



World Natural Body Building

Season 2019



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WNBB SPORT REGULATIONS



SUMMARY	
<u>TITLE I : GENERAL REGULATIONS</u>	2
Preamble	
Article 1 : Affiliation	2
Article 2 : Participation	2
Article 3 : Disciplines and categories	3
Article 4 : The championships	4
Article 5 : The competition college, judges	5
Article 6 : Weighing and measurements	6
Article 7 : Stage outfit - tan - music	6
Article 8 : Anti-doping policy	7
<u>TITLE II : BODYBUILDING</u>	8
Article 1 : Criteria for judgment	8
Article 2 : The posing	8
Article 3 : Running of the bodybuilding competition	11
<u>TITLE II bis :BODYBUILDING TRAINED FIGURES</u>	12
Article 1 : Criteria for judgment	12
Article 2 : The posing	12
Article 3 : Running of the bodybuilding competition	14
<u>TITLE III : BODY MOVE</u>	16
Article 1 : Criteria for judgment	16
Article 2 : The posing	16
Article 3 : Running of the Body Move Competition	18
<u>TITLE IV : ATHLETIC MODELS</u>	20
Article 1 : Criteria for judgment	20
Article 2 : First passage	20
Article 3 : Second passage	21
<u>TITLE V : BIKINI FITNESS</u>	
Article 1 : Criteria for judgment	20
Article 2 : First passage	20
Article 3 : Second passage	21
<u>TITLE VI : MENS PHYSIQUES</u>	
Article 1 : Criteria for judgment	20
Article 2 : First passage	20
Article 3 : Second passage	21
<u>TITLE VII : COUPLES</u>	
Article 1 : Criteria for judgment	20
Article 2 : Chorégraphie	20
<u>TITLE V : EXAMPLE OF ORGANIZATION OF THE PASSAGES</u>	22
<u>TITLE VI : CLASSIFICATION BY NATIONS</u>	24



TITLE I : GENERAL REGULATIONS

PREAMBLE :

Members of the WNBB are national federations or associations (up to one per country) that have applied to the WNBB Board of Directors.

ARTICLE 1 : AFFILIATION

Any delegation wishing to participate in an official WNBB competition must be recognized by the WNBB and up to date with their affiliation.

ARTICLE 2 : PARTICIPATION

Athletes must hold a "competition" license in their country of affiliation, valid for the current season, in accordance with the regulations of their country of origin and officially registered by their federation.

Only the national affiliated federation is able to engage its athletes in the manner specified in the appendix.

2

If a country does not have an affiliated federation, athletes and associations can apply directly to the WNBB to compete and represent their country.

ARTICLE 2bis: LA HBNFA. HEALTHY BODYBUILDING AND NATURAL FITNESS ASSOCIATION

Athletes who do not have representation by a delegation from their country will be grouped into the HBNFA which is a branch of the WNBB created for this purpose.



ARTICLE 3 : DISCIPLINES and CATEGORIES

1 - CATEGORIES OF AGE BY DISCIPLINES:

It is the date on weighing day that determines the athlete's category.

The categories are:

Discipline	Denomination	Genre	Ages	
BODYBUILDING	JUNIORS	Men & Women	18 to 20	It is the date on weighing day that determines the athlete's category.
	HOPEES	Men & Women	21 to 25	
	SENIORS	Men & Women	26 to 39	
	MASTERS I	Men	40 to 49	
		Women	45 and over	
	MASTERS II	Men	50 to 59	
	MASTERS III	Men	60 and over	
	SENIOR TRAINED FIGURES	Women	18 to 44	
MASTER TRAINED FIGURES	45 and over			
BODY-MOVE	BODY-MOVE	Men & Women	18 and over	
MISS & MISTER ATHLETIQUE	MISS & MISTER ATHLETIQUE	Men & Women	18 and over	
BIKINI FITNESS	BIKINI FITNESS	Women	18 and over	
MENS PHYSIQUE	MENS PHYSIQUE	Men	18 and over	
COUPLES	COUPLES	1 Man & 1 Woman	18 and over	

Delegations must respect these categories.



2 - CATEGORIES OF WEIGHT AND SIZES BY DISCIPLINE :

Disciplines	Dénomination	Men	Women
BODYBUILDING	JUNIORS	-75kg / +75kg	Only one categorie
	HOPES	-75kg/+75kg	Only one categorie
	SENIORS	-65kg / -70kg / -75kg / -80kg / -85kg /+85kg	-52kg / +52kg
	MASTERS I	-75kg / +75kg	- 52kg / + 52kg
	MASTERS II	-75kg / +75kg	-
	MASTERS III	Only one categorie	-
	COUPLE	Man and woman, Both athletes must come from the same country and the same discipline.	
	SENIOR TRAINED FIGURES	-	-163cm / + 163cm
	MASTER TRAINED FIGURES	-	-163cm / + 163cm
BODY MOVE	BODY MOVE	Only one categorie	Only one categorie
ATHLETIQUE	ATHLETIQUE	-175/+175	-163cm/+163cm
BIKINI FITNESS	BIKINI FITNESS	-	- 163cm / + 163cm
MENS PHYSIQUE	MENS PHYSIQUE	175cm/+175cm	-
COUPLES	COUPLES	-	-

4

The « couple » athletes must :

- participate individually in one of the disciplines bodybuilding or body move
- be from the same delegation.

ARTICLE 4 : THE CHAMPIONSHIPS

1 - GRANDS PRIX

Each Member of the WNBB may organize, after prior approval, a major international or continental or geographical prize provided that they comply with WNBB's current regulations and anti-doping policy.

The date and venue of the competition must be set after a vote of the Steering Committee at the WNBB World Championships one year before the scheduled deadline.

The number of athletes per country, discipline, and category is defined by the organizer.

Anti-doping controls are compulsorily requested from the competent authorities and left to their free decision.



2 - CONTINENTAL CHAMPIONSHIPS

Each WNBB Member of a continent may, after prior agreement, hold a continental championship provided that they comply with WNBB's current regulations and anti-doping policy. There can be only one continental competition per continent and per sporting season.

The date and venue of the competition must be set after a vote of the Steering Committee at the WNBB World Championships 2 years ahead of schedule

Each athlete is registered by his home Federation 2 weeks before the date of the competition, and after having been selected by his National Federation in accordance with the WNBB regulation in force

Example of Continental Championships: European Championship, African Championship, North American Championship ...

Each country can select 3 athletes in each category of the different disciplines.

Anti-doping controls are compulsorily requested from the competent authorities and left to their free decision.

3 - WORLD CHAMPIONSHIPS:

The World Championships are open to all WNBB member countries and can only be held once a year.

The date and venue of the competition must be set after the vote of the Steering Committee at the WNBB World Championships 2 years ahead of schedule.

Each athlete is registered by his home Federation 2 weeks before the date of the competition, and after having been selected by his National Federation in accordance with the WNBB regulation in force

4 - CHAMPIONSHIPS by COUNTRY:

All WNBB affiliated countries participating in a Continental Championship or World Championships are automatically engaged in this challenge.

This championship makes it possible to award the title of Continental Champion (example European Champion) or of the World to the country which marks the most point by discipline. A title will be awarded in :

Bodybuilding

Body Move

Athletic Models

Men physique/Bikini Fitness

Award of points:

(in appendix)



ARTICLE 5 : COLLEGE OF COMPETITION, JUDGES :

1) College of compétition :

For each competition, a competition college must be constituted or validated by the head of the WNBB Arbitration Commission.

For the Grands Prix, the competition college will be composed of the President of the WNBB (or his representative), the President of the organizing Federation where the competition (or his representative) is located, the head of the national judges of the organizing country (or his representative) , the head of the table, the secretary of the competition and a federal technical officer officiating as jury and mediator

For the Continental Championships, the competition college will be composed of the President of the WNBB (or his representative), the President of the organizing Federation where the competition (or his representative), the head of the national judges of the organizing country (or his representative), the head of the International Judges (or his representative), the head of the table, the secretary of the competition and a federal technical official officiating as jury and mediator.

For the World Championships, the competition will be composed of the President of the WNBB (or his representative), the President of the organizing Federation where the competition (or his representative) is located, the head of the national judges of the host country (or his representative), the head of the international judges (or his representative), the head of the table, the secretary of the competition and a federal technical officer officiating as jury and mediator.

6

2) Judges :

Can be judge WNBB, any judge officiating at the national level in his country of origin and proposed by his delegation. The judges, officially appointed, must be fired in their country and participate in pre-competition technical training organized by the WNBB to be able to officiate at official competitions (except grand prix)

Grand Prize: 5 judges minimum without necessarily limited number of judges per nation represented.

Continental Competitions: 5 judges minimum (maximum 7) and no more than one judge per delegation may officiate at a time. A delegation must bring 2 judges to ensure correct rotation of judges

World Competitions: 7 judges. The judges' table is composed of one judge per delegation to arbitrate. A delegation must bring 2 judges to ensure correct rotation of the judges.

ARTICLE 6 : WEIGHTING AND MEASUREMENT:

It will be of a duration of 2:00 under the responsibility of the College of Competition. The weighing / measuring takes place the day before the competition.

The delegations will have to present themselves **at the beginning of the weighing / measurement according to the drawing of lots by Country.**



If an athlete is above or below the weight of his category, he may re-present himself as many times as he wishes between each delegation.

The weighing is done in scene dress obligatorily for all the disciplines requiring a weighing (weighing naked prohibited)

The size will be in jersey / shorts / boxer and barefoot for all disciplines requiring a measure to allow verification of the competition attire.

ARTICLE 7 : STAGE OUTFIT JEWELRY - TAN – MUSIC :

At all levels of competition, regulatory stage outfits are imposed (see specific regulations by discipline). The tan should be well distributed (body and face), hair removal or body shaving is mandatory, the bib number must necessarily be left at the waist regardless of discipline and dress.

N.B Any breach will automatically result in disqualification of the athlete if no remediation is possible.

1) Stage outfit

WOMEN : see specific regulation by discipline

MEN : see specific regulation by discipline

The stage outfit is checked at weighing. Any changes occurring after the weigh-in, except in cases of force majeure will result in the disqualification of the athlete.

2) Jewelry :

- In bodybuilding women and men: no jewel except for wedding ring
- In trained figure: jewelry, piercings (provided you respect good morals) are authorized but not excessively
- In Body Move women and men: no jewel except alliance
- Athletic Models women and men: jewelry, piercings (provided you respect good morals) are authorized but not excessive
- In Miss Bikini: jewelry, piercings (provided you respect good morals) are authorized but not excessively
- In Mens Physique: jewelry, piercings (provided you respect good morals) are authorized but not excessively
- Couples: jewel, piercings (provided you respect good morals) are authorized but not excessive.

3) Music :

Each athlete must send during registration / commitment to the competition, his music in MP3 format and **bring his music** recorded on a USB key for security. It only includes this music and no other file. The music is calibrated at the time of free posing (duration: see specific regulations of the event concerned). Any failure (presence of other music or other documents) will necessarily result in the cancellation of the chosen music and another music chosen randomly will be replaced

In case of failure of the musical support, a music will be imposed and chosen randomly.



4) Tan :

For all disciplines and all categories, **the tan used must be dry to the touch when going on stage**, and not be likely to stain by contact. **(Oil, greasy substances and glitter are prohibited)**.

It is advisable to present the tan during the weighing to have it checked by the head of the judges.

ARTICLE 8 : ANTI-DOPING POLICY:

Anti-doping controls are carried out by the organization recognized locally by WADA either at the request of the local sports ministry, or at the request of the WNBB, or at the request of the organizing federation in accordance with the regulations in force.

An application for control is made to the competent organization and left to its free decision.

In accordance with the provisions in force, the doping controls are made during the competition.

Chosen athletes, must present themselves with their identity card to the control authorities with a representative of his country.

Athletes who refuse to take the tests will be considered positive and will have to go before the disciplinary commission to justify themselves (see disciplinary regulations).

Any positive controlled athlete will be sanctioned after being heard by the Disciplinary Commission (see disciplinary Regulations)



TITLE II : BODYBUILDING

Criteria for judging and running of competitions

(See specific appendix)

ARTICLE 1 : CRITERIA FOR JUDGING (see specific appendix)

The judgment is based on the observation of harmonious muscular development resulting from regular training, and appropriate dieting while respecting the integrity of the athlete. It focuses on the following criteria grouped and judged in three items:

→ Harmony of the body, symmetry, line, balance of the masses (the lower body must be proportional to the upper body), hypertrophy, volume and muscle density well pronounced. The athletes must have shapes, muscular volume, with broad and round shoulders, a " V shaped" and massive back, as well as majestic and curved thighs, without having visible subcutaneous adipose tissue.

→ Harmonious muscular definition throughout the body, but without the appearance of thinness or anorexia in order to remain the integrity and health of the athletes (very heavily penalized point for women)

→ Free choreography is noted and must be done on music (music / movement relationship)

Note for women: female athletes should be well proportioned without exaggeration dryness, have a good hypertrophy and therefore muscle mass, volume, and muscle contour. They must have biceps significantly larger than the forearms, well rounded shoulders, a massive V shaped back, well-shaped thighs quadriceps, ischios, glutes and calves clearly developed

ARTICLE 2 : THE POSING :

CORRECTED POSITIONS

All the athletes of the same category present themselves on stage in corrected position, heels joined. At the request of the chairman, they will make a quarter turn on the left so as to stand in profile heels joined and looking straight ahead (the head should not be turned to the judges), then they will perform again a quarter of turn on the left so as to stand back to the judges, then a quarter turn on the left to present their other profile and look straight ahead (the head should not be turned towards the judges), and finally they will finish by a last quarter turn to the left to face the judges again.

The objective of these positions is to judge harmony of the body, symmetry, line and balance of the masses (the lower body must be proportional to the upper body), hypertrophy and general muscular density of the whole body.



THE IMPOSED POSITIONS

1) FRONT DOUBLE BICEPS

Face aux juges, les jambes sur une même ligne (un léger écart des talons est toléré), le compétiteur lèvera les deux bras à hauteur des épaules et les pliera aux coudes. Les mains seront fermées.

Poses specific for women: facing the judges, arms raised a little above the shoulders, hands open and leg of choice placed on the side.

This position allows evaluation of the biceps and forearm muscles, which are the main muscle groups evaluated in this pose. The competitor will also have to contract as many muscle groups as possible. Judges will examine all other muscle groups as a whole.

This pose will help to better appreciate the quality of the muscular density, definition and general muscular harmony of the competitor.

2) DORSAUX DE FRONT LAT SPREAD

Facing the judges, the feet and legs on the same line (not necessarily heels joined, a slight difference is tolerated), the competitor will place his hands on the bottom of the waist and will deploy his dorsal to seek better possible opening of the back in a v shape. At the same time the competitor must contract as many frontal muscles as possible.

There is no « front lat spread » pose for the women.

This position makes it possible to evaluate the enlargement of the back muscles which are the main muscle groups evaluated in this pose. The competitor will also have to contract as many muscle groups as possible. Judges will examine all other muscle groups as a whole.

This pose will help to better appreciate the quality of the muscle density, definition and general muscular harmony of the competitor.

3) BICEPS CAGE or SIDE CHEST

The competitor chooses the side of his choice for the pose, so as to show his best arm. He will stand, his left or right side advanced to the judges. He will fold the arm in the front, the closest to the judges, his fist closed and the other hand gripping the wrist. The leg, the closest to the judges can be bent, and only the toes can be in contact with the ground.

In this position, the competitor will also highlight the chest, the thigh muscles, especially the hamstrings, and contracted calves.

This position also makes it possible to evaluate the pectoral muscles, shoulders, the curve of the ribcage, the glutes, the curve and cuts of the thighs, the calves which are the main muscular groups evaluated in this pose. The competitor will also have to contract as many muscle groups as possible. Judges will examine all other muscle groups as a whole

This pose will help to better appreciate the quality of the muscular density, definition and general muscular harmony of the competitor.



4) DOUBLE BICEPS DE DOS

The competitor will stand back to the judges, he will flex his arms and wrists in the same way as for the front double biceps pose and put the right foot back resting on the toes. The athlete will contract the muscles of the arms as much as the muscles of the shoulders, the whole of the back, the thigh and the calf.

Specific pose for women: back to the judges, arms above the head at shoulder height, hands open, left or right leg placed on the right or left side

This position is used to evaluate the biceps, the muscles of the forearms, all the muscles of the upper and lower back, shoulders, glutes, thighs and calves. Those are the main muscle groups evaluated in this pose. The competitor will also have to contract as many muscle groups as possible. Judges will examine all other muscle groups as a whole.

This pose will help to better appreciate the quality of the muscular density, definition and general muscular harmony of the competitor.

5) REAR LAT SPREAD

The competitor will stand with his back to the judges and place his hands on the waist, elbows apart, his left foot back, resting on the toes. He will contract and deploy his dorsals as widely as possible in order to look for the best possible opening of the back in V. and will exhibit his calves.

No "rear lat spread" poses for women.

This pose allows the judges to evaluate all the muscles of the upper and lower back, shoulders, muscles of the forearms, glutes, thighs and calves. Those are the main muscle groups evaluated in this pose. The competitor will also have to contract as many muscle groups as possible. Judges will examine all other muscle groups as a whole.

This pose will help to better appreciate the quality of the muscular density, definition and general muscular harmony of the competitor.

6) TRICEPS

The competitor can choose the side he wants for this pose, so as to show the judges his best arm. He will stand upright, left or right in the direction of the judges and place the unexposed arm to the judges in the back. To show off the triceps shown, he can either cross his fingers or grab the arm by the wrist with the back hand. The leg, the closest to the judges can be flexed, and only the toes can be in contact with the ground.

The athlete will also raise the chest and contract the abdominal muscles, thigh muscles and calves.

This position allows to evaluate, the whole triceps, shoulders, pectorals, muscles of the forearm, abdominals, glutes, thighs and calves. Those are the main muscle groups evaluated in this pose. The competitor will also have to contract as many muscle groups as possible. Judges will examine all other muscle groups as a whole.

This pose will help to better appreciate the quality of the muscular density, definition and general muscular harmony of the competitor.



7) *ABDOMINALS and THIGHS*

Standing in front of the judges, the competitor will place both arms behind the head and one leg of his choice forward. He will contract the abdominal muscles. He will also contract the muscles of the thigh placed forward, but also that serving as supports. It is advisable to change legs and adopt a slightly mobile attitude for the abdominals.

This position makes it possible to evaluate, all of the abdominals, serrated, pectoral, forearm and arms, thighs. Those are the main muscle groups evaluated in this pose. The competitor will also have to contract as many muscle groups as possible. Judges will examine all other muscle groups as a whole.

This position makes it possible to evaluate, all of the abdominals, pectoral, forearm and arms and thighs. Those are the main muscle groups evaluated in this pose. The competitor will also have to contract as many muscle groups as possible. Judges will examine all other muscle groups as a whole.

8) *MOST MUSCULAR*

Standing in front of the judges, the competitor will place both arms in front of him in the form of a vice, one leg of his choice in front. The competitor will have to contract as many muscle groups as possible in order to show his musculature as much as possible.

This position makes it possible to evaluate all of the athlete's muscle mass. The judges will examine all the muscle groups in their entirety.

This pose will help to better appreciate the quality of the muscular density, definition and general muscular harmony of the competitor.

No « most muscular » pose for women

ARTICLE 3: RUNNING OF THE BODYBUILDING COMPETITION:

A competition takes place in 4 stages maximum.

1 *FIRST STAGE : THE PRESENTATION*

Under the direction of the chairman all the athletes of the same category will come on stage and perform the corrected positions after being presented.

2 *SECOND STAGE: THE IMPOSED POSES*

Under the direction of the chairman all the athletes of the same category will perform the imposed poses :

- 5 poses pour les femmes
- 7 poses pour les hommes

3 *THIRD STAGE : THE COMPARAISONS*

Depending on the number of athletes and if necessary, before any possible comparison, the principle of the drawer can be done. Under the direction of the chairman all the athletes of the same category will make new imposed poses. After being placed in the order of the bibs, the athletes will be aligned in the background. Comparisons by 3 can then be requested by the judges in order to estimate at best the physical (s) of the athlete (s) and refine the ranking. Requests for comparisons will be made by the Table Manager.



4 FOURTH : THE FREE POSING

Duration : 1mn for the men and women

Free choreography chosen by the athlete respecting the music / movement relationship

Outfit : the same as for imposed posing, no accessories authorized

The choreography serves to break the tie.

TITLE II Bis : TRAINED FIGURES

Criteria for judging and competition running

(See specific annex)

ARTICLE 1 : CRITERIA FOR JUDGING (See specific annex)

The judgment is based on the observation of harmonious muscular development resulting from regular bodybuilding work, and appropriate dieting while respecting the integrity of the athlete. It focuses on the following criteria grouped and judged in three items:

13

→ Harmony of the body, symmetry, line, balance of the masses (the lower part of the body must be proportional to the upper body), hypertrophy, muscular density, with well-developed shoulders and back and muscular legs.

- Athletes must have shapes, an obvious muscular volume and harmonious whole body

→ Harmonious muscular definition of the whole body :

- No appearance of thinness or anorexia (very heavily sanctioned point)
- Without subcutaneous adipose tissue or visible cellulitis.

In order to respect the physical and physiological integrity of the female athlete, the athlete must be dry without being streaked excessively.

→ Free choreography is noted and must be done on music (music / movement relationship)

Important note: the athletes will have to be well proportioned without exaggeration of hypertrophy and dryness, to have a good muscular mass, forms and muscular curve. As a result, they must have well developed biceps and larger than forearms, shoulders well rounded, a V-shaped back and well developed, thighs well shapely quadriceps, ischios, glutes and calves relatively prominent.



ARTICLE 2 : THE POSES :

CORRECTED POSITIONS

All the athletes present themselves on the stage in front corrected position, heels joined, at the request of the chairman, they will make a quarter turn to the left so as to appear in profile, then they will again make a quarter turn on the left to face the judges, then a quarter turn to the left to present their other profile and finally they will end doing a last quarter turn to the left to face the judges again.

The objective of these positions is to judge harmony of the body, symmetry, line, balance of the masses (the lower body must be proportional to the upper body), hypertrophy and general muscular density of the whole body.

THE IMPOSED POSITIONS

1) FRONT DOUBLE BICEPS

Facing the judges, the athlete will raise both arms at shoulder height and bend them at the elbows. Hands will be open. The position of the feet remains at the discretion of the athlete in order to highlight

This position allows evaluation of the biceps and muscles of the forearm, which are the main muscle groups evaluated in this pose. The competitor will also have to contract as many muscle groups as possible. Judges will examine all other muscle groups as a whole.

This pose will help to better appreciate the quality of the muscular density, definition and general muscular harmony of the competitor.

2) SIDE CHEST

The competitor chooses the side of her choice for the pose, so as to show her best arm. She will stand, her left or right side advanced to the judges. She will fold the arm in the front, the closest to the judges, the closed fist and the other hand gripping the wrist. The leg, the closest to the judges can be bent or stretched.

In this position, the competitor will also highlight the chest, the muscles of the thigh, especially the hamstrings, and contracted calves.

This position also makes it possible to evaluate the pectoral muscles, shoulders, the curve of the ribcage, the glutes, the curve and cuts of the thighs, the calves which are the main muscular groups evaluated in this pose. The competitor must also contract as many muscle groups as possible. Judges will examine all other muscle groups as a whole.

This pose will help to better appreciate the quality of the muscular density, definition and general muscular harmony of the competitor.



3) REAR DOUBLE BICEPS

The competitor will be standing, back to the judges, she will flex her arms and wrists in the same way as for the double biceps pose from the front and will place one foot (with the choice) backwards, but slightly offset on the side. It will contract the muscles of the arms as well as the muscles of the shoulders, the entire back, the thigh and the calf.

This position is used to evaluate the biceps, the muscles of the forearm, all the muscles of the upper and lower back, shoulders, glutes, thighs and calves. Those are the main muscle groups evaluated in this pose. The competitor must also contract as many muscle groups as possible. Judges will examine all other muscle groups as a whole.

This pose will help to better appreciate the quality of the muscular density, definition and general muscular harmony of the competitor.

4) TRICEPS

The competitor can choose the side she wants for this pose, so as to show the judges his best arm. She will stand upright, left or right in the direction of the judges and place the arm not exposed to the judges in the back. To show off the triceps shown, she can either cross her fingers or grab the arm by the wrist with the back hand. The leg, the closest to the judges can be bent or stretched

The athlete will also raise the chest and contract the abdominal muscles, thigh muscles and calves.

This position allows to evaluate, the whole triceps, shoulders, pectorals, muscles of the forearm, abdominal, glutes, thighs and calves (these are the main muscle groups evaluated in this pose). The competitor must also contract as many muscle groups as possible. Judges will examine all other muscle groups as a whole.

This pose will help to better appreciate the quality of the muscular density, definition and general muscular harmony of the competitor.

5) ABDOMINALS and THIGHS

Standing in front of the judges, the competitor will place both arms behind the head and one leg of her choice forward. She will contract the abdominal muscles. She will also contract the muscles of the thigh placed forward, but also that serving as supports. It is advisable to change legs and adopt a slightly mobile attitude for the abdominals.

This position makes it possible to evaluate all the abdominals, serrated, pectoral, forearm and arm, thighs (these are the main muscle groups evaluated in this pose). The competitor must also contract as many muscle groups as possible. Judges will examine all other muscle groups as a whole.

This pose will help to better appreciate the quality of the muscular density, definition and general muscular harmony of the competitor.



ARTICLE 3 : RUNNING OF THE TRAINED FIGURES COMPETITION :

The competition takes place in 4 stages.

1 FIRST STAGE : THE PRESENTATION

Under the direction of the chairman all the athletes of the same category will come on stage and perform the corrected positions after being presented.

2 SECOND STAGE : THE IMPOSED POSING

Under the direction of the chairman all athletes of the same category will perform the imposed poses :

- **5 poses**

3 THIRD STAGE : THE COMPARAISONS

Depending on the number of athletes and if necessary, before any possible comparison, the principle of the drawer can be done. Under the direction of the chairman all the athletes of the same category will make new imposed poses. After being put back in the order of the bibs, the athletes will be aligned at the back of the stage. Comparisons by 3 can then be requested by the judges in order to estimate at best the physics of the athletes and to refine the classification. Requests for comparisons will be made by the Table Manager.

4 FOURTH STAGE : FREE PASSAGE

Duration : 1mn00

Free choreography chosen by the athlete respecting the music / movement relationship.

Outfit : same as for the imposed positions.

The choreography serves to break the tie.



TITLE III : BODY - MOVE

Criteria for judgement and running of the competition

(See specific annex)

ARTICLE 1 : CRITERIA FOR JUDGEMENT (see specific annexe)

The judgment is based on the observation of harmonious muscular development resulting from regular bodybuilding work, and appropriate dieting while respecting the integrity of the athlete. It focuses on the following criteria grouped and judged in three items:

→ Harmony of the body, symmetry, line, balance of the muscular masses (the lower part of the body must be proportional to the upper body), hypertrophy, muscular density. Athletes must therefore have a minimum of muscle mass and volume and not have visible fat tissue.

→ Harmonious muscular definition on the entire body, without the appearance of thinness or anorexia (heavily sanctioned point in women), without having adipose tissue subcutaneous or visible cellulitis. The muscles must be visible, but a muscular definition equivalent to a bodybuilder must not be punished, even if it is not recommended as a precaution and safety in the performance of the choreographed part.

→ Free choreography must be performed on the music (music / movement relationship) according to well-defined criteria (see choreography chapter)

Note for women: female athletes should be well proportioned without exaggeration hypertrophy or dry, have a minimum mass and muscle contour. Therefore, they must have fairly round shoulders, a back slightly V, thighs harmonious and well curved.

17

ARTICLE 2 : THE POSING :

THE CORRECTED POSITIONS

All the athletes of the same category present themselves on stage in front position. The athletes will make a quarter turn on the left so as to appear in profile, then again a quarter turn on the left so as to stand with the judges, then a quarter of a turn on the left to present their another profile and finally, they will finish with a last quarter turn to the left to face the judges again.

The objective of these positions is to judge harmony of the body, symmetry, line, balance of the masses (the lower body must be proportional to the upper body), hypertrophy and general muscular density of the whole body.



THE IMPOSED POSITIONS

1 FRONT DOUBLE BICEPS

Facing the judges, free choice of legs position (joined, flexed, spaced ...) the competitor will raise both arms at the height of the shoulders and bend them at the elbows. Hands will be closed for men and open for women

This position allows evaluation of the biceps and muscles of the forearm, which are the main muscle groups evaluated in this pose. The competitor will also have to contract as many muscle groups as possible. Judges will examine all other muscle groups as a whole.

This pose will help to better appreciate the quality of the muscular density, definition and general muscular harmony of the competitor.

2 REAR DOUBLE BICEPS

The competitor will stand with his back to the judges, he will bend his arms in the same way as for the double biceps pose from the front and put one foot back (right or left) resting on the toes. It will contract the muscles of the arms as much as the muscles of the shoulders, the whole of the back, the thigh and the calf. Hands will be closed for men and open for women

This position is used to evaluate the biceps, the muscles of the forearm, all the muscles of the upper and lower back, shoulders, glutes, thighs and calves. Those are the main muscle groups evaluated in this pose. The competitor will also have to contract as many muscle groups as possible. Judges will examine all other muscle groups as a whole.

This pose will help to better appreciate the quality of the muscular density, definition and general muscular harmony of the competitor.

3 BICEPS CAGE or SIDE CHEST

The competitor chooses the side of his choice for the pose, so as to show his best arm. He will stand, his left or right side advanced to the judges. He will fold the arm in the front, the closest to the judges, his fist closed and the other hand gripping the wrist. The leg, the closest to the judges can be bent or stretched

Dans cette position, le compétiteur mettra également en valeur la poitrine, les muscles de la cuisse, et les mollets

This position also makes it possible to evaluate the pectoral muscles, shoulders, the curve of the ribcage, the glutes, the curve and cuts of the thighs, the calves which are the main muscular groups evaluated in this pose. The competitor will also have to contract as many muscle groups as possible. Judges will examine all other muscle groups as a whole.

This pose will help to better appreciate the quality of the muscular density, definition and general muscular harmony of the competitor.



4 TRICEPS

The competitor can choose the side he wants for this pose, so as to show the judges his best arm. He will stand upright, left or right in the direction of the judges and may or may not place the arm not exposed to the judges in the back. To highlight the triceps shown, it can either cross your fingers, or catch the arm by the wrist with the back hand or just stretch your arm (recommended for women). The leg, the closest to the judges can be bent or stretched

The athlete will also raise the chest and contract the abdominal muscles, thigh muscles and calves.

This position allows to evaluate, the whole triceps, shoulders, pectorals, muscles of the forearm, abdominals, glutes, thighs and calves. Those are the main muscle groups evaluated in this pose. The competitor will also have to contract as many muscle groups as possible. Judges will examine all other muscle groups as a whole.

This pose will help to better appreciate the quality of the muscular density, definition and general muscular harmony of the competitor.

ARTICLE 3 : RUNNING OF THE BODY MOVE COMPETITION :

A competition takes place in 2 stages.

1 FIRST STAGE : THE IMPOSED POSITIONS

Under the direction of the chairman all the athletes of the same category will come on stage and perform the corrected positions after being presented.

Under the direction of the chairman all the athletes, will perform the imposed poses as indicated in the specific appendix of the body move regulations

Depending on the number of athletes and if necessary, before any possible comparison, the principle of the drawer can be done. Under the direction of the chairman all the athletes of the same category will make new imposed poses. After being placed in the order of the bibs, the athletes will be aligned in the background. Comparisons by 3 can then be requested by the judges in order to estimate at best the physics of the athletes and to refine the classification. Requests for comparisons will be made by the Table Manager.

2 SECOND STAGE : THE CHOREOGRAPHY

Duration : 2 mn for the men and women

Free choreography at the athlete's choice must respect the music / movement relationship according to the criteria defined in the choreography chapter.

This choreography will imperatively have the following elements distributed in a fair way :



⇒ Strength elements (see annex)

The number of strength movements, their degree of difficulty, the general creativity of the movements can offer additional points in the notation.

⇒ Flexibility elements (see annex)

The number of flexibility movements, their degree of difficulty, the general creativity of the movements can offer additional points in the notation.

⇒ Jumps (see annex)

The number of jumping movements, their degree of difficulty, the general creativity of the movements can offer additional points in the notation.

⇒ Dynamism, animation (see annex)

The quality, fluidity, originality of the animation, and the number of dynamic movements, their degree of difficulty, the general creativity of the movements can offer additional points in the notation.

⇒ The music

The choreography must include a minimum of two pieces of music that have at least two clearly different BPMs (one slow, one fast). The sequences and the different movements must be fluid, in accordance with the music, and carried out on the musical phrases.

20

Notation :

The imposed are scored with a coefficient of 24.9 / 100 of the final score

The choreography is scored with a coefficient of 75.1 / 100 of the final score.



TITLE IV : ATHLETIC MODELS

Criteria for judging and running of the competitions

(See specific annex)

ARTICLE 1 : CRITERIA FOR JUDGING (see specific annex)

The judgment is based on the observation of harmonious muscular development resulting from regular bodybuilding work, and appropriate dieting while respecting the integrity of the athlete. It focuses on the following criteria grouped and judged in three items :

→ Harmony of the body, symmetry, line are **the priority criteria of this discipline** as well as the balance of the muscular masses: **the lower part of the body must be the most proportional and harmonious possible with the upper body, tonic and firm.** Athletes must therefore have a minimum of harmonious shape and muscular volume throughout the body without having visible fat tissue.

→ The physical appearance of these athletes is rather slender and slender, graceful, elegant and charismatic. In no case massive or "rough" (point very heavily sanctioned on the note) with shoulders and back narrow.

The appearance of thinness or anorexia will be very heavily sanctioned.

→ Athletes must have a gracious approach and attitude. They must be smiling and dynamic. **Any vulgarity**, or non-respect of poses and good morals will be sanctioned and may result in the disqualification of the athlete.

Very important notation elements :

*Any excess of muscular hypertrophy, definition, dry revealing streaks of muscle fibers, muscle vascularity, or lack of muscle tone, adipose tissue, cellulite will be sanctioned. **On the other hand, the thinness will be judged unfavorably and sanctioned, and the extreme thinness can bring disqualification of the athlete.***

Note for women: Female athletes should be well proportioned without exaggeration of hypertrophy and dry with a muscular curve. They must have shapes, arms, shoulders and a beautifully shaped back, thighs and buttocks shaped and tonic

ARTICLE 2 : FIRST PASSAGE

Athletes in the same category are in bikinis for women, and in shorts for men (be careful, see annex for athletic outfits) on the stage. This passage counts for the ranking.



1 FIRST STAGE : THE PRESENTATION

Under the direction of the chairman all the athletes of the same category will come on stage and will be presented by the chairman. The athlete will make the call of his bib and / or name a step forward to become visible to all. He will have to adopt a position that will enhance him, without changing his place or turning on himself.

2 SECOND STAGE : THE COMPARAISONS

At first under the chairman, the athletes will perform the corrected poses. They will make a quarter turn on the left so as to appear in profile, then again a quarter turn on the left so as to stand with the judges, then a quarter turn to the left to present their other profile, and finally the athletes will finish with a last quarter turn left to face the judges again.

Before any comparisons, depending on the number of athletes a drawer can be done. Under the direction of the chairman all athletes of the same category will make new corrected poses. After being placed in the order of the bibs, the athletes will be aligned in the background.

At the end of this new comparison, comparisons by 3 can then be requested by the judges to better estimate the physical (s) of the athlete (s) and refine the ranking. The corrected poses will be redone under the direction of the chairman.

Requests for comparisons will be made by the Table Manager.

ARTICLE 3 : SECOND PASSAGE

Under the direction of the chairman all the athletes of the same category will present themselves on the backdrop in evening dress.

After a presentation reminder, individually, the athletes will in turns and in the order of bibs, do a 45 seconds passage in front of all judges (see annex T passage) before returning to their original place at the back of the stage.

The music is randomly chosen by the organization and will be the same for all athletes.

The athletes passage lasts 45 seconds and will automatically cut off after regulation time. The athlete will have to regain his place at the back of the stage as soon as possible as the music stops. Any failure will be sanctioned (or disqualified)

Once all the athletes have passed, they will come down all together.

This passage counts for the ranking.

61/100 for the underwear passage

39/100 for the evening dress / costume passage.



TITLE V : BIKINI FITNESS

Criteria for de judging and running of the competitions

(See specific annex)

ARTICLE 1 : CRITERIA FOR JUDGING (see specific annex)

The judgment is based on the observation of harmonious muscular development resulting from regular bodybuilding work, and appropriate dieting while respecting the integrity of the athlete. It deals with the following criteria grouped and judged in 3 items :

→ Harmony of the body, symmetry, line as well as the balance of the muscular masses are the priority criteria of this discipline

the lower part of the body must be the most proportional and harmonious possible with the upper body, the athletes must have a **toned and firm musculature.**

Athletes must have **shapes**, relatively pronounced and harmonious muscular volume throughout the body without having visible fat tissue.

The physical appearance of these athletes is quite muscular, graceful, elegant and charismatic with a graceful approach and attitude. Lack of muscle mass will be sanctioned.

Athletes must be smiling and dynamic. **Any vulgarity**, or non-respect of poses and good morals will be sanctioned and may result in the disqualification of the athlete.

→ Toute pose similaire au culturisme ou trained figures sera sanctionnée ou entrainera une disqualification

Very important elements in the notation:

Leanness will be judged unfavourably and sanctioned, and extreme thinness may lead to disqualification of the athlete.

Note: the athletes must be well proportioned with a minimum of hypertrophy and lean with a pronounced muscular curve. They must have shapes, arms, shoulders and a beautifully shaped and developed back, thighs and buttocks well curved, developed and well tonic without going into excess.



ARTICLE 2 : FIRST PASSAGE

The athletes present themselves in their outfits.

1 FIRST STAGE : THE PRESENTATION

Under the direction of the chairman all the athletes of the same category will come on stage and will be presented by the chairman. The athlete will make the call of his bib and / or name a step forward to be visible from all. He will have to adopt a position that will enhance him, without changing his place or turning on himself.

2 SECOND STAGE : THE COMPARAISONS

At first under the order of the chairman, the athletes will perform the corrected poses. They will make a quarter turn on the left so as to appear in profile, then again a quarter turn on the left so as to stand with the judges, then a quarter turn to the left to present their other profile, and finally the athletes will finish with a last quarter turn left to face the judges again.

Before any comparison, depending on the number of athletes, a drawer can be done. Under the direction of the chairman all athletes of the same category will make new corrected poses. After being placed in the order of the bibs, the athletes will be aligned in the background.

At the end of this new comparison, comparisons by 3 can then be requested by the judges to better estimate the physiques of the athletes and refine the ranking. The corrected poses will be redone under the direction of the chairman.

Requests for comparisons will be made by the Table Manager.

ARTICLE 3 : SECOND PASSAGE

Under the direction of the chairman all the athletes of the same category will be at the back of the stage with the same outfit as for the first pass

After a presentation reminder, individually, the athletes will in turns in the order of bib numbers, do a T-passage of 45 seconds in front of all judges (see annex T passage) before returning to their original place at the back of the stage.

The music is randomly chosen by the organization and will be the same for all athletes. The score lasts 45 " and will automatically cut off after regulation time. The athlete will have to join as soon as possible his place at the back of the stage as soon as the music stops. Any failure will be sanctioned (or disqualified)

Once all the athletes have passed, they will all come down again together.

This passage counts for the classification if there is a tie.



TITRE VI : MENS PHYSIQUES

Critères de jugement et déroulement des compétitions

(Voir annexe spécifique)

ARTICLE 1 : CRITERIA FOR JUDGEMENT (see specific annex)

The judgment is based on the observation of harmonious muscular development resulting from regular bodybuilding work, and appropriate dieting while respecting the integrity of the athlete. It focuses on the following criteria grouped and judged in three items:

→ Body harmony, symmetry, and line are the most important criteria of this discipline.

Athletes must have a toned and firm musculature. They must have a good muscular volume without having visible fat tissue.

The body appearance of these athletes is :

- wide of the shoulders,
- well trained
- slender, graceful, and quite massive

Athletes must be smiling and dynamic. **Any vulgarity**, or non-respect of poses and good morals will be sanctioned and may result in the disqualification of the athlete.

→ Under no circumstances should athletes pose related to bodybuilding

25

ARTICLE 2 : FIRST PASSAGE

The athletes come in Bermuda shorts.

1 FIRST STAGE : THE PRESENTATION

Under the direction of the chairman all the athletes of the same category will come on stage and will be presented by the chairman. The athlete will make the call of his bib and / or name a step forward to become visible to all. He will have to adopt a position that will enhance him, without changing his place or turning on himself.



2 SECOND STAGEE : THE COMPARAISONS

Under the orders of the chairman, the athletes will perform the corrected poses. They will make a quarter turn on the left so as to appear in profile, then again a quarter turn on the left so as to stand with the judges, then a quarter turn to the left to present their other profile, and finally the athletes will finish with a last quarter turn left to face the judges again.

Before any comparison, depending on the number of athletes the principle of the drawer can be done. Under the direction of the chairman all athletes of the same category will make new corrected poses. After being placed in the order of the bibs, the athletes will be aligned at the back of the stage.

At the end of this new comparison, comparisons by 3 can then be requested by the judges to better estimate the physicality of the athletes and refine the ranking. The corrected poses will be redone under the direction of the chairman.

Requests for comparisons can be made by the Table Manager.

ARTICLE 3 : SECOND PASSAGE

Under the direction of the chairman all the athletes of the same category will be on the back of the stage with the same outfit used during the first pass

After a presentation reminder, individually, the athletes will in turns in the order of bib numbers do a T-passage of 45 seconds in front of all judges (see annex T passage) before returning to their original place at the back of the stage. The music is randomly chosen by the organization and will be the same for all athletes. The duration is 45 seconds and will automatically cut off after regulation time. The athlete will have to join his place at the back of the stage as soon as the music stops. Any failure will be sanctioned (or lead to disqualification)

Once all the athletes have passed, they will come down all together again.

This passage counts for the classification if there is a tie.



TITLE VII : COUPLES

This event is not part of the "bodybuilding" competition. It's a show.

Bodybuilders and body moves can be couples (man and woman). There is only one passage : choreography. *Critères de jugement et déroulement des compétitions*

(see specific annex)

ARTICLE 1 : CRITERIA OF JUDGEMENT (see specific annex)

Harmony of the couple during the performance

The relationship music movement

The quality of execution of the movements.

→ Note: the choreography and gestures of the two athletes composing the pair must be perfectly orchestrated on the music

27

ARTICLE 2 : THE PASSAGES

1 FIRST STAGE : THE PRESENTATION

Under the direction of the chairman all the couples come on stage. The chairman presents each couple in ascending order of bibs. At the call of their bib number and their name the couple takes a step forward. Free standing is allowed.

Once all the couples presented, they come down stage before going individually for their choreographed performance.

→ SECOND STAGE : THE CHOREOGRAPHY

This is the only part of the couple competition that is taken into account for the event notation

At the call of their bib number and country they represent, the couple goes on stage to perform their choreography

The music can start at the same time as the entry on stage, or at the request of the couple once in place on stage. The choice will be specified during the distribution of bibs at the weighing.

At the end of the performance, the couple will come back from the stage

Duration : 2 mn



TITLE VII : ORGANISATION OF THE IMPOSED, example :

Masters 3	No weight category
Masters 2	- 75kgs
Masters 2	+ 75kgs
Masters Women	- 52kgs
Master Trained Figures	- 1m63
Master Trained Figures	+ 1m63
Masters 1	+ 75kgs
Masters 1	- 75kgs
Masters Women	+ 52kgs
Juniors Men	- 75kgs
Juniors Men	+ 75kgs
Senior Trained Figures	- 1m63
Espoirs Men	- 75kgs
Espoirs Men	+ 75kgs
Juniors Women	No weight category
Hopes Women	No weight category
Seniors Men	- 65 kgs
Seniors Men	- 70 kgs
Seniors Women	- 52 kgs
Seniors Men	- 75 kgs
Seniors Women	+ 52 kgs
Seniors Men	- 80 kgs
Seniors Men	- 85 kgs
Seniors Men	+ 85 kgs
Senior Trained Figures	+ 1m63
Men's physique	- 1m75
Bikini Fitness	- 1m63
Men's physique	+1m75
Bikini Fitness	+ 1m63
Body Move Women	No weight category
Body Move Men	No weight category
Athletic Models Men	- 1,75m shorts
Athletic Models Women	- 1,63m bikini
Athletic Models Men	+ 1,75m shorts
Athletic Models Women	+ 1,63 m bikini

**TITRE VIII : ORGANISATION DES PASSAGES LIBRES ET CHOREGRAPHIE, exemple :**

Masters 3	No weight category
Masters 2	- 75kgs
Masters 2	+ 75kgs
Masters Women	- 52kgs
Masters Women	+ 52kgs
Masters Trained Figures	- 1m63
Masters Trained Figures	+ 1m63
Masters 1	+ 75kgs
Masters 1	- 75kgs
Juniors Men	- 75kgs
Juniors Men	+ 75kgs
Trained Figures	- 1m63
Hopes Men	- 75kgs
Hopes Men	+ 75kgs
Juniors Women	No weight category
Hopes Women	No weight category
Seniors Men	- 65 kgs
Seniors Men	- 70 kgs
Séniors Women	- 52 kgs
Séniors Men	- 75 kgs
Séniors Women	+ 52 kgs
Séniors Men	- 80 kgs
Seniors Men	- 85 kgs
Seniors Men	+ 85 kgs
Seniors Trained Figures	+ 1m63
Men physique	- 1m75
Bikini Fitness	- 1m63
Men physique	+1m75
Bikini Fitness	+ 1m63
Couples	No weight category
Body Move Women	No weight category
Body Move Men	No weight category
Athletic Models Men	- 1,75m tenue de soirée
Athletic Models Women	- 1,63m tenue de soirée
Athletic Models Men	+ 1,75m tenue de soirée
Athletic Models Women	+ 1,63 m tenue de soirée



TITLE IX : CLASSIFICATION by NATION

(See specific annex)

ARTICLE 1 : Award of points:

Points are awarded regardless of discipline, category, age or gender. Points are awarded as follows :

Any athlete finishing 1st : 15 points

Any athlete finishing 2nd : 10 points

Any athlete finishing 3rd : 05 points

Beyond the third place, no points are awarded.

The couple category is not counted.

ARTICLE 2 : Award ceremony by nation:

The ranking is done in ascending order of the points obtained. Each participating country will be called from the last to the first at a trophy presentation.

This national awards ceremony is an integral part of the competition and follows the same rules as all official sporting ceremonies.

30