

Figure Posing

The judging procedure for NANBF sanctioned competitions will utilize a two-round system. These rounds conducted at the prejudging portion of an event are **Symmetry/Physique** and **Presentation**.

Symmetry refers to the structural harmony of the physique – the relative size and shape of various body parts. There must be a balance and proportion between different components: upper body and lower body, front and back, as well as between same body parts from each side view. Symmetry is a measurement of evenness of development and how well the parts of the physique fit together. The NANBF Figure class will focus on **Physique**. A fit physique with muscular development is encouraged. Overly bulky muscles with significant striations are discouraged. An overly soft physique is also discouraged.

Figure competitors in a given class will file out across the stage and form a line. The head judge may ask athletes on either side to angle in to form more of an arched semi-circle. Competitors are to stand with feet together, toes facing forward. Quads are flexed, hips back slightly, lats are flared wide, chest is held up high, arms are in a natural position not angled out excessively, shoulders can be rolled slightly forward, hands are held loosely, chin is up, and the competitor should smile confidently. Competitors will then be asked to perform quarter turns (turning right). They will present all four positions (front, left side, back, right side) in order to be scored for symmetry/physique. During side views, competitors need to keep both heels close together, with toes facing the side of the stage. The competitor may face the judges rather than the side of the stage. One or both knees can be slightly bent, and upper body can be twisted to show the rear shoulder. Arms should extend slightly from the body, and/or one hand can be placed on the hip. Chest is high, abs are tight, and chin is up. The back relaxed position is similar to the front with emphasis on delineating hamstrings and glutes, lats are wide, arms in a natural position, chest is high, hands are held loosely, chin is up. The competitor should move hair as to not block the judges' view of her back. The turns themselves should be soft and feminine, not hard turns or with embellishing movements.

The head judge will then call for athletes to change positions in order to compare closely matched competitors. The lineup will go through quarter turns again in this new configuration. The head judge may call athletes to several different positions in order for competitors to be seen in close proximity to each judge, and to gain variations in lighting as well.

The **Individual Presentation** portion for NANBF Figure is a stage walk. This walk will be conducted at prejudging, and also at the evening/finals portion of the competition. The judges will score based upon Appearance which includes

tone, complexion and color, Style which includes choice/cut of suit, heels, and grooming, and Stage Presence which includes grace while walking, ability to execute poses, and appeal/confidence. Each competitor is judged individually.

Competitors will wear a two-piece swimsuit and high heels (for both symmetry/physique and presentation rounds). Suits may be enhanced with sequins, rhinestones, and sparkles. Additional jewelry may be worn. The style of suit, heels and accessories should compliment the physique and not distract from. Thongs are prohibited.

The competitors will perform a T walk. Promoters will provide background music, and each competitor will be announced as they perform their walk. The competitor will begin in the middle of the back of the stage. They will walk to the front of the stage and turn left (without stopping), and walk to the end of the stage for a pose. The competitor will then walk across the stage to the other end, without stopping in the middle, and once they reach the other side of the stage, they will stop and pose. The competitor will then walk to the center of the stage, stop and pose. Finally, the competitor will walk off stage diagonally to the side from which they entered (or to the back of the stage) and exit. Promoters will have each of the 4 stops clearly marked on the stage.

Individual presentations should be done tastefully. The competitor should do poses to accent their physique and enhance their presentation. Variations from the mandatory quarter turns in terms of leg and arm placement are appropriate, while bodybuilding-type poses should be avoided. The competitor should remember the judging criteria in terms of displaying a well toned physique while demonstrating femininity and poise.

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