **Junior Bodybuilding** (up to and including 23 years of age on the day of the National Championships), **Masters Bodybuilding** (over 40 years of age), **Grandmasters Bodybuilding** (over 50 years of age), **Novice Bodybuilding** (see definition below), **Open Bodybuilding** (in 2-3 height classes depending on entry numbers), **Men’s Physique** (23 & Under, Over 35 and Open Classes) **Classic Physique** (Open Class)

Womens Classes,

Bikini (23 & under, Over 35 and Open divisions), **Figure** (Over 40 and Open division), **Physique** (Open Division), **Bodybuilding** (Open division).

- Proof of age in the form of photographic I.D. **MUST** be shown by all Teen, Junior and Masters Athletes when they register for the first contest they have entered. Failure to produce may result in being asked to compete in a non-age restricted division.
- A **NOVICE** is defined as an athlete who has never won a contest at novice level or above in any **previous** season, or an athlete who has never placed in the top 3 in an Open division in any season. Athletes that have won a national title or competed internationally as a teen or junior are not eligible to compete as Novices. Any exceptions to this ruling will be assessed individually.
- Open Mens Physique, Classic Physique and all Womens divisions (Bodybuilding, Physique, Figure and Bikini) will be split into 2 or more height classes if there are more than 15 entries in that division in a contest.

PLEASE NOTE THAT CROSSOVERS ARE ONLY PERMITTED BETWEEN DISCIPLINES TO HELP ATHLETES ESTABLISH WHICH THEY ARE BEST SUITED TO (I.E. BETWEEN CLASSIC PHYSIQUE AND BODYBUILDING FOR MEN, OR BETWEEN BIKINI/FIGURE/ BODYBUILDING FOR WOMEN).

ENTERING MORE THAN ONE BODYBUILDING OR FIGURE DIVISION IS NOT PERMITTED.

FEMALE ATHLETES CAN ONLY CROSS OVER “ONE DIVISION UP”. I.E. BIKINI TO FIGURE, FIGURE TO PHYSIQUE OR PHYSIQUE TO BODYBUILDING.

5 – On Site Services

The following services will be made available for athletes on site at every one of our events:

- **TANNING.** Although on site tanning is available, you are not obliged to use it if you prefer to take care of your own tan off-site (self-application is not allowed in the venue). Details of the official tanning provider will be sent with your entry confirmation for the event. You will not be allowed to book this service until you have entered the contest, so please do not be disappointed if you leave your entry until the last minute and then find the tanning service is fully booked. It is your responsibility to be organised and prepared.

- PHOTOGRAPHY. There is an official stage photographer at all NBFI events. You will be notified of how to order photo packages in your entry confirmation email.

6 – Athlete “feedback”

Over the last few seasons, a trend has emerged for athletes to approach members of the judging panel to ask for “feedback”, often as if they have just been “pre-programmed” to do so, not even knowing what they are asking for. This section will lay out the basics of the judging process, the role of the judges and guidelines on how to obtain the information you require.

A panel of 3-5 scoring judges sits for each division of the contest. Each judge will rank the top 6 in any qualifier class (top 7 at the finals) in the order in which they feel they should place, based on how they compare to others in the line-up, taking into account the discipline in which they are competing in (e.g. just because a Mens Physique competitor is the biggest or most conditioned in his class, it does not necessarily make them the best according to the criteria of that class as laid out in the section below). Judging is subjective and it is not uncommon for individual judges on a panel to choose a different ranking order to others.

Once a judge has completed their selection, their job is over, and they move on to the next class. Judges are under no obligation to perform a detailed assessment of individual physiques or to clearly remember every athlete who has stepped onstage. NBFI contests have up to 10 different divisions and can feature up to 100 athletes, taking up to 9 hours to judge. It is unreasonable to expect any judge to do anything other than focus on the job at hand and as of the 2021 season it is requested that judges are not approached during contests for “feedback”. All NBFI judges will have it made known to them that they are under no obligation to provide “feedback” to any competitor.

Should a judge choose of their own free will to satisfy your request, please bear in mind that that judge’s opinion counts for 20% of your final score, assuming they even scored the division in which you competed.

Self-assessment is almost always possible. Obtain the official contest pictures, study them and usually your own questions will be answered.

If you require a physique assessment, please approach an experienced professional with your photos to obtain one. Be careful however when selecting a coach and make sure to choose one with a sufficient background in the sport. Avoid inexperienced and uneducated coaches who will tell you whatever you want to hear just to secure your business.

If, however, you wish to challenge a judging decision which you are not happy with, please email nbfibodybuilding@gmail.com within 14 days of the date of the contest you competed in, clearly laying out the basis of your grievance. You will be provided with the scores given to you by each judge on the panel and a summary of the rationale for your placing by one of the head judges for the event. Judging decisions will not be changed or overturned once rendered, except in the case of a subsequent disqualification.

7 – Rules and guidelines for individual disciplines –

PLEASE READ THIS SECTION CAREFULLY. The specifics for each discipline are covered below. It is important that you are familiar with the rules for the division in which you plan to compete, and the responsibility to meet the criteria for your class or to present yourself correctly onstage rests entirely with you.

NBFI BODYBUILDING DIVISION (MALE AND FEMALE)

In both Mens and Womens Bodybuilding, our judges are looking for large, fully developed muscles in everybody part but also assessing the physique for symmetry (side to side), balance (front to back and top to bottom) and shape and proportion of the physique. Ideally, no body part should overpower another and the whole body should be well developed, equally.

It is important for an athlete to have low enough body fat levels so that each muscle group can be viewed individually and the separating lines between each muscle be clearly seen. However, athletes will not be rewarded purely on the basis of extreme conditioning and a superior physique in adequate condition to be viewed clearly will always beat a lesser developed but more extremely conditioned physique.

COMPETITION ATTIRE:

Men must wear bodybuilding posing trunks which are not greater than 50mm (2 inches) wide at the sides and ladies a two-piece posing bikini with a cross over back. The trunks/bikini bottoms must cover at least 1/3 of the buttocks and give complete coverage at the front.

Trunks/suits must be of a plain, single coloured material.

Shoes and jewellery (other than stud earrings or wedding/engagement/eternity rings) cannot be worn.

PLEASE NOTE. INSTANT TANS SUCH AS DREAM TAN, PANATTA AND ANY SIMILAR PRODUCTS WHICH ARE OIL BASED AND DO NOT DRY ONTO THE SKIN ARE NO LONGER ALLOWED. ANY TYPE OF TAN WHICH CAN BE SPRAYED/PAINTED ON AND DRIES COMPLETELY IS FINE, AND OIL/GLAZE MAY BE USED OVER THE TOP OF THIS. APPLICATION OF ANY TYPE OF SKIN COLOURING IS NOT ALLOWED IN CONTEST VENUES OTHER THAN BY THE ON-SITE TANNING SERVICE. OIL AND GLAZE MAY BE APPLIED BACKSTAGE. ATHLETES FOUND BREACHING THIS RULE WILL BE DISQUALIFIED FROM THEIR EVENT AND THEIR MEMBERSHIP OF THE NBFI WITHDRAWN.

NBFI BODYBUILDING POSES:

Quarter turns:

- Front semi-relaxed. Feet must be flat to the stage and inside shoulder width apart. Hands not to be raised above hip height to ensure that arms are not spread excessively. Athlete must look straight ahead.

- Side semi-relaxed (will be performed from both sides). Feet must be flat to the stage and kept together with the hips facing straight ahead. The athlete must look in the same direction

that their hips are facing and not look at the judges. The upper body can be slightly twisted towards the judges.

- Rear semi-relaxed. Feet must be flat to the stage and inside shoulder width apart. Hands not to be raised above hip height to ensure that arms are not spread excessively. Athlete must look straight ahead and not turn their head back towards the judges.

Mandatory Poses:

- Front double biceps pose

- Front lat spread pose

- Side chest pose

- Rear double biceps pose (showing one calf)

- Rear lat spread pose (showing one calf)

- Side triceps pose (both hands behind the back)

- Abdominals and thigh pose (both arms overhead, flexing down on the abdominals and NOT performing a “vacuum”)

-Most muscular pose (of your choice)

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.

Posing music must be submitted to the contest promoter via email at least 1 week before the contest by email to nbfibodybuilding@gmail.com. This needs to be in MP3 format. The first minute will be played, but we advise you leave your file longer than this so that we can fade it out for you instead of it stopping suddenly.

NBFI CLASSIC PHYSIQUE DIVISION

The classic physique division is aimed at male competitors who have a very aesthetic physique. Generally, good symmetry and balance will be scored heavily while looking for an athletic level of muscularity with low body fat levels. However, the targeted look is a little less extreme than in Men's Open Bodybuilding in terms of both muscular size and conditioning.

COMPETITION ATTIRE:

Competitors are required to wear "classic physique" trunks which must be plain black in colour and be a minimum of four (4) inches wide at the sides and be tight fitting. They **MUST** cover the whole of the gluteus and must not show the name or logo of any sanctioning body other than the INBA/PNBA or one of its affiliates.

"Normal" bodybuilding posing trunks and loose-fitting shorts must **not** be worn.

PLEASE NOTE. INSTANT TANS SUCH AS DREAM TAN, PANATTA AND ANY SIMILAR PRODUCTS WHICH ARE OIL BASED AND DO NOT DRY ONTO THE SKIN ARE NO LONGER ALLOWED. ANY TYPE OF TAN WHICH CAN BE SPRAYED/PAINTED ON AND DRIES COMPLETELY IS FINE, AND OIL/GLAZE MAY BE USED OVER THE TOP OF THIS. APPLICATION OF ANY TYPE OF SKIN COLOURING IS NOT ALLOWED IN CONTEST VENUES OTHER THAN BY THE ON-SITE TANNING SERVICE IF ONE IS PRESENT. OIL AND GLAZE MAY BE APPLIED BACKSTAGE. ATHLETES FOUND BREACHING THIS RULE WILL BE DISQUALIFIED FROM THEIR EVENT AND THEIR MEMBERSHIP WITHDRAWN.

A SPRAY TANNING SERVICE IS AVAILABLE AT ALL OF OUR EVENTS, ALTHOUGH YOU ARE NOT OBLIGED TO USE IT. DETAILS WILL BE SENT WITH YOUR ENTRY CONFIRMATION AND THE TANNERS WILL NOT ACCEPT A BOOKING FROM YOU UNTIL YOU HAVE ENTERED THE EVENT.

CLASSIC PHYSIQUE POSES:

Quarter turns:

-Front semi relaxed. Feet must be flat to the stage and inside shoulder width apart. Hands not be raised above hip height to ensure that arms are not spread excessively. Athlete must look straight ahead.

-Side semi relaxed (will be performed from both sides). Feet must be flat to the stage and kept together with the hips facing straight ahead. The athlete must look in the same direction that their hips are facing and not look at the judges. The upper body can be slightly twisted towards the judges.

-Rear semi relaxed. Feet must be flat to the stage and inside shoulder width apart. Hands not be raised above hip height to ensure that arms are not spread excessively. Athlete must look straight ahead and not turn their head back towards the judges.

Mandatory Poses:

-Front double biceps pose

-Front lat spread pose

-Side chest pose

-Rear double biceps pose (showing one calf)

-Rear lat spread pose (showing one calf)

-Side triceps pose (both hands behind the back)

-Abdominals and thigh pose (both arms overhead, flexing down on the abdominals and NOT performing a “vacuum”)

-CLASSIC PHYSIQUE POSE of the athlete’s choice. “Crab”, “hands on hips” and “hands clasped” most muscular poses are not permitted.

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

Posing music must be submitted to the contest promoter via email at least 1 week before the contest by email to nfbibodybuilding@gmail.com . This needs to be in MP3 format. The first minute will be played, but we advise you leave your file longer than this so that we can fade it out for you instead of it stopping suddenly.

NBFI MENS PHYSIQUE DIVISION

Mens Physique is a division aimed at male competitors who are less heavily muscled and detailed than those in the bodybuilding divisions. The focus in the criteria of this division is the aesthetic appeal of the physique and relatively wide shoulders and a narrow waist with prominent abdominal development. Generally, good symmetry and balance will be scored heavily while looking for an athletic level of muscularity with low body fat levels without the level of muscle detail displayed in bodybuilding. Athletes who exhibit the levels of muscular development and conditioning which would be rewarded in a Mens bodybuilding division are likely to be scored lower than athletes who have the correct level of development and conditioning for Mens Physique.

COMPETITION ATTIRE:

All competitors must wear knee length shorts which are loose fitting around the thighs. The shorts can be of a colour of the athletes' choice and may have a pattern if that pattern or design is not inappropriate for public display.

Shoes, jewellery, and props are not permitted.

PLEASE NOTE. INSTANT TANS SUCH AS DREAM TAN, PANATTA AND ANY SIMILAR PRODUCTS WHICH ARE OIL BASED AND DO NOT DRY ONTO THE SKIN ARE NO LONGER ALLOWED. ANY TYPE OF TAN WHICH CAN BE SPRAYED/PAINTED ON AND DRIES COMPLETELY IS FINE, AND OIL/GLAZE MAY BE USED OVER THE TOP OF THIS. APPLICATION OF ANY TYPE OF SKIN COLOURING IS NOT ALLOWED IN CONTEST VENUES OTHER THAN BY THE ON-SITE TANNING SERVICE IF ONE IS PRESENT. OIL AND GLAZE MAY BE APPLIED BACKSTAGE. ATHLETES FOUND BREACHING THIS RULE WILL BE DISQUALIFIED FROM THEIR EVENT AND THEIR MEMBERSHIP OF THE NBFI WITHDRAWN.

A SPRAY TANNING SERVICE IS AVAILABLE AT ALL OF OUR EVENTS, ALTHOUGH YOU ARE NOT OBLIGED TO USE IT. DETAILS WILL BE SENT WITH YOUR ENTRY CONFIRMATION AND THE TANNERS WILL NOT ACCEPT A BOOKING FROM YOU UNTIL YOU HAVE ENTERED THE EVENT.

NBFIMENS PHYSIQUE POSES:

1 – Front semi-relaxed. Athletes will face the judges. One hand on their hip and the other at their side with the hand no higher than waist height. One leg can be extended out and slightly forwards.

2 – Front double bicep pose.

3 – Quarter turn to the right. Left side will now be closest to the judges with the left hand on the hip and the right arm extended down across the line of the body with the hand open. The right leg (furthest away from the judges) will be extended backwards. Athletes may turn their head to look towards the judges.

4 – Rear semi-relaxed. Athletes will face away from the judges with one hand on their hip and the other at their side with the hand no higher than waist height. One leg can be extended out and slightly backwards.

5 – Rear double bicep pose.

6 - Quarter turn to the right. Right side will now be closest to the judges with the right hand on the hip and the left arm extended down across the line of the body with the hand open. The left leg (furthest away from the judges) will be extended backwards.

7 – Abdominal pose. Both hands behind head. Both feet level and no more than shoulder width apart.

ALL COMPETITORS WILL PERFORM A STAGE WALK AFTER THEIR COMPARISONS:

EACH POSE SHOULD BE EXECUTED (START TO FINISH) FOR NO MORE THAN 3 SECONDS AND THE COMPLETE STAGE WALK SHOULD LAST NO LONGER THAN 40 SECONDS FROM STAGE ENTRY TO EXIT. Athletes deviating from the mandatory poses, deviating from the correct stage walk pattern or taking excessive time onstage will be penalised.

Athletes will execute the mandatory poses at the locations specified below (also please refer to supplied diagram):

1 - Rear Centre stage. Front semi-relaxed pose.

2 - Front Centre stage. All 7 mandatory poses in order, finishing with the abdominal pose before leaving the stage.

A diagram of the correct Stage Walk Pattern is available to view under Judging Criteria from our website www.nbfi.ie

NBFI BIKINI DIVISION

The Womens Bikini division is aimed at female competitors who appear trained and athletic, but without muscular detail, separation and vascularity and whose level of muscle size is lower than those which would be rewarded in our other competition disciplines. Athletes displaying levels of muscularity (muscle size and/or conditioning) that are more appropriate for Figure, Physique or Bodybuilding divisions are likely to be marked lower than athletes who display the correct levels of muscularity for Bikini.

Along with the correct level of muscularity, Bikini athletes will be rewarded for an even balance of development throughout the body and an aesthetic overall shape.

COMPETITION ATTIRE:

- A two-piece bikini/posing suit with a top that fastens at the back, as opposed to the crossover type fastening. The bikini may be of the colour and design of the athlete's choice, but the bottoms MUST cover at least 1/3 of the buttocks and give complete coverage at the front.
- High heeled shoes with a platform/sole depth of no more than 25mm (1 inch) and heel height of no more than 130mm (5 inches).
- The wearing of jewellery is permitted.

PLEASE NOTE. INSTANT TANS SUCH AS DREAM TAN, PANATTA AND ANY SIMILAR PRODUCTS WHICH ARE OIL BASED AND DO NOT DRY ONTO THE SKIN ARE NO LONGER ALLOWED. ANY TYPE OF TAN WHICH CAN BE SPRAYED/PAINTED ON AND DRIES COMPLETELY IS FINE, AND OIL/GLAZE MAY BE USED OVER THE TOP OF THIS. APPLICATION OF ANY TYPE OF SKIN COLOURING IS NOT ALLOWED IN CONTEST VENUES OTHER THAN BY THE ON-SITE TANNING SERVICE IF ONE IS PRESENT. OIL AND GLAZE MAY BE APPLIED BACKSTAGE. ATHLETES FOUND BREACHING THIS RULE WILL BE DISQUALIFIED FROM THEIR EVENT AND THEIR NBFI MEMBERSHIP WITHDRAWN.

NBFI BIKINI POSES:

1 – Front pose. Athletes will face the judges. One hand on their hip and the other at their side with the hand no higher than waist height. One leg can be extended out and slightly forwards. Long hair must be brushed aside so that it does not cover the physique.

2 – Quarter turn to the right. Left side will now be closest to the judges with the right hand on the hip and the left hand at the side and no higher than waist height. The left leg (closest to judges) slightly bent with the heel raised and the right leg straight with the heel in contact with the stage. Athletes may turn to look at the judges. Long hair must be brushed aside so that it does not cover the physique.

3 - Rear pose. Athletes will face away from the judges. One hand on their hip and the other at their side with the hand no higher than waist height. One leg can be extended out and slightly backwards. Long hair must be brushed aside so that it does not cover the physique. **NO BENDING FORWARDS AT THE WAIST IS PERMITTED.**

4 - Quarter turn to the right. Right side will now be closest to the judges with the left hand on the hip and the right hand at the side and no higher than waist height. The right leg (closest to judges) slightly bent with the heel raised and the left leg straight with the heel in contact with the stage. Athletes may turn to look at the judges. Long hair must be brushed aside so that it does not cover the physique.

ALL COMPETITORS WILL PERFORM A STAGE WALK AFTER THEIR COMPARISONS:

EACH POSE SHOULD BE EXECUTED (START TO FINISH) FOR NO MORE THAN 3 SECONDS AND THE COMPLETE STAGE WALK SHOULD LAST NO LONGER THAN 30 SECONDS FROM STAGE ENTRY TO EXIT. Athletes deviating from the mandatory poses, deviating from the correct stage walk pattern or taking excessive time onstage will be penalised.

Athletes will execute the mandatory poses at the locations specified below (also please refer to supplied diagram):

1 - Rear Centre stage. Front pose.

2 - Front Centre stage. All 4 mandatory poses in order, finishing with the front pose before leaving the stage.

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.

A diagram of the correct Stage Walk Pattern is available to view under Judging Criteria from our website www.nbfi.ie

NBFI FIGURE DIVISION.

The Womens Figure division is aimed at female athletes who are larger framed and more heavily muscled than Bikini athletes, and slightly harder and leaner but without excessive muscle detail and striations. Athletes should not be as heavily muscled as a bodybuilding competitor. The “V taper” is more significant in this class and athletes will be rewarded for having wider shoulders and a narrow waist.

COMPETITION ATTIRE:

- A two-piece bikini/posing suit with a cross over back which fastens at the back of the neck. This can be any colour or design of the athlete’s choice, but the bottoms of the bikini/suit must cover at least 1/3 of the buttocks and give complete coverage at the front.
- High heeled shoes with a platform/sole depth of no more than 25mm (1 inch) and heel height of no more than 130mm (5 inches).
- The wearing of jewellery is permitted.

PLEASE NOTE. INSTANT TANS SUCH AS DREAM TAN, PANATTA AND ANY SIMILAR PRODUCTS WHICH ARE OIL BASED AND DO NOT DRY ONTO THE SKIN ARE NO LONGER ALLOWED. ANY TYPE OF TAN WHICH CAN BE SPRAYED/PAINTED ON AND DRIES COMPLETELY IS FINE, AND OIL/GLAZE MAY BE USED OVER THE TOP OF THIS. APPLICATION OF ANY TYPE OF SKIN COLOURING IS NOT ALLOWED IN CONTEST VENUES OTHER THAN BY THE ON-SITE TANNING SERVICE IF ONE IS PRESENT. OIL AND GLAZE MAY BE APPLIED BACKSTAGE. ATHLETES FOUND BREACHING THIS RULE WILL BE DISQUALIFIED FROM THEIR EVENT AND THEIR NBFI MEMBERSHIP WITHDRAWN.

NBFI FIGURE POSES:

- 1- Front pose. Facing the judges with heels together and level with each other. Lats should be flared to show full width and taper. Arms not excessively spread from the sides and hands not clenched into a fist with palms facing in towards the body.
- 2- Quarter turn to the right. Left side will now be closest to the judges. Heels together and hips and feet facing the side of the stage. Upper body to be turned slightly towards the judges so that the shoulder furthest away can be seen. Athletes are to face the same direction as their hips and feet and should not turn to look at the judges.

3- Rear pose. Facing away from the judges with heels together and level with each other. Lats should be flared to show full width and taper. Arms not excessively spread from the sides and hands not clenched into a fist with palms facing in towards the body.

4- Quarter turn to right. Right side will now be closest to the judges. Heels together and hips and feet facing the side of the stage. Upper body to be turned slightly towards the judges so that the shoulder furthest away can be seen. Athletes are to face the same direction as their hips and feet and should not turn to look at the judges.

ALL COMPETITORS WILL PERFORM A STAGE WALK AFTER THEIR COMPARISONS:

EACH POSE SHOULD BE EXECUTED (START TO FINISH) FOR NO MORE THAN 3 SECONDS AND THE COMPLETE STAGE WALK SHOULD LAST NO LONGER THAN 30 SECONDS FROM STAGE ENTRY TO EXIT. Athletes deviating from the mandatory poses, deviating from the correct stage walk pattern or taking excessive time onstage will be penalised.

Athletes will execute the mandatory poses at the locations specified below (also please refer to supplied diagram):

1 - Rear Centre stage. Front pose.

2 - Front Centre stage. All 4 mandatory poses in order, finishing with another front pose before leaving the stage.

A diagram of the correct Stage Walk Pattern is available to view under Judging Criteria from our website www.nbfi.ie

NBFI WOMENS PHYSIQUE DIVISION.

The Womens Physique division is aimed at female competitors who exhibit a similar or slightly greater level of muscular development than Figure competitors but with harder condition and more detail, similar to that which is deemed ideal in Womens Bodybuilding. This division is best suited to those with a more “trained” look but without the muscular size needed to excel in Womens Bodybuilding.

COMPETITION ATTIRE:

- A two-piece bikini/posing suit with a cross over back which fastens at the back of the neck. This can be any colour or design of the athlete’s choice but the bottoms of the bikini/suit must cover at least 1/3 of the buttocks and give complete coverage at the front.
- High heeled shoes with a platform/sole depth of no more than 25mm (1 inch) and heel height of no more than 130mm (5 inches) to be worn for group comparisons but removed for the free posing routine.
- The wearing of jewellery is permitted.

PLEASE NOTE. INSTANT TANS SUCH AS DREAM TAN, PANATTA AND ANY SIMILAR PRODUCTS WHICH ARE OIL BASED AND DO NOT DRY ONTO THE SKIN ARE NO LONGER ALLOWED. ANY TYPE OF TAN WHICH CAN BE SPRAYED/PAINTED ON AND DRIES COMPLETELY IS FINE, AND OIL/GLAZE MAY BE USED OVER THE TOP OF THIS. APPLICATION OF ANY TYPE OF SKIN COLOURING IS NOT ALLOWED IN CONTEST VENUES OTHER THAN BY THE ON-SITE TANNING SERVICE IF ONE IS PRESENT. OIL AND GLAZE MAY BE APPLIED BACKSTAGE. ATHLETES FOUND BREACHING THIS RULE WILL BE DISQUALIFIED FROM THEIR EVENT AND THEIR NBFI MEMBERSHIP WITHDRAWN.

HAIR AND MAKEUP SERVICES ARE NOT PROVIDED AT ANY EVENT. YOUR FACE AND HAIR ARE NOT BEING JUDGED.

UKDFBA WOMENS PHYSIQUE POSES:

Quarter turns:

- Front semi-relaxed. Heels must be in contact with the stage and inside shoulder width apart. Hands not to be raised above hip height to ensure that arms are not spread excessively. Athlete must look straight ahead.
- Side semi-relaxed (will be performed from both sides). Heels must be in contact with the stage and kept together with the hips facing straight ahead. The athlete must look in the same direction that their hips are facing and not look at the judges. The upper body can be slightly twisted towards the judges.
- Rear semi-relaxed. Heels must be in contact with the stage and inside shoulder width apart. Hands not to be raised above hip height to ensure that arms are not spread excessively. Athlete must look straight ahead and not turn their head back towards the judges.

Mandatory Poses:

- Front double biceps pose with hands open
- Side chest pose with hands open
- Rear double biceps pose with hands open (showing one calf)
- Side triceps pose (both hands behind the back)
- Abdominals and thigh pose (both arms overhead, flexing down on the abdominals and NOT performing a “vacuum”)

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

CONCLUSION

Any queries NOT answered in this document are to be directed via email to

nfibodybuilding@gmail.com