

INBF Mandatory Poses

MANDATORY POSES.

Athletes will be judged based on mandatory poses in both the Symmetry and Muscularity rounds. Competitors will be judged in groups by class, but in the case of exceedingly large classes, they may be called in groups of three to six to stage front for Mandatory Pose comparisons. The following Mandatory Poses shall be used by judging panels associated with the INBF. These poses should be presented such that the judge may make clear determination of comparisons, with contestants not turning from side to side (unless instructed). Contestants must hit the pose and relax on the command of the head judge, or he/she will be penalized with lower placement for not following instructions. The poses are:

SYMMETRY ROUND:

- a. **FACING FRONT:** The athlete should be in a “semi-relaxed” position, with both feet flat on the floor, head erect, abdominals tightened, lats spread and quads flexed. The toes may be pointed outward at up to 45 degrees and the heels should be no more than 8 inches apart. The arms must remain in a “natural” position, not angled out to the sides excessively in an attempt to show the lats much bigger than they actually are. An exaggerated pose with the arms overly spread will be verbally noted by the Head Judge and, if the contestant doesn’t comply with the command to assume a more natural position, he will be scored down. Competitors should all face forward except those at the ends of the lineup, which may be instructed to angle in toward the judging panel.
- b. **QUARTER-TURN TO THE RIGHT:** Contestant must have both feet together, with both flat on the floor. The head must face in the same direction as the feet (no turning head toward the judges). The upper body cannot twist at more than a 15-degree angle toward the judges in relation to the pelvis (excessive twisting is prohibited). The front arm should remain at the side, while the rear arm cannot be pulled forward across the torso in an attempt to show more width. Bringing the hand across the center of the torso is prohibited and verbal warnings will be issued to stop this practice.
- c. **FACING THE REAR:** The athlete should be in a “semi-relaxed” position, with both feet flat on the floor, head erect, lower back tightened, lats spread and hamstrings and quads flexed. The toes may be pointed outward at up to 45 degrees and the heels should be no more than 8 inches apart. The back should be erect, not bent forward excessively nor arched rearward toward the judges, as these practices take away from the physique’s symmetry. The arms must remain in a “natural” position, not angled out to the sides excessively in an attempt to show the lats much bigger than they actually are. An exaggerated pose with the arms overly spread will be verbally noted by the Head Judge and, if the contestant doesn’t comply with the command to assume a more natural position, he will be scored down. Competitors should all face the rear of the stage except those at the ends of the lineup, which may be instructed to angle their backs in toward the judging panel.
- d. **QUARTER-TURN TO THE RIGHT:** The same rules apply as the side pose described above.

MUSCULARITY ROUND:

a. **FRONT DOUBLE BICEPS:** The contestant should stand on two feet and have upper arms out to the sides parallel to the floor, with elbows bent at approximately 90 degrees with forearms parallel to the torso or slightly higher. The legs, lats, chest, abdominals and arms should be flexed and held until the athlete is told to relax.

b. **SIDE CHEST POSE:** Contestant should stand on the foot farthest from the stage with the front leg bent to show the calf and leg biceps. The front arm should be bent at approximately 90-degrees with the rear hand gripping it at the wrist. The chest should be lifted and the abdominals pulled in tightly. The competitor will be told by the Head Judge which side to pose, depending on comparisons.

c. **SIDE TRICEPS POSE:** Contestant should stand in leg position similar to the side chest pose, with the frontal arm hanging alongside the body, grasped at the waist by the rear hand from around the lower back. The triceps should be tightened, shoulders, chest and abdominals flexed, and the legs and calves tight. The competitor will be told by the Head Judge which side to pose, depending on comparisons.

d. **REAR DOUBLE BICEPS:** This pose is exactly as the frontal version except that the contestant must bring the leg of choice toward the judges and "spike" the foot to show calf and leg hamstrings development. Contestants should not lean excessively toward the rear of the stage, nor lean backwards too far toward the judges, as this could obscure lighting and ruin the pose.

e. **REAR LAT SPREAD:** Contestant should face stage rear with the calf of choice "spiked" toward the judges, and grasp the waist with closed hands and spread the elbows to flare the latissimus. Hamstrings and glutes should also be flexed, with emphasis on showing judges the width of the back (V-shape), as well as detail in the lats, teres major, rhomboids and trapezius, erectors and rear deltoids.

f. **FRONT LAT SPREAD:** Contestant should face the judges with the legs beneath him, feet nearly together, with the thighs tensed. He should grasp the waist with the hands and spread the elbows forward to flare the latissimus. The judges shall examine the lat width, back-to-waist taper, shoulder width, chest and arm muscularity and abdominal definition; as well as the muscular development and cuts of the legs and overall body shape.

g. **OVERHEAD ABDOMINAL POSE:** The contestant must stand facing the judges with one leg extended slightly forward, and with hands clasped behind the head. The abdominals must be fully flexed, with air expelled, with the legs and chest also tightened. One-arm variations of the Abdominal Pose are PROHIBITED in Prejudging unless instructed by the Head Judge.

h. **MOST MUSCULAR (MEN ONLY):** The contestant must stand with one leg slightly extended toward the judges, and assume whichever one of the following most muscular

poses is asked for by the Head Judge: The "crab", hands-on-hips or partial crab (with one hand behind back) variations may be asked for. Side most muscular poses are not permitted unless instructed by the Head Judge.

i. OPTIONAL POSES: The judging panel may request additional poses depending on necessity. These may include Side Hamstrings Curl, Stand-On-Calves pose, Serratus Side pose, Quadriceps Forward leg pose, etc.

FREE POSING ROUND:

Although the Night Show free posing routine is not counted in the final scoring, there are rules that must be followed in this round. Failure to follow these rules will result in an athlete's expulsion from the competition, which may result in a reshuffling of final placements.

a. FREE POSING RESTRICTIONS. The following poses/actions are not permitted in INBF contests: 1.) "Moon" Pose – Any pose where the competitor is bent forward with his gluteals facing the audience; 2.) Lying On Stage – Competitors may not lie down fully during their routine; 3.) Obscene Actions – Any action or gesture toward the audience, judges or fellow athletes that is obscene or offensive, as deemed so by the Head Judge and/or Promoter.

4. NIGHT SHOW.

a. POSING ROUTINES: Only the top five athletes in each class will perform their posing routine at the Night Show of INBF contests. All competitors in classes where there are more than five contestants will be introduced to the audience and allowed to hit two poses at center stage, before filing off. Once the introductions are complete, the top five will be named by the emcee, and then will pose one-by-one to their individual music. Those athletes who do not make the top five will be notified during the Night Show by virtue of the judging placements being announced to the audience.