

## **Rules for the figure division**

### **General information**

- The starting numbers are placed on the right side in the front and on the left side in the back on the posing bottoms
- The competition consists of prejudging, finals and the overall

### **Judging criteria**

- Symmetric development of individual muscle groups
- Visible muscle separation and muscle tone
- Beauty and femininity: make up, hair, nails, etc.
- Appearance and presentation: walk, posing, posture, charisma, personality
- The overall package is important

### **Suit**

- Athletes have to wear a one-piece bikini
- Athletes have a free choice on color and rhinestones
- Swim suits are not permitted
- Bracelets, rings and earrings are permitted for the emphasis of femininity. Jewelry is not allowed to be distracting.
- Necklaces are not permitted.
- Hair accessories are not permitted.
- Shoes have to be clear but can vary in design. The maximal heel height is not allowed to be bigger than 15cm.
- The bikini has to be clean and free of tanning products

### **Behavior**

- Athletes have to follow the jury's posing instructions
- Bumping and pushing other competitors on stage is strictly prohibited. Any kind of physical or vocal conflicts can lead to a disqualification. Companionable and with sportsmanship driven posing with other competitors is permitted.

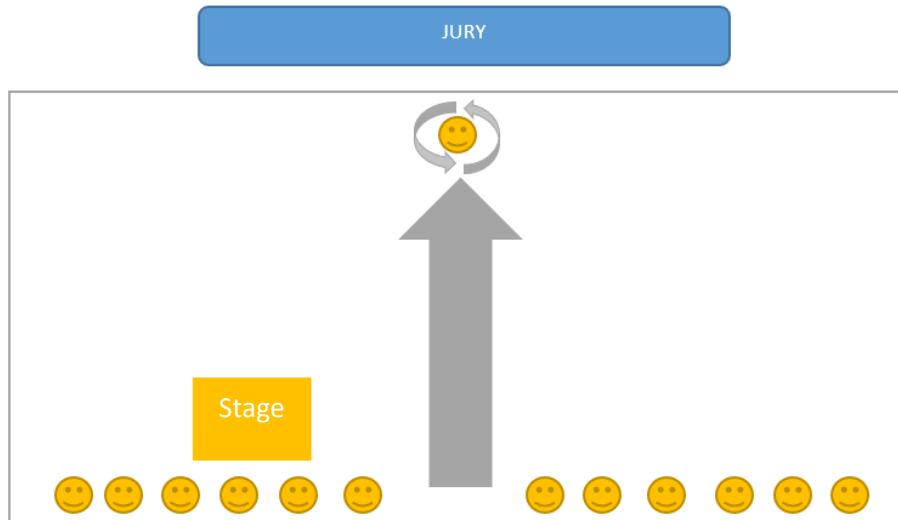
### **Prejudging**

- The jury evaluates the athletes during the comparisons of front, side and back poses
- All athletes enter the stage together and hit a front pose facing the jury. Upon request by the jury athletes will be asked to do quarter turns.
- Front pose:
  - Facing the jury.
  - Feet and legs together
  - Heels are touching and toes slightly apart
  - Knees can be slightly bent and legs should be flexed
  - Belly button pulling in and flexing the abs

- Arms should be slightly bent at the elbows and slightly away from the body
- Lat spread and flexed
- Chest and chin should to be lifted high
- Wrist and fingers should look relaxed, not clenched
- Side pose:
  - Free choice if front facing or the rear facing leg slightly ahead of the other
  - Extending the spine and bending at the hips
  - Abs flexed
  - Front arm to the rear and back arm to the front of the body
  - Arms relaxed from the elbow down including the hands
  - Head should be held up and facing to the side of the stage
- Back pose:
  - Feet and legs together
  - Hamstrings and glutes keeping tight, but not squeezed
  - Glutes should be slightly pushed out and upward by bending over slightly at the hips
  - Entire back incl. lats flexed
  - Shoulders should be flexed and extended to the sides
  - Arms should be slightly bent at the elbows and slightly away from the body
  - Long hair has to be moved so that the back can be seen
  - Purposely bending over is strictly prohibited
- Arms are never allowed to be exaggeratedly spread.
- The line of vision has to be aligned with the foot positioning.
- The jury is allowed to call out comparisons.
- The jury is allowed to call out athletes to correct poses.

## **Routine**

- The individual routine is part of the prejudging and takes place after comparisons
- The jury calls out the athletes in numerical order to let them perform their individual routine
- The maximal duration of the individual routine can't exceed 30 seconds per athlete. After that the jury is allowed to stop the routine and call out the next athlete.
- The music will be provided by the WNBF Germany
- The athletes are allowed to choose poses in her individual routine in accordance to the WNBF rules in order to accentuate their physique to their best.
- Every athlete performs an I-Walk style routine according to the following picture:



### Finals

- After prejudging lists will be hung up for the Top 5 finalists in each category.
- The finalists enter the stage together and hit a front pose facing the jury. Upon request by the jury athletes could be asked to do quarter turns.
- The rules for finals are the same as for prejudging.
- Athletes are not performing their routines in the finals again.
- Awards ceremony will take place.

### Overall

- Every first-place winner of the figure classes is competing against each other in the overall.
- Upon request by the jury athletes will be asked to do quarter turns (front, side & back pose)
- In the so called posedown athletes can place themselves in directly in front of the jury. In a duration of 60 seconds music will be played where the athletes can choose their poses to accentuate their physique to their best and aim for the jury's attention.
- After the posedown the overall figure winner will be announced. The winner gets rewarded with the WNBFF Figure Pro Card.