

INBF FIGURE STANCES

The INBF Figure Rules require that competitors use the following stance positions during prejudging of any INBF Figure event.

From the Front: Toes must face the judges, but competitors can angle their toes out SLIGHTLY if it helps to accentuate their thigh presentation. (However, this is not always the most flattering thing, so caution should be exhibited. Any exaggeration will be corrected by the head judge.) Heels must be in line, without either foot ahead of the other toward the front. Hips MUST face the judges and the arms must remain at the sides.

From the Side: A slight turn of 35 degrees (upper body only) is acceptable, so the rear shoulder can be seen, but nothing exaggerated. The hips must face the side of the stage. Eyes must face the side of the stage. Toes must also face the side of the stage, with both feet flat. Long hair should be pushed back behind the front shoulder so it doesn't obscure the judges' view.

From the Rear: This is pretty much the same position as from the front. Both feet must be together or very close. They cannot be offset (i.e., one in front of the other). Competitors should brush their hair to one side when they turn to the rear so their back can be seen (if they have long hair). But they cannot twist to the side, put a hand on their hip or anything like that. Arms must be at the sides, with the back (lats) spread comfortably to show shape and symmetry.