



Regulations

World Natural Body Building

Season 2018



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WNBB SPORT REGULATION



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TITLE I: GENERAL REGULATIONS

PREAMBLE:

Members of the WNBB are national federations or associations (within the limit of one per country) who have applied for it and accepted by the board of directors.

ARTICLE 1: AFFILIATION

All countries and federations wishing to participate in an official competition of the WNBB must be recognized by the WNBB and up to date of 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 affiliated national federation is able to hire its athletes according to the modalities specified in appendix.

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

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

Athletes with no representation from a delegation of their own country will be grouped into the HBNFA which a branch of the WNBB is created for this purpose.



ARTICLE 3: CATEGORIES

1 – AGE CATEGORIE PER DISCIPLIN:

The age categories are governed by the calendar year.

The categories are as follows:

Disciplines	Dénominations	Gendres	Ages	
BODYBUILDING	JUNIORS	Men & Women	18 to 20 years old	It is the date on January 1 of the current year that determines the category of the athlete.
	HOPEES	Men & Women	21 to 25 years old	
	SENIORS	Men & Women	26 to 39 years old	
	MASTERS I	Men	40 to 49 years old	
		Femme	45 years and over	
	MASTERS II	Men	50 to 59 years old	
	MASTERS III	Men	60 and over	
	BODYBUILDING COUPLES	Men + Women	Both athletes must come from the same country and the same discipline.	
	SENIOR TRAINED FIGURES	Women	18 to 44 years and over	
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	

Delegations must respect these categories. However, at the technical meeting, any changes may be accepted upon a reasoned written request sent at least 2 weeks before the start of the technical meeting.



2 - CATEGORIES OF WEIGHT AND SIZES BY DISCIPLINE:

Disciplines	Dénominations	Men	Women
BODYBUILDING	JUNIORS	-75kg / +75kg	Only one category
	HOPEES	-75kg/+75kg	Only one category
	SENIORS	-65kg / -70kg / -75kg / -80kg / -85kg /+85kg	-52kg / +52kg
	MASTERS I	-75kg / +75kg	- 52kg / + 52kg
	MASTERS II	-75kg / +75kg	-
	MASTERS III	Only one category	-
	BODYBUILDING COUPLES	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 category	Only one category
ATHLETIQUE	ATHLETIQUE	-175/+175	-163cm/+163cm

The athletes of a couple have the obligation to participate individually also.

ARTICLE 4: THE CHAMPIONSHIPS

1 – GRAND PRIZE

Each Member of the WNBB may organize, after prior agreement, a major international or continental or geographical prize, provided that it complies with the WNBB regulations and the anti-doping policy.

The date and venue of the competition must be determined after the Steering Committee votes at the WNBB World Championships 1 year before the scheduled deadline.

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

Doping controls are mandatory for all international events.

2 - CONTINENTAL CHAMPIONSHIPS

Each WNBB Member of a continent may, after prior approval, hold a continental championship provided that they comply with WNBB's current rules and anti-doping policy. There can only be 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 being 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 determined after the steering committee has voted at the WNBB World Championships 2 years before the scheduled deadline

Each athlete is registered by his federation of membership after having been selected by his National Federation in compliance with the WNBB regulations 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

Award of points:

(in annex)

ARTICLE 5: COLLEGE OF COMPETITION, JUDGES:

1) College of competition:

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

For Grand Prizes, the competition school will be composed of the President of the WNBB (or its representative), the President of the organizing Federation where the competition (or its representative), 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 consist of the President of the WNBB (or its representative), the President of the organizing Federation where the competition (or its 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 officer officiating as jury and mediator.



Regulations

For the World Championships, the competition college will be composed of the President of the WNBB (or its representative), the President of the organizing Federation where the competition (or its representative), the head of the national judges of the organizing country (Or his representative), the International Judges' Officer (or his representative), the table chief, the competition secretary and a federal technical officer acting as jury and mediator.

2) Judges:

Can be a judge for the 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)

Grands Prix: 5 judges minimum without obligatorily of 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 the 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 WEIGHING AND MEASUREMENT:

It will be for a duration of 2 hours under the responsibility of the college of competition. The weighing/measurements take place the day before.

Delegations will have to present themselves **strait from the start of the weighing / measurement depending on the draw by Country.**

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

Weighing is done in stage dressing (bodybuilding and body fitness).

The waistline measurements will be done in the scene suits for the athletics in order to allow the competition suits verification. Shoes will be presented by hand.

ARTICLE 7: SCENE OUTFIT – JEWELLERY – TAN – MUSIC:

At all levels of competition, regulatory stage outfit is imposed (see specific regulations by disciplines). The tan must be well distributed (body and face), depilation or shaving of the body is mandatory, the bib number must be at the left side of the waist level for all discipline.

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

1) Scene outfit

WOMEN: See specific regulation by discipline

MEN: See specific regulation by discipline

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



2) Jewellery:

- *In Bodybuilding for women and men: no jewellery except alliance*
- In trained figure: jewel, piercings authorized (provided you respect good morals) but not excessively
- *In Body Move for women and men: no jewellery except alliance*
- *In Athletic Model for women and men: jewellery, piercings (provided that they respect the good morals) authorized but without excess*

3) Music:

Each athlete must send his or her music in MP3 format at registration / entry to the competition and **bring** his or her music recorded on a USB stick as a security measure. This contains only this music and no other files. The music is calibrated at the time of the free posing (duration: see specific regulation of the event concerned). Any failure (presence of other music or other documents) will necessarily entail the cancellation of the chosen music and another randomly chosen music will be substituted.

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

4) Tan:

For all disciplines and categories, the tan used **must be dry, including at touching before the stage**, and not be susceptible of staining by touch. **Oil, grease and flakes are prohibited.**

It is advisable to present the tan during the weighing in order to have it checked by the official judges.

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ARTICLE 8: ANTI-DOPING POLICY:

Anti-doping tests shall be carried out by the WADA locally recognized body 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. For all international competitions, doping controls are compulsory, including for the Grand Prize.

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

Athletes designated to be checked must present themselves with their identity cards to the instance of control with a representative of their country.

Athletes who refuse to appear for checks will be considered positive and will have to go before the disciplinary committee to justify themselves (see disciplinary regulation).

Any positively controlled athlete will be subject to disciplinary sanctions after being heard by the disciplinary committee (see disciplinary rules)

ARTICLE 8bis: Athlete, or club, subject to a disciplinary sanction:

- **After the end of the sanction, a duration of three years must elapse without being able to participate in the WNBB competitions.**
- **Only the anti-doping commission of his country after examination of his file will be able to reinstate him in the list of the competitors.**



TITLE II : BODYBUILDING

Judging criteria and competitions conduct

(See specific annexe)

ARTICLE 1: JUDGING CRITERIA (See specific annexe)

The judgment is based on the observation of the 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 masses (the lower body must be proportional to the upper body), hypertrophy, volume and muscle density. Athletes must therefore have a minimum of shape and muscle volume (important for women), without having subcutaneous adipose tissue visible.
- ☐ Muscular and dry definition harmonious throughout the body, but without the appearance of thinness or anorexia (very heavily sanctioned point in 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 hypertrophy or dry, have mass, volume, and muscle shape. They must imperatively have biceps significantly larger than the forearms, shoulders well rounded, a back well V and massive, thighs curved quadriceps, ischios and calves clearly developed and prominent.

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ARTICLE 2: THE POSING:

THE CORRECTED POSING

All the athletes in the same category present themselves on the stage in corrected position in front, heels joined, at the request of the chairman, they will perform a quarter turn on the left so as to present themselves in profile with the heels joined and gaze straight ahead (The head should not be turned towards the judges), then they will perform a quarter turn on the left in order to present themselves back to the judges, then a quarter turn on the left in order to present their other profile and look (The head must not be turned towards the judges), and finally, they will finish with a last quarter turn to the left to re-appear before the judges.

The objective of these positions being to judge the body's harmony, 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 POSING

1) FRONT DOUBLE BICEPS

In front of the judges, the legs on the same line (not necessarily heels joined, a slight discrepancy is tolerated), the competitor will raise both arms to the shoulders and fold at the elbows. The hands will be closed.

Specific poses for women: facing the judges, arms raised a little over the shoulders, hands open, leg of choice placed on the side.

This position makes it possible to evaluate 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 appreciate the quality of the muscle density, the definition and the general muscular harmony of the competitor.

2) FRONT LATERAL SPREAD

In front of the judges the feet and the legs on the same line (not necessarily heels joined, a slight discrepancy is tolerated), the competitor will place his hands on the bottom of the waist and will deploy its backbones in order to seek better opening of the back in V. At the same time, the competitor must contract as many frontal muscles as possible.

No «Front lateral spread »pose in the woman categories.

This position allows to evaluate the enlargement of the dorsal 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, the definition and the general muscular harmony of the competitor.

3) BICEPS CAGE

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 towards the judges. He will fold the arm at the front, closest to the judges, with his fist closed and the other hand gripping the wrist. The leg, the closest to the judges can be folded, 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 the contracted calves.

This position also makes it possible to evaluate the pectoral muscles, shoulders, the curve of the rib cage, the buttocks, the contour and cut of the thighs, the calves 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, the definition and the general muscular harmony of the competitor.



4) BACK DOUBLE BICEPS

The competitor will stand with his back to the judges. He will fold his arms and wrists in the same way as for the double biceps pose in front and place his right foot back 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.

Specific pose for women: back to judges, arms above shoulder height, hands open, left leg (right) placed on the left side (right).

This position evaluates the biceps, forearm muscles, upper and lower back muscles, 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 muscle density, the definition and the general muscular harmony of the competitor.

5) BACK LATERAL SPREAD

The competitor will stand back to the judges and place his hands on the waist, elbows spread, left foot back, resting on the toes. It will contract and spread its backbones as widely as possible in order to seek better possible opening of the back in V. and will exhibit its calves

No « rear lateral spread » pose in the women categories.

This position allows 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 muscle density, the definition and the general muscular harmony of the competitor.

6) SIDE 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 side in the direction of the judges and place the arm unexposed to the judges in the back. To highlight the triceps shown, he can either cross the fingers or grab the arm by the wrist with the back hand. The leg, the closest to the judges can be folded, and only the toes can be in contact with the ground.

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

This position evaluates the entire triceps, shoulders, pectorals, forearm muscles, abdominal muscles, buttocks, 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 muscle density, the definition and the 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. It will contract the abdominal muscles. It will also contract the muscles of the thigh placed forward, but also that serving as supports. He is allowed to change his leg and adopt slightly mobile for the abdominals.

This position makes it possible to evaluate, the set of abdominals, serrated, pectoral, forearms 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 pose will help to better appreciate the quality of the muscle density, the definition and the general muscular harmony of the competitor.

ARTICLE 3: BODYBUILDING COMPETITION CONDUCT:

A competition takes place in 4 stages

1 *FIRST STAGE: THE PRESENTATION*

Under the leadership of the chairman, all athletes of the same category will appear on stage and perform corrected positions.

2 *SECOND STAGE: THE IMPOSED POSING*

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

- 5 poses for the women
- 7 poses for the men

3 *THIRD STAGE: THE COMPARISONS*

Depending on the number of athletes and all the needs, before any comparison, the principle of the drawer can be carried out. Under the direction of the President all the athletes of the same category, the realization of the new imposed poses. After being put back in the order of the bibs, the athletes are well aligned in the background. Third-party comparisons can be sought by judges in order to better estimate the athlete's physique (s) and refine the ranking.

Requests for comparisons will be made by the table officer.

4 *FOURTH STAGE: FREE POSING*

Duration: 1mn for women and Men

Free choice choreography of the athlete respecting the music / movement relation

Outfit: the same as for imposed, no authorized accessories

The choreography is noted and serves to decide the ex aequos



TITLE II Bis : TRAINED FIGURES

Criteria for judging and running of competitions

(See specific annex)

ARTICLE 1: CRITERIA FOR JUDGMENT (see specific annex)

The judgment is based on the observation of the 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 two items:

- Harmony of the body, symmetry, line, balance of the masses (the lower body must be proportional to the upper body), hypertrophy, muscle density. Athletes must therefore have one of the shapes and muscle volume,
- Harmonious muscular definition on the entire body, without the appearance of thinness or anorexia (very heavily sanctioned point) without having adipose tissue subcutaneous or visible cellulitis.

Note: Female athletes should be well proportioned without exaggeration of hypertrophy and dryness, have a minimum of mass, shape and muscle contour. As a result, they must have biceps larger than forearms, shoulders that are relatively round, a V-shaped back, well-shaped thighs with relatively prominent quadriceps, ischios and calves.

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ARTICLE 2 : LES POSES :

THE CORRECTED POSES

All the athletes present themselves on the stage in the corrected position from the front, heels joined, at the request of the chairman, they will turn a quarter turn on 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 a last quarter turn to the left to face the judges again.

The objective of his positions being 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 POSES

1) *DOUBLE BICEPS DE FACE*

In front of 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) *BICEPS CAGE*

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 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 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) *BACK DOUBLE BICEPS*

The competitor will stand, back to the judges, she will bend her arms and wrists in the same way as for the double biceps pose from the front and will place one foot (at the choice) backwards, but slightly shifted to the side. 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.

This position evaluates 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.



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 unexposed arm 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, the muscles of the thighs 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 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) *ABDOMINALS AND THIGHS*

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

This position makes it possible to evaluate, all the abdominals, serrated, pectoral, forearm and arms, thighs (these 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: CONDUCT OF THE COMPETITION IN BODYBUILDING AND TRAINED FIGURES:

The competition takes place in 4 stages.

1 *FIRST STEP: 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 STEP: THE IMPOSED POSES*

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

- 5 poses



3 THIRD STEP: COMPARISONS

Depending on the number of athletes and if necessary, before any possible comparison, the principle of the drawer can be carried out. 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 STEP: FREE PASSAGE

Under the direction of the chairman all the athletes of the same category will be placed at the back of the stage and will take a free passage on the music of their choice (a trip along the length of the stage is mandatory). They will be able to re-make the imposed or any other poses that can enhance them without being vulgar (possible disqualification). The passage enters the classification.

Duration: 1mn00

Attire: the same as for imposed.

The choreography is noted and serves to decide the ex aequos.



TITLE III : BODY – MOVE

Judging criteria and competition conduct

(See specific annex)

ARTICLE 1: JUDGING CRITERIA (See specific annex)

The judgment is based on the observation of the harmonious muscular development resulting from a work of regular weight training, and an appropriate diet while respecting the integrity of the athlete. It covers 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, muscle density. Athletes must therefore have a minimal form, muscular volume without being more developed than a bodybuilding athlete and without having visible subcutaneous adipose 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 muscle 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.

→ The free choreography must be performed on the music (music / movement relation) according to well defined criteria (see chapter choreography)

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 shoulders round enough, a back slightly V, harmonious thighs and well curved.

ARTICLE 2: THE POSING:

THE CORRECTED POSING

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

The objective of his positions being to judge the body's harmony, 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 POSING

1 FRONT DOUBLE BICEPS

In front of the judges, positions of the free legs (joined, bent, gaps ...) 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 back, the thigh and the calf. Hands will be closed for men and open for women

This position evaluates 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

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 towards the judges. He will fold the arm at the front, closest to the judges, with his fist closed and the other hand gripping the wrist. The leg, the closest to the judges can be folded, 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 the contracted calves.

This position also makes it possible to evaluate the pectoral muscles, shoulders, the curve of the rib cage, the buttocks, the contour and cut of the thighs, the calves 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, the definition and the 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, the muscles of the thighs 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: BODY MOVE COMPETITION CONDUCT:

A competition takes place in 2 stages:

1 FIRST STAGE: THE PRESENTATION

Under the leadership of the chairman, all athletes of the same category will appear on stage and perform corrected positions.

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

Depending on the number of athletes and if necessary, before any possible comparison, the principle of the drawer can be carried out. Under the direction of the chairman all the athletes of the same category will make new imposed poses. After being put 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 IMPOSED POSING

Duration: 1mn30 for women and men

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 include the following elements distributed equitably:

⇒ Elements of strength (see annex)



Regulations

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

⇒ Elements of flexibility (see annex)

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

⇒ Jumps (see annex)

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

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Rating:

The imposed are scored with a coefficient of 25/100 of the final score

The choreography is scored with a 75/100 coefficient of the final grade.



TITLE IV : ATHLETIC MODELS

Judging criteria and competition conduct

(see specific annexe)

ARTICLE 1: JUDGING CRITERIA *(see specific annexe)*

The judgment is based on the observation of the harmonious muscular development resulting from a work of regular weight training, and an appropriate diet while respecting the integrity of the athlete. It covers the following criteria grouped and judged in four 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), and muscular density (the athletes must have a **toned and firm** musculature). Athletes must therefore have a minimum of harmonious shape and muscular volume throughout the body without having visible fat tissue.
- The definition and the muscular curve must be harmonious throughout the body without having any visible fat or cellulite. The appearance of thinness or anorexia will be very heavily sanctioned in women.
- Dry, without being more definite than a bodybuilding athlete, and without the appearance of emaciation or anorexia
- Athletes must have a gracious approach and attitude, 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.

Any excess of muscle volume, definition, vascularity, lack of muscle tone, adipose tissue, cellulite or extreme thinness will be judged unfavourably and sanctioned.

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

ARTICLE 2: FIRST PASSAGE

Athletes of the same category present themselves in bikinis for women and boxers for men (attention see annexe for athletic outfits) on stage.

1 FIRST STEP: 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 emphasize it, without changing places or turning on itself



2 SECOND STEP: COMPARISONS

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 of a 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 to the left to face the judges again.

Before any comparison, depending on the number of athletes the principle of the drawer can be made. Under the direction of the chairman all athletes of the same category will make new corrected poses. After being put 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 in order 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 be on the background.

After a presentation reminder, individually, the athletes will make in turn in the order of bibs a passage of 30 " in front of all the judges (see annex T passage) before returning to their original place in the background of scene

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

This passage counts for the classification.



TITLE V: ORGANIZATION OF IMPOSED PASSAGES, example:

Masters 3	No weight category
Masters 2	- 75kgs
Masters 2	+ 75kgs
Masters women	- 52kgs
Masters Trained Figure	- 1m63
Masters Trained Figure	+ 1m63
Masters 1	+ 75kgs
Masters 1	- 75kgs
Masters women	+ 52kgs
Juniors Men	- 75 kgs
Juniors Men	+ 75kgs
Seniors 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
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
Couples	No weight category
Body Move Women	No weight category
Body Move Men	No weight category
Athletic models men	- 1m75 shorts
Athletic models women	- 1m63 bikini
Athletic models men	+ 1m75 shorts
Athletic models women	+ 1m63 bikini



FREE POSING (choreography) and ATHLETIC MODELS passing organisation, example:

Masters 3	No weight category
Masters 2	- 75kgs
Masters 2	+ 75kgs
Masters women	No weight category
Masters 1	+ 75kgs
Masters 1	- 75kgs
Juniors men	-75 kgs
Juniors men	+ 75kgs
Hopes men	- 75kgs
Hopes men	+ 75kgs
Juniors women	No weight category
Hopes women	No weight category
Athletic Models men	- 1m75 boxer shorts
Athletic Models women	- 1m63 bikini
Athletic Models men	+ 1m75 boxer shorts
Athletic Models women	+ 1m63 bikini
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
Couples	No weight category
Body Move women	No weight category
Body Move men	No weight category
Athletic Models men	- 1m75 shorts
Athletic Models women	- 1m63 bikini
Athletic Models men	+ 1m75 shorts
Athletic Models women	+ 1m63 bikini



TITLE VI : CLASSIFICATION by NATIONS

(See specific annex)

ARTICLE 1 : Attribution of points :

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

All athletes finishing 1st: 15 points

All athletes finishing 2nd: 10 points

All athletes finishing 3rd: 05 points

Beyond the third place, no points are awarded.

ARTICLE 2 : Delivery of awards by nation :

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

This award ceremony by nation is an integral part of the competition and obeys the same rules as all official sporting ceremonies.