



## REGULATIONS and CATEGORIES





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# ANTI-DOPING REGULATION

All athletes registered with NATURALBODY/WLNBN, amateur or PRO, fully accept the regulations and therefore also the practice linked to the anti-doping test carried out privately by NATURALBODY/WLNBN.

The athlete, once affiliated and having obtained the appropriate card, fully accepts these regulations, including what is specified below regarding anti-doping tests.

In this case, the registered competitive athlete agrees to carry out the anti-doping test at any time of the year when requested and during the events.

It therefore also accepts the choice of the personnel appointed by NATURALBODY/WLNBN, the methods used for the sampling and the laboratory affiliated with it for the analyses.

To avoid problems relating to the registration of competitive athletes and the execution of the anti-doping test, NATURALBODY/WLNBN establishes that registrations must be carried out NO LATER than January 31st of the year 2023.

In any case, the Management is available to discuss any personal cases, subject to written communication to the following email address

~~[wnlb.naturalbody@gmail.com](mailto:wnlb.naturalbody@gmail.com)~~

Registration carried out after this period will therefore entail the risk that NATURALBODY/WLNBN may also reject the requested registration applications. Upon registration, the competitive athlete is required to sign a declaration which will make him/her available for doping control and will accept the consequences of a "*positivity*", such as disqualifications and fines.

Athletes who test positive for doping tests will no longer be able to request registration for NATURALBODY/WLNBN events.

Furthermore:

- All tested athletes sign a declaration stating that they have NEVER used banned substances, as per the NATURALBODY/WLNBN regulations, and in accordance with the WADA Anti-Doping Code. The anti-doping test complies with the procedures and current code of NADO Italy.



- The current list of banned substances follows the dictates of WADA
- NATURALBODY/WLNB will also conduct blood tests to evaluate hormone levels and liver and kidney function at each event and random tests for registered athletes throughout the year.
- If the aforementioned checks reveal physiologically abnormal results or which indicate a risk to the athlete's health, NATURALBODY/WLNB will immediately suspend the athlete.
- This suspension will remain active until the athlete himself provides the association with proven evidence that the aforementioned values do not constitute evidence or risk for the subject.
- The checks also include a full body screen to detect any traces of injections/infusions/bumps/anomalies and any other suspicious characteristics.
- If an athlete tests positive for a prohibited substance, he or she will be removed and suspended immediately from competitions and will risk a disqualification of a minimum of 6 months up to 10 years.
- The trainer of the athlete recognized as positive will be removed and disqualified from the NATURALBODY/WLNB association for 10 years.
- NATURALBODY/WLNB will however give the possibility of a counter-analysis to be carried out only at a facility recognized by the international body WADA no later than 20 days from receipt of the written communication.
- Alternatively, the athlete may authorize NATURALBODY/WLNB to use the second sample to carry out a new anti-doping test (which however will be borne by the athlete and the costs of which will be notified via email by NATURALBODY/WLNB).
- The athlete is aware and accepts without reservation that the results of the anti-doping tests to which he will be subjected, both positive and negative, could be published, with his personal data and any prohibited substances detected, on paper and online media connected to the NATURALBODY/WLNB.



- It is the athlete's responsibility to be aware of the prohibited substances on the list. **Ignorance is not allowed as an excuse.**
- Furthermore, the athlete is aware of the fact that these procedures are third to those that CONI, through NADO ITALIA, or the Ministry of Health through the Carabinieri Anti-Advertising Units may verify on their own initiative before or during the race.

### **ANTI-DOPING REGULATIONS 2023**

*<https://www.nadoitalia.it/it/normativa/nazionale/norme-sportive-antidoping.html> **LIST***

**of WADA PROHIBITED SUBSTANCES and METHODS**

*[https://www.nadoitalia.it/images/lista-wada/2021list\\_en.pdf](https://www.nadoitalia.it/images/lista-wada/2021list_en.pdf)*





# PROCEDURE

## **A) Off-season**

The test begins with the administration of one liter of water to the athlete who, within 60 minutes, must produce a sufficient urine sample to be analyzed.

Subsequently we will continue with the collection of an intravenous blood sample which will be used to verify renal and liver function as well as to control some hormone levels.

Failure to join or previous inability results in the suspension and possible expulsion of the athlete from the association (except in cases of force majeure to be assessed on a case-by-case basis) and exclusion from NATURALBODY/WLNB competitions for a minimum of 6 months up to 10 years.

A positive urine anti-doping test carried out by a WADA accredited laboratory entails the immediate exclusion of the athlete from the association for a minimum of 6 months up to 10 years, WITH POSSIBLE REVOCATION OF ANY TITLES WON.

The NATURALBODY/WLNB association reserves the right to appeal to the competent courts for damage to the image of the Association itself, attributed by the case in question.

By signing these regulations, the athlete unconditionally accepts the procedure described above and the name of the WADA accredited laboratory (indicated by NATURALBODY/WLNB) in which the exams will be carried out.

## **B) In the competition context**

All NATURALBODY/WLNB member athletes must sign a liability release which releases the federation, management, promoter and any other member involved in the operation from responsibilities related to the anti-doping procedure.

Athletes will not be able to participate without signing all the necessary forms.

Athletes accept the test results as final and legally binding and agree to abide by the results with respect to participation in NATURALBODY/WLNB events.



The specific details of the tests carried out are set out below.

•**BLOOD TESTS AND URINE TESTS** As in point

A)

oA positive urine anti-doping test carried out by the laboratory will result in the cancellation of the athlete's placing in the competition and immediate expulsion from NATURALBODY/WLNB for 10 years.

oThe abnormal result of the blood values will result in the aforementioned in this document

oIf the athlete refuses to undergo the test, he will be expelled from the association by a minimum of 6 months to 10 years.

oIn case of positivity or refusal of the tests, the Federation reserves the right to take legal action before the appropriate competent courts

oIf the athlete, having given his consent, communicates to the association that he does not

proceed with the tests or self-exclude from the race or self-suspend from the association, he will be expelled immediately from the association and will not be able to participate in competitions for 10 years.

oThe athlete is aware and accepts without reservation that the test results anti-doping tests to which he will be subjected, both positive and negative, could be published, with your personal data and any prohibited substances detected, on paper and online media connected to NATURALBODY/WLNB.

oOnce registration has been made, which as mentioned provides complete acceptance of this regulation, in the cases of

- self-exclusion,
- self-suspension,
- positivity,
- rejection,
- anomalies

and all other eventualities that conflict with the association's code of ethics presented in this document, **THEY WILL NOT BE PROVIDED** \_\_\_\_\_

**REFUNDS OF ANY KIND.** \_\_\_\_\_



## EXPULSION

Where the cases described above occur, the President will urgently convene a special panel, composed of himself and two other members of the board of directors.

This council will decide on the expulsion of the member and the seriousness of the infringement, as well as the procedures to be adopted in protecting the association and its image.

## CONI POLICIES AND PROCEDURES

NATURALBODY/WLN B is an amateur sports association affiliated with a sports promotion body recognized by CONI.

Its competitive events are subject to the current CONI anti-doping regulations which provide for surprise checks carried out by sports doctors sent by the Ministry of Health.

Therefore, should further anti-doping control be carried out by NADO ITALIA and/or the Ministry of Health, given that the collection of samples is conducted with a "double sample" method, the designated laboratory will receive samples "A" and "B" ". Below is the operating procedure

- The sample labeled "A" will be examined first.
- In case of positivity, the athlete has the right, at his own expense, within 7 days, to also have sample "B" tested in the same laboratory where the first sample was examined.
  - The results of the second exam, if they are different from those of the first, will be binding and definitive (if the results of the second sample are negative, the athlete maintains NATURALBODY/WLN B registration and eligibility; the placement in the race in which the positivity was found remains unchanged).
- In case of negativity, the results are considered final and binding.
  - In case of a positive test, the athlete will be expelled from the association and will not be returned no fee.
  - NATURALBODY/WLN B will also be able to take action against the athlete and request full reimbursement of any fines imposed on it by CONI, as well as adequate compensation for damages.



## BAN ON MUSCLE IMPLANTS

No NATURALBODY/WLNB athlete may participate in any competition if surgical muscle implants (e.g. calves) are present for the purpose of enhancing performance and/or appearance.

Implants for purely cosmetic reasons (e.g. breast implants in women) are generally accepted, although NATURALBODY/WLNB management may evaluate the acceptance of these types of implants annually.

When these systems are evaluated differently (negatively), NATURALBODY/WLNB makes use of the "*non-retroactivity*" and allows subjects who currently have aesthetic implants to continue competing.

## SPORTSMANSHIP

Athletes who demonstrate poor sportsmanship in a competition will be banned from NATURALBODY/WLNB events for a minimum of one year, depending on the severity of the offense. The duration of the disqualification will be established by the board of directors and communicated to the athlete via registered mail or certified e-mail.

### **Meaning of "Poor Sportsmanship":**

1. Do not accept or destroy the trophy or medal on the stage or in the surrounding areas.
2. Exit the stage during the award ceremony.
3. Do not show up at the evening show without communicating a valid reason to the president of the race or to the promoter.
4. Use offensive conduct, language or gestures towards the judges, the presenter or any member of the organization or the public and athletes throughout the event or on any means of communication including social media.
5. Insults, insults, etc. also constitute unsportsmanlike behavior subject to disqualification threats, slander and all denigrating statements, by any means and in expressed at any time (even before or after the competition, via the internet and/or on social networks), aimed at causing damage to the prestige, decorum and honorability of NATURALBODY/WLNB, its members, managers and judges and athletes.



## FEDERAL JUDGES

NATURALBODY/WLNB requires federal judges to join the association through membership NO LATER than 01/31/2023.

The fee for membership as a Judge of the Naturalbody/WLNB project is 100.00 euros and must be paid into the current account: ASD SPARTA MMA CS

The figure of the NATURALBODY/WLNB Federal Judge must stand out for:

- Leadership
- Impartiality'
- Seriousness'
- Sportsmanship Guarantor
- Guarantor of the application of this regulation
- Transparency
- Objectivity'

It follows that if there are Federal Judges who also hold the role of Trainer, during the competitions in which they are called to fill the role of Judge, they ABSOLUTELY AVOID any contact with their competing athletes.

This INSIDE and OUTSIDE the competition location, including the external proximal rooms and the backstage.

They will also be required to get up from the jury table and leave the room when one of their athletes is present on stage.

At the discretion of the President of the Jury, a SUBSTITUTE JUDGE will be appointed who will temporarily fill the role of the Judge in conflict of interest.

Any behavior that deviates from these directives will be IMMEDIATELY punished with actions ranging from the SUDDEN REMOVAL of the Judge who has not respected these rules, to his subsequent expulsion *ad vitam* by the Association and any repercussions, including legal ones, that the Federation deems appropriate to take into consideration to protect itself from any damage to its image caused.



## CATEGORIES

NATURALBODY/WLN B adopts a subdivision into categories of **HEIGHT** of all participants in men's bodybuilding competitions.

The competition categories, when there are more than 10 athletes per category, can be divided into several subcategories, always based on height.

### MALE CATEGORIES:

- **MEN'S BODYBUILDING**
  - oOpen
  - oJuniors < 24 years
  - oMaster
    - > 40 years
    - > 45 years
    - > 50 years
  - oGrand Masters
    - > 60 years
- **MEN'S BODYBUILDING HP -3**
  - oOpen
- **MEN'S PHYSIQUE**
  - oOpen
  - oJuniors < 24 years old
  - oMasters over 40
- **MEN'S CLASSIC PHYSIQUE**
  - oOpen
  - oMaster
    - > 40 years
    - > 45 years
    - > 50 years



## **FEMALE CATEGORIES:**

- **WOMEN'S BIKINI**
  - oOpen
    - oJuniors < 24 years old
    - oMasters > 35 years old
- **WOMEN'S FIGURE**
  - oOpen
  - oMaster
    - > 35 years
    - > 40 years
- **WOMEN'S PHYSIQUE**
  - oOpen
- **WOMEN'S BB**
  - or Open
- **WOMEN'S SPORT MODELS**
  - oOpen

## **SPECIAL CATEGORIES:**

- **PARATHELTES (OWN MOTOR SKILLS)**
  - oOpen

Each category is considered validly constituted upon reaching at least 3 members.



## **MASTER AND JUNIOR CATEGORIES**

For athletes registered in the Master and Junior categories the following rule is assumed:

o the age limits (for juniors and masters) are assumed as such at the time of the first official competition or official selection qualifying the National Championship immediately following

owhen the athlete, qualified as junior or Master, prefers to compete in another category (e.g. Open), it is necessary to make a change of category through a new selection competition and therefore qualify in the new category participation.

## **DIVISION BY HEIGHT**

In the event that there are more than 10 athletes per category, subcategories will always be created based on height (e.g. small/tall, always with a current rule that ensures a fairly uniform number of participants per category)

All competitors will therefore have their height measured without shoes.

Then they will be divided evenly into pre-established subcategories based on the total number of competitors.

In the event that two or more subcategories are formed, the first classified in each subcategory will be able to compete in the overall (at the discretion of the organizer or promoter).

## **RACE RANKING SCORE**

The score per athlete that determines the placing in the race will be counted only for the 5 finalists, from 6th position onwards the placing is considered tied.





# CATEGORIES EVALUATION

## BODY BUILDING

This section concerns all the Body Building categories (Open, Junior and Master) including the HP -3 category (for which a different order of priority is provided for the evaluation criteria, as set out in the appropriate section).

## EVALUATION CRITERIA

- 1) Symmetry**
- 2) Musculosity**
- 3) Draft**
- 4) Skin Tone**
- 5) Presence On Stage**

The presence of subcutaneous cysts on the abdominal area, which may be associated with previous use of GH, and any signs of gynecomastia and/or presence of scars due to surgery to remove gynecomastia will be carefully evaluated. The overall impression of the competitor must be bold and pleasant, it must show balance, strength and fun on his part.

The colour, skin tone, costume (which must cover more than half of the bottom) and stage presence during the poses will also be evaluated.

The skin must be shaved and tanned, the use of dyes or husk is recommended (depending on the competition).



## PROCEDURE OF THE COMPETITION

- or Competitors are judged by quarter turns (Round of Symmetry)
- or Competitors are evaluated through 7 mandatory poses (Muscularity Rounds).
- or Competitors will be compared one or more times
- or Competitors will perform posing routines to the music of their choice (max 60 seconds)
- OR This routine will be at the discretion of the promoter for all athletes or for just the 5 finalists. The
- OR competitors will perform in a final Posedown which at the discretion of the promoter will take place for all the athletes or for only the 5 finalists

## DESCRIPTION OF THE PHASES OF THE COMPETITION

### SYMMETRY:

The competitors line up in numerical order, facing the judges and perform four quarter turns according to the orders of the head of the jury (usually the quarter turns are made towards the athlete's right and in any case they will be called by the head of the jury ). If necessary, the head of the jury will switch the athletes' places to make the judges able to evaluate even the athletes who are more distant in perspective.

### MUSCULUSNESS:

#### **Round 1:**

The competitors, positioned on the line-up as per the symmetry round, will perform the following compulsory poses, called by the Head of the Jury:

1. Front Double Biceps
2. Front Lat Spread
3. Thoracic expansion (Side Chest)
4. Side Triceps
5. Back Double Biceps
6. Back Lat Spread
7. Abdominal and Thighs
8. At the request of the judges: most muscular pose.



### **Round 2 (1-st Callout):**

Based on the requests of each judge, the competitors will be exchanged places and called to compare from a minimum of 2 to a maximum of 4, performing the previous poses.

These individual comparisons take place at the center of the stage and the competitors will align themselves according to the requests of the head jury. Each competitor is subjected to at least one comparison.

### **Round 3:**

The 5 finalists are nominated, while the others are rewarded with participation medals.

The finalists will remain on stage and will follow the instructions of the head jury who will be able to proceed with further callouts.

### **ROUTINE:**

#### **Round 4:**

The finalists, in numerical order, will perform their individual routine. The posing routine can last up to 60 seconds.

The clothing includes the classic BB costume and possibly some stage accessories (to be used only in the individual routine) which can be presented to the jury BEFORE the competition for specific approval.

The tempo is considered from the beginning of the music, not from the first pose. The music, like the poses, must be stopped after 60 seconds.

During the routine the athletes must present their physique and show their best poses. The presentation must be managed from the point of view of choreography, space, transitions must be coherent.

Poses in the routine may include not only standing poses but also kneeling, side and back poses.

The contestants must try to positively surprise both the judges and the spectators. In addition to bodybuilding poses, athletes can make use of their personal skills.



The posing routine will not be evaluated for the category ranking but will be evaluated for the SPECIAL PRIZES which however remain at the discretion of the promoter.

### **Round 5:**

After performing all routines,

1. The 5 finalist competitors will go back on stage
2. Athletes will be awarded from fifth to first place.

**It is mandatory to maintain sporting behavior for the entire duration of the awards ceremony, honoring the competition, the opponents and the judges.**

### **CLOTHING**

The racing costume must meet the following criteria: 1.

It must be shiny or opaque

2. The color, material and structure depend on the athlete

3. No decoration, finishing, embellishment or hemming.

4. The minimum height of the edges must be 2 cm and must cover at least half of the buttock and the entire front part.

5. No jewelry or accessories.

6. No type of accessory is allowed.

7. It is not allowed to uncover the entire buttock

### **SKIN COLOUR**

The use of dyes or husk is recommended and in any case the use of the husk itself will depend on the individual organization of the competition

### **REGISTRATION**

Athletes must be registered in sports clothing with a registration form and membership card.

Registration is ONLY accessible to athletes.

The trainers or companions will receive a badge or pass which must be worn for the entire duration of the competition.

Athletes in the categories where the routine is performed who have not previously sent the music must submit it together with their registration form.



## MEN'S PHYSIQUE

This section concerns all MP categories (Open, Junior and Master).

### EVALUATION CRITERIA

The Men's Physique category should be understood as the maximum expression of an athletic and aesthetically pleasing appearance.

The evaluation criteria will be considered as follows:

- 1) Symmetry and Proportions**
- 2) Harmony and Athletic Appearance**
- 3) Facial appearance and Look**
- 4) Presence on stage**
- 5) Draft**
- 6) Muscularity**

Even if this is not a Bodybuilding category, athletes must bring good muscularity to the stage which, however, must not be excessive when compared to the other two parameters.

**Muscularity and excessive tightness will therefore be evaluated negatively. The overall impression and presentation of the athlete must be pleasant, and must express energy, strength and vitality.**

The evaluation will also take into consideration the variation of the epidermis, its color, look and posing.

The skin must be shaved and tanned, the use of dyes or husk is recommended (depending on the competition).



## PROCEDURE OF THE COMPETITION

- or Competitors are judged by quarter turns (Round of Symmetry)
- or Competitors are evaluated through 5 mandatory poses (Muscularity Rounds).
- or Competitors will be compared one or more times
- or Competitors will also perform a round of muscle building
- OR The competitors will perform an individual T-Walk or I-Walk to a musical background played by the director.

## DESCRIPTION OF THE PHASES OF THE COMPETITION

### SYMMETRY:

The athletes take the stage bare-chested and barefoot.

Athletes must not be rude, vulgar, or display unsportsmanlike behavior. This round is scored according to the following criteria:

1. The general presentation of the athlete's physique (impressions regarding hair, face, etc general development of body shape and look) must present a discreet appropriate balance and symmetry. Athletes must also present themselves with confidence and elegance.
2. Muscle tone must be globally balanced between musculature and draft. Muscle groups should have a toned, sleek appearance with a low percentage of body fat. An athlete considered too muscular or too thin will be penalized
3. Athletes must present the idea of being athletic, healthy and attractive men.

The competitors line up in numerical order, facing the judges and perform four quarter turns according to the orders of the head of the jury (usually the quarter turns are made towards the athlete's right and in any case they will be called by the head of the jury ). If necessary, the head of the jury will switch the athletes' places to make the judges able to evaluate even the athletes who are more distant in perspective.



These are the quarter turns that will be required in detail:

1. In front of the judges: the athletes stand with one hand on their hip, one leg turned forward and slightly to the side.

2. The athletes perform a quarter turn to the right, facing the left side of the body towards the judges. The upper body slightly turned towards the judges, the gaze directed towards them. Belly tucked in, chest out, shoulders back, both arms relaxed along body, elbows bent, thumbs and fingers together, palms facing towards the body, the arms are slightly bent (glass-shaped). The position of the hands should involve a slight rotation of the upper part to the left, with the left shoulder lower than the right.

3. The athletes perform a quarter turn to the right with their backs towards the judges. The feet are no more than 30 cm apart. One hand is resting on the hip, the other in a relaxed position along the body.

4. The athletes stand straight with their torso slightly turned towards the judges, facing the look at them. Abdomen contracted, chest out, shoulders back, and arms slightly bent (cup-shaped) the position of the hands should cause a slight rotation of the upper body to the right with the right shoulder lower than the left.

5. The athletes return to the front position

#### MUSCULUSNESS:

##### **Round 1:**

The competitors, positioned on the line-up as per the symmetry round, will perform the following compulsory poses, called by the head of the jury:

1. Front Double Biceps
2. Thoracic expansion (Side Chest)
3. Side Triceps
4. Back Double Biceps
5. Abdominal and Thighs.

In this pose it is "*advised*" the athlete to lift the shorts highlighting adequate development of the thighs which is still balanced with the rest of the body.



### **Round 2 (1-st Callout):**

Based on the requests of each judge, the competitors will be exchanged places and called to compare from a minimum of 2 to a maximum of 4, performing the previous poses.

These individual comparisons take place at the center of the stage and the competitors will align themselves according to the requests of the head jury. Each competitor is subjected to at least one comparison.

### **T-Walk or I-Walk:**

#### **Round 3:**

The 5 finalists are nominated, while the others are rewarded with participation medals.

The finalists will perform further Callouts and then the individual T-Walk or I-Walk (which may also involve all athletes at the promoter's discretion)

#### **T-Walk:**

- 1.The athlete reaches the starting position and greets the jury and the public.
- 2.The athlete moves to the center of the stage and performs one of the obligatory poses.
- 3.The athlete moves to the left side of the stage and performs one of the mandatory poses.
- 4.The athlete moves to the right side of the stage and performs one of the mandatory poses.
- 5.The athlete returns to the center of the stage and performs one of the compulsory poses.
- 6.The athlete returns to the starting position and thanks the audience and jury
- 7.The athlete returns to the back of the stage.

**\* During the T-walk no pose must be repeated more than once.**

#### **I-WALK:**

- 1.The athlete reaches the starting position and greets the jury and the public.
- 2.The athlete moves to the center of the stage and performs 4 compulsory poses.
- 3.The athlete returns to the starting position and thanks the audience and jury
- 4.The athlete returns to the back of the stage.

**\* During the I-walk no pose must be repeated more than once.**





#### **Round 4:**

After the T-walk the athletes move to the center of the stage creating an orderly row starting from the lowest registration number.

Athletes will be awarded from fifth to first place.

**It is mandatory to maintain sporting behavior for the entire duration of the awards ceremony, honoring the competition, the opponents and the judges.**

### **CLOTHING**

Clothing for all rounds:

1. **Surfer costume**, it must be above the knee but below the navel and must follow the following criteria:
2. The color and material are chosen by the contestant.
3. No tight or stretchy costumes are permitted.
4. No logos are allowed on the costume, except for the manufacturer's brand
5. Accessories or jewelry are not permitted, as are vulgar gestures.
6. The use of shoes is not permitted

### **SKIN COLOUR**

The use of dyes or husk is recommended and in any case the use of the husk itself will depend on the individual organization of the competition

### **REGISTRATION**

Athletes must be registered in sports clothing with a registration form and membership card.

Registration is **ONLY** accessible to athletes.

The trainers or companions will receive a badge or pass which must be worn for the entire duration of the competition. Athletes in the categories where the routine is performed who have not previously sent the music must submit it together with their registration form.



## MEN'S CLASSIC PHYSIQUE

Competitors belonging to this must have:

- Greater muscle development than a Men's Physique, and at the same time inferior to a Bodybuilder.
- An extremely harmonious physical structure
- A strong X-Shape that makes the waistline disappear
- A distinct V-Shape

## EVALUATION CRITERIA

The judges will judge the competitors according to the criteria:

### 1. Symmetry

### 2. Posing and Presentation

### 3. Musculosity

### 4. Condition

### 5. Skin Tone

### 6. Routines

Individual pose routine is expected **which will contribute 25% of the final score**. The skin must be shaved and tanned, the use of dyes or husk is recommended (depending on the competition).

## PROCEDURE OF THE COMPETITION

- or Competitors are judged by quarter turns (Round of Symmetry)
- or Competitors are evaluated through 8 mandatory poses (Muscularity Rounds).
- or Competitors will be compared one or more times
- or Competitors will perform posing routines to the music of their choice (max 90 seconds)
- or This routine will be at the discretion of the promoter for all athletes or for only the 5 finalists and contributes 25% to the final evaluation.
- OR The competitors will perform in a final Posedown which at the discretion of the promoter will take place for all the athletes or for only the 5 finalists



## DESCRIPTION OF THE PHASES OF THE COMPETITION

### SYMMETRY:

The competitors line up in numerical order, facing the judges and perform four quarter turns according to the orders of the head of the jury (usually the quarter turns are made towards the athlete's right and in any case they will be called by the head of the jury ). If necessary, the head of the jury will switch the athletes' places to make the judges able to evaluate even the athletes who are more distant in perspective.

### POSING AND PRESENTATION:

Competitors must present themselves with good bearing, excellent posture and strong confidence.

They must be able to enhance their physique through posing that is not rude but classic and graceful, moving in transitions with extreme fluidity

### MUSCULUSNESS:

#### **Round 1:**

The competitors, positioned on the line-up as per the symmetry round, will perform the following compulsory poses, called by the Head of the Jury:

1. Front Double Biceps
2. Front Lat Spread
3. Thoracic expansion (Side Chest)
4. Side Triceps
5. Back Double Biceps
6. Back Lat Spread
7. Abdominal and Thighs

At the request of the judges: most muscular pose.

#### **Round 2 (1-st callout):**

Based on the requests of each judge, the competitors will be exchanged places and called to compare from a minimum of 2 to a maximum of 4, performing the previous poses.



These individual comparisons take place at the center of the stage and the competitors will align themselves according to the requests of the head jury. Each competitor is subjected to at least one comparison.

### **CONDITION:**

The condition refers to the level of separation of adjacent muscle sectors, as well as the degree of muscle tone.

The draft is also important, even if a “too tight” appearance is neither advantageous nor desirable.

### **ROUTINE:**

#### **Round 3:**

The 5 finalists are nominated, while the others are rewarded with participation medals.

The finalists will perform further callouts and the individual posing routine (which may also concern all athletes at the promoter's discretion)

#### **Round 4:**

The posing routine can last up to 90 seconds.

The costume consists of a short, elasticated black short, with the same leg or high-cut, but less than the BB one.

It is possible to use some stage accessories which can be presented to the jury BEFORE the competition for specific approval.

The tempo is considered from the beginning of the music, not from the first pose. The music, like the poses, must be stopped after 90 seconds.

During the routine the athletes must present their physique and show their best poses. The presentation must be managed from a choreographic and spatial point of view, the transitions must be coherent and delicate, enhancing the classicism required by the category.



Poses in the routine may include not only standing poses but also kneeling, side and back poses.

The contestants must try to positively surprise both the judges and the spectators.

Please remember that this round accounts for 25% of the final score.

Furthermore, the posing routine will be evaluative of the SPECIAL PRIZES which however remain at the discretion of the promoter.

### **Round 5:**

After performing all routines,

3. The 5 finalist competitors will go back on stage

4. Athletes will be awarded from fifth to first place.

**It is mandatory to maintain sporting behavior for the entire duration of the awards ceremony, honoring the competition, the opponents and the judges.**

### **SKIN COLOUR**

The use of dyes or husk is recommended and in any case the use of the husk itself will depend on the individual organization of the competition

### **REGISTRATION**

Athletes must be registered in sports clothing with a registration form and membership card.

Registration is ONLY accessible to athletes.

The trainers or companions will receive a badge or pass which must be worn for the entire duration of the competition. Athletes in the categories where the routine is performed who have not previously sent the music must submit it together with their registration form.



## **BODY BUILDING HP-3**

This section covers the Body Building HP -3 category in detail

Only athletes who meet the following criteria can compete in this category: **Body weight expressed in kilograms equal to or less than the value obtained by subtracting 103 from the relative height expressed in centimeters**

Example: HEIGHT 180 CM – 103 = MAXIMUM ALLOWED WEIGHT: 77 KG

## **EVALUATION CRITERIA**

All the previous considerations made for the Bodybuilding category apply but the evaluation priorities vary:

- 1.Symmetry and proportions**
- 2.Definition and vascularity**
- 3. Muscularity**
- 4.Skin Tone**
- 5.Stage Presence**

## **PROCEDURE OF THE COMPETITION**

As in the BB section

## **DESCRIPTION OF THE PHASES OF THE COMPETITION**

As in the BB section

## **CLOTHING**

As in the BB section

## **SKIN COLOUR**

As in the BB section

## **REGISTRATION**

As in the BB section



## WOMEN'S BIKINI

This section concerns all Bikini categories (Open, Junior and Master).

### EVALUATION CRITERIA

The competitors in this category are evaluated according to the following criteria:

- 1) **Harmony and Symmetry**
- 2) **Overall athletic appearance**
- 3) **Facial beauty**
- 4) **Appearance and firmness of the skin**
- 5) **Hairstyle and look**
- 6) **Presence on stage (body control, poise and elegance)**

Attention will be paid to adequate symmetry between muscle tone and condition.

Furthermore, the naturalness of the presentation on stage, control of one's body, poise and elegance are also evaluated.

The "*line*", based on your overall muscle tone level. The muscle groups must be toned and symmetrical, well balanced and the athletes must also have a good appearance and a low percentage of body fat.

**A line that is too muscular or too defined will be penalized in the score.**

The skin must be smooth and healthy-looking, free of cellulite or blemishes.

The face, hairstyle and make-up must complete the overall impression proposed by the athlete.

Note that the athlete's presentation occurs from the moment he steps onto the stage until the moment he leaves it.

The athletes who compete in the bikini category must give the idea of a healthy, athletic and attractive woman who is never vulgar.



## DESCRIPTION OF THE PHASES OF THE COMPETITION

### SYMMETRY:

The athletes line up in numerical order in front of the judges.

The athletes will make 4 quarter turns to the right according to the requests of the head judge.

The head judge may request changes of position and confrontations.

The confrontation takes place at the center of the stage in order, according to the decisions of the judges.

Each athlete will be subjected to at least one comparison.

These are the symmetry poses:

- 1. Relaxed front:** The athlete stands with one hand resting on the hip, with one leg extended forward and slightly to the side. Feet should not be more than 30cm apart.
- 2. Quarter turn to the right:** The athlete stands with the left side of the body facing the judges, the upper part of the body is slightly turned towards the judges, the gaze is directed towards the judges, the right hand resting on the right hip, the left leg slightly bent.
- 3. Quarter turn back to the jury:** The athlete performs a quarter turn to the right and turns his back towards the judges. Feet are no more than 30cm apart. A hand is relaxed on the side, the other along the body. In an upright position, straight without tilting the back excessively towards the judges.
- 4. Quarter turn to the right:** The athlete stands with the right side of the body facing the judges, the upper part is slightly turned towards the judges. His gaze is turned towards the judges, his left hand rests on his left hip, his right leg slightly bent.
- 5. Quarter turn to the front relaxed right:** The athlete returns to the front position.

Note that turns and poses should feel relaxed without tension with smooth transitions.





### **Round 2 (1st Callout):**

Based on the requests of each judge, the competitors will be exchanged places and called to compare from a minimum of 2 to a maximum of 4, performing the previous poses.

These individual comparisons take place at the center of the stage and the competitors will align themselves according to the requests of the head jury. Each competitor is subjected to at least one comparison.

### **T-Walk or I-Walk:**

#### **Round 3:**

The 5 finalists are nominated, while the others are rewarded with participation medals.

The finalists will perform further callouts and the individual T-Walk or I-Walk (which may also involve all athletes at the promoter's discretion)

#### **T-Walk:**

- 1.The athlete reaches the starting position and performs the "saluting" pose.
- 2.The athlete moves to the center of the stage and performs the front pose.
- 3.The athlete moves to the left side of the stage and performs the quarter turn pose with the left side of the body facing the judges.
- 4.The athlete moves to the right side of the stage and performs the quarter turn pose with the right side of the body facing the judges.
- 5.The athlete returns to the center of the stage and performs the pose with his back to the judges.
- 6.The athlete returns to the starting position and performs the "final salute" pose.
- 7.The athlete returns to the back line of the stage.

**\* During the T-walk no pose must be repeated more than once.**



### **I-WALK:**

- 1.The athlete reaches the starting position and performs the "saluting" pose.
- 2.The athlete moves to the center of the stage and performs all the quarter turns.
3. The athlete returns to the starting position and performs the "final salute" pose.
- 4.The athlete returns to the back line of the stage.

**\* During the I-walk no pose must be repeated more than once.**

### **Round 4:**

After the T-walk the athletes move to the center of the stage creating an orderly row starting from the lowest registration number.

The athletes will be awarded from fifth to first place.

**It is mandatory to maintain sporting behavior for the entire duration of the awards ceremony, honoring the competition, the opponents and the judges.**

### **CLOTHING**

Attire for all rounds: 1.A two-piece bikini

- 2.Color, material and structure are at the athlete's discretion.
3. Bikinis consisting of a thong are not permitted, it must cover approximately a third of the buttock and the entire front, front area.
4. Athletes must wear transparent shoes with high heels, sandal style. The thickness of the para must not exceed 25 mm. The heel height however must not exceed 130 mm.
- 5.The hair can be styled as you like.
- 6.The skin must be natural, with a healthy tan. The use of tanner and/or husk is recommended.
- 7.Jewelry is allowed as long as it is in good taste.
- 8.The head judge has the right to determine whether the athlete's clothing is acceptable in terms of standard, taste and decency.



## **SKIN COLOUR**

The use of dyes or husk is recommended and in any case the use of the husk itself will depend on the individual organization of the competition

## **REGISTRATION**

Athletes must be registered in sportswear with a registration form and membership card.

Registration is ONLY accessible to female athletes.

The trainers or companions will receive a badge or pass which must be worn for the entire duration of the competition.



## WOMEN'S FIGURE

This section concerns all Figure categories (Open, Master).

### EVALUATION CRITERIA

Female athletes in this category must be endowed with beauty and elegance as well as an athletic and sporty body.

The judgment will therefore be based on the harmony and symmetry present between the various muscle groups.

There is also the possibility of bringing light conditioning and therefore a light draft onto the stage.

#### **ATTENTION:**

***NOT* it is a Bodybuilding category and therefore excessive muscle development or excessive pulling will be penalized.**

- 1. Harmony and Symmetry**
- 2. Overall athletic appearance**
- 3. Condition**
- 4. Appearance and firmness of the skin**
- 5. Presence on stage (body control, poise and elegance)**

For *condition* the following is meant: the contestants must appear pleasant, toned and energetic, yet always showing notable femininity.

The category does not perform the Posing routine.

The athlete's presentation occurs from the moment he enters the stage until the moment he leaves it.



## DESCRIPTION OF THE PHASES OF THE COMPETITION

### SYMMETRY:

The athletes line up in numerical order in front of the judges.

The athletes will make 4 quarter turns to the right according to the requests of the head judge.

The head judge may request changes of position and confrontations.

The confrontation takes place at the center of the stage in order, according to the decisions of the judges.

Each athlete will be subjected to at least one comparison.

The competitors line up in numerical order, facing the judges and perform four quarter turns according to the orders of the head of the jury (usually the quarter turns are made towards the athlete's right and in any case they will be called by the head of the jury ).

If necessary, the head of the jury will switch the athletes' places to make the judges able to evaluate even the athletes who are more distant in perspective.

These are the symmetry poses:

**1.Relaxed front**

**2.Quarter turn to the right**

**3.Quarter turn back to the jury**

**4.Quarter turn to the right**

**5.Quarter turn to the front relaxed right.**

Note that turns and poses should feel relaxed without tension with smooth transitions.



### **Round 2 (1st Callout):**

Based on the requests of each judge, the competitors will be exchanged places and called to compare from a minimum of 2 to a maximum of 4, performing the previous poses.

These individual comparisons take place at the center of the stage and the competitors will align themselves according to the requests of the head jury. Each competitor is subjected to at least one comparison.

### **T-Walk or I-Walk:**

#### **Round 3:**

The 5 finalists are nominated, while the others are rewarded with participation medals.

The finalists will perform further Callouts and the individual T-Walk or I-Walk (which may also involve all athletes at the promoter's discretion)

#### **T-Walk:**

- 1.The athlete reaches the starting position and performs the "saluting" pose.
- 2.The athlete moves to the center of the stage and performs the front pose.
- 3.The athlete moves to the left side of the stage and performs the quarter turn pose with the left side of the body facing the judges.
- 4.The athlete moves to the right side of the stage and performs the quarter turn pose with the right side of the body facing the judges.
- 5.The athlete returns to the center of the stage and performs the pose with his back to the judges.
- 6.The athlete returns to the starting position and performs the "final salute" pose
- 7.The athlete returns to the back line of the stage.

**\* During the T-walk no pose must be repeated more than once.**



### **I-WALK:**

- 1.The athlete reaches the starting position and performs the "saluting" pose.
- 2.The athlete moves to the center of the stage and performs all the quarter turns.
3. The athlete returns to the starting position and performs the "final salute" pose.
- 4.The athlete returns to the back line of the stage.

**\* During the I-walk no pose must be repeated more than once.**

### **Round 4:**

After the walk, the athletes move to the center of the stage, creating an orderly row starting from the lowest registration number.

The athletes will be awarded from fifth to first place.

**It is mandatory to maintain sporting behavior for the entire duration of the awards ceremony, honoring the competition, the opponents and the judges.**

### **CLOTHING**

Clothing for all rounds:

- 1.A two-piece bikini crossed at the back and tied at the neck
- 2.Color, material and structure are at the athlete's discretion.
3. No thongs are allowed, the costume must cover approximately one third of the buttock and the entire front, front area.
4. Athletes must wear transparent shoes with high heels, sandal style. The thickness of the para must not exceed 25 mm. The heel height however must not exceed 130 mm.
- 5.The hair can be styled as you like.
- 6.The skin must be natural, with a healthy tan. The use of tanner and/or husk is recommended.
- 7.Jewelry is allowed as long as it is in good taste.
- 8.The head judge has the right to determine whether the athlete's clothing is acceptable in terms of standard, taste and decency.



## **SKIN COLOUR**

The use of dyes or husk is recommended and in any case the use of the husk itself will depend on the individual organization of the competition

## **REGISTRATION**

Athletes must be registered in sportswear with a registration form and membership card.

Registration is ONLY accessible to female athletes.

The trainers or companions will receive a badge or pass which must be worn for the entire duration of the competition. Athletes in the categories where the routine is performed who have not previously sent the music must submit it together with their registration form.





## WOMEN'S PHYSIQUE

### EVALUATION CRITERIA

Female athletes in this category must have a low percentage of fat, separation, tone, symmetry and muscle definition.

The judgment will therefore be based on the harmony, symmetry and elegance presented on stage.

In general, female athletes must present a package that expresses energy, elegance and strength.

Don't forget hair, makeup and facial expressions.

For *condition* the following is meant: the contestants must appear pleasant, toned and energetic, yet always showing notable femininity.

The category performs the Posing routine.

The athlete's presentation occurs from the moment he enters the stage until the moment he leaves it.

### DESCRIPTION OF THE PHASES OF THE COMPETITION

#### SYMMETRY:

The competitors line up in numerical order, facing the judges and perform four quarter turns according to the orders of the head of the jury (usually the quarter turns are made towards the athlete's right and in any case they will be called by the head of the jury). If necessary, the head of the jury will switch the athletes' places to make the judges able to evaluate even the athletes who are more distant in perspective.

#### MUSCULUSNESS:

##### **Round 1:**

The competitors, positioned on the line-up as per the symmetry round, will perform, called by the Head of the Jury, the following compulsory poses:

1. Front Double Biceps
2. Thoracic expansion (Side Chest)
3. Side Triceps



4.Back Double Biceps

5.Abdomen and Legs (Abdominal & Thights)

**Round 2 (1st Callout):**

Based on the requests of each judge, the competitors will be exchanged places and called to compare from a minimum of 2 to a maximum of 4, performing the previous poses.

These individual comparisons take place at the center of the stage and the competitors will align themselves according to the requests of the head jury. Each competitor is subjected to at least one comparison.

**Round 3:**

The 5 finalists are nominated, while the others are rewarded with participation medals.

The finalists will perform further Callouts and individual Routines (which may also concern all athletes at the promoter's discretion)

**ROUTINE:**

**Round 4:**

The finalists, in numerical order, will perform their individual routine.

The posing routine can last up to 60 seconds.

The routine can be done without footwear.

The tempo is considered from the beginning of the music, not from the first pose. The music, like the poses, must be stopped after 60 seconds.

During the routine the athletes must present their physique and show their best poses. The presentation must be managed from the point of view of choreography, space, transitions must be coherent.

Poses in the routine may include not only standing poses but also kneeling, side and back poses.



The contestants must try to positively surprise both the judges and the spectators. In addition to bodybuilding poses, athletes can make use of their personal skills. The posing routine will not be evaluated for the category ranking but will be evaluated for the SPECIAL PRIZES which however remain at the discretion of the promoter.

### **Round 5:**

After the routine, the athletes move to the center of the stage, creating an orderly row starting from the lowest registration number.

The athletes will be awarded from fifth to first place.

**It is mandatory to maintain sporting behavior for the entire duration of the awards ceremony, honoring the competition, the opponents and the judges.**

### **CLOTHING**

Clothing for all rounds:

1. A two-piece bikini crossed at the back and tied at the neck
2. Color, material and structure are at the athlete's discretion.
3. Thongs are not allowed, the costume must cover about a third of the body gluteus and the entire anterior, frontal area.
4. Athletes must wear transparent shoes with high heels, sandal style. The thickness of the para must not exceed 25 mm. The heel height however must not exceed 130 mm.
5. The hair can be styled as you like.
6. The skin must be natural, with a healthy tan. The use of tanner and/or husk is recommended.
7. Jewelry is allowed as long as it is in good taste.
8. The head judge has the right to determine whether the athlete's clothing is acceptable terms of standards, taste and decency.



## **SKIN COLOUR**

The use of dyes or husk is recommended and in any case the use of the husk itself will depend on the individual organization of the competition

## **REGISTRATION**

Female athletes must be registered in sportswear with a registration form and membership card. Registration is ONLY accessible to female athletes. The trainers or companions will receive a badge or pass which must be worn for the entire duration of the competition. Athletes in the categories where the routine is performed who have not previously sent the music must submit it together with their registration form.



## WOMEN'S BODY BUILDING

### EVALUATION CRITERIA

Female athletes in this category must express the feminine extreme of muscularity, low percentage of fat, separation, tone, symmetry and muscle definition.

The judgment will be based primarily on the harmony, symmetry and elegance presented on stage.

In general, female athletes must present a package that expresses strength, energy and elegance while remaining feminine.

Don't forget hair, makeup and facial expressions.

The category performs the Posing routine.

The athlete's presentation occurs from the moment he enters the stage until the moment he leaves it.

### DESCRIPTION OF THE PHASES OF THE COMPETITION

#### SYMMETRY:

The competitors line up in numerical order, facing the judges and perform four quarter turns according to the orders of the head of the jury (usually the quarter turns are made towards the athlete's right and in any case they will be called by the head of the jury ). If necessary, the head of the jury will switch the athletes' places to make the judges able to evaluate even the athletes who are more distant in perspective.

#### MUSCULUSNESS:

##### **Round 1:**

The competitors, positioned on the line-up as per the symmetry round, will perform, called by the Head of the Jury, the following compulsory poses:

1. Front Double Biceps
2. Thoracic expansion (Side Chest)
3. Side Triceps
4. Back Double Biceps



5. Abdomen and Legs (Abdominal & Thights)

6. Most Muscular (Crab & Hands on Hips)

### **Round 2 (1st Callout):**

Based on the requests of each judge, the competitors will be exchanged places and called to compare from a minimum of 2 to a maximum of 4, performing the previous poses.

These individual comparisons take place at the center of the stage and the competitors will align themselves according to the requests of the head jury. Each competitor is subjected to at least one comparison.

### **Round 3:**

The 5 finalists are nominated, while the others are rewarded with participation medals.

The finalists will perform further Callouts and individual Routines (which may also concern all athletes at the promoter's discretion)

### **ROUTINE:**

#### **Round 4:**

The finalists, in numerical order, will perform their individual routine.

The posing routine can last up to 60 seconds.

The routine can be done without footwear.

The tempo is considered from the beginning of the music, not from the first pose. The music, like the poses, must be stopped after 60 seconds.

During the routine the athletes must present their physique and show their best poses. The presentation must be managed from the point of view of choreography, space, transitions must be coherent.

Poses in the routine may include not only standing poses but also kneeling, side and back poses.

The contestants must try to positively surprise both the judges and the spectators. In addition to bodybuilding poses, athletes can make use of their personal skills.



The posing routine will not be evaluated for the category ranking but will be evaluated for the SPECIAL PRIZES which however remain at the discretion of the promoter.

### **Round 5:**

After the routine, the athletes move to the center of the stage, creating an orderly row starting from the lowest registration number.

The athletes will be awarded from fifth to first place.

**It is mandatory to maintain sporting behavior for the entire duration of the awards ceremony, honoring the competition, the opponents and the judges.**

## **CLOTHING**

Attire for all rounds: 1. A two-piece bikini

2. Color, material and structure are at the athlete's discretion.

3. Thongs are not allowed, the costume must cover about a third of the body gluteus and the entire anterior, frontal

area. 4. Shoes are not allowed

5. The hair can be styled as you like.

6. The skin must be natural, with a healthy tan. The use of is recommended tanning and/or husk.

7. Jewelry is allowed as long as it is in good taste.

8. The head judge has the right to determine whether the athlete's clothing is acceptable in terms of standard, taste and decency.



## **SKIN COLOUR**

The use of dyes or husk is recommended and in any case the use of the husk itself will depend on the individual organization of the competition

## **REGISTRATION**

Athletes must be registered in sportswear with a registration form and membership card. Registration is ONLY accessible to female athletes. The trainers or companions will receive a badge or pass which must be worn for the entire duration of the competition. Athletes in the categories where the routine is performed who have not previously sent the music must submit it together with their registration form.





## WOMEN'S SPORT MODEL

### EVALUATION CRITERIA

The competitors in this category are evaluated according to the following criteria:

- 1) Presentation**
- 2) Charisma**
- 3) Proportion and Symmetry**
- 4) Athleticism and general beauty**
- 5) Presence on stage (body control, poise and elegance)**

Athletes must have a symmetrical, harmonious and proportionate physique.

Muscle development must be adequate and the level of definition, muscularity and separation of muscle sectors must be low.

As a result, athletes who are too muscular, too conditioned or extremely defined will be penalized.

The athletes must present themselves in such a way as to appear photogenic and therefore the presentation (look and attention to detail) will also be subject to evaluation.

The skin must be smooth and healthy-looking, free of cellulite or blemishes.

### DESCRIPTION OF THE PHASES OF THE COMPETITION

#### SYMMETRY:

The athletes line up in numerical order in front of the judges.

The athletes will make 4 quarter turns to the right according to the requests of the head judge.

The head judge may request changes of position and confrontations.

The confrontation takes place at the center of the stage in order, according to the decisions of the judges.

Each athlete will be subjected to at least one comparison.



These are the symmetry poses:

1. **Relaxed front:** The athlete stands with one hand resting on the hip, with one leg extended forward and slightly to the side. Feet should not be more than 30cm apart.
2. **Quarter turn to the right:** The athlete stands with the left side of the body facing the judges, the upper part of the body is slightly turned towards the judges, the gaze is directed towards the judges, the right hand resting on the right hip, the left leg slightly bent.
3. **Quarter turn back to the jury:** The athlete performs a quarter turn to the right and turns his back towards the judges. Feet are no more than 30cm apart. A hand is relaxed on the side, the other along the body. In an upright position, straight without tilting the back excessively towards the judges.
4. **Quarter turn to the right:** The athlete stands with the right side of the body facing the judges, the upper part is slightly turned towards the judges. His gaze is turned towards the judges, his left hand rests on his left hip, his right leg slightly bent.
5. **Quarter turn to the front relaxed right:** The athlete returns to the front position.

Note that turns and poses should feel relaxed without tension with smooth transitions.

### **Round 2 (1st Callout):**

Based on the requests of each judge, the competitors will be exchanged places and called to compare from a minimum of 2 to a maximum of 4, performing the previous poses.

These individual comparisons take place at the center of the stage and the competitors will align themselves according to the requests of the head jury. Each competitor is subjected to at least one comparison.



### T-Walk or I-Walk:

#### **Round 3:**

The 5 finalists are nominated, while the others are rewarded with participation medals.

The finalists will perform further callouts and the individual T-Walk or I-Walk (which may also involve all athletes at the promoter's discretion)

#### **T-Walk:**

- 1.The athlete walks to the center of the stage and performs the front pose.
- 2.The athlete moves to the left side of the stage and performs the quarter turn pose with the left side of the body facing the judges.
- 3.The athlete moves to the right side of the stage and performs the quarter turn pose with the right side of the body facing the judges.
- 4.The athlete returns to the center of the stage and performs the pose with his back to the judges.
- 5.The athlete returns to the starting position and performs the "final salute" pose.
- 6.The athlete returns to the back line of the stage.

**\* During the T-walk no pose must be repeated several times.**

#### **I-WALK:**

- 1.The athlete reaches the starting position and performs the "saluting" pose.
- 2.The athlete moves to the center of the stage and performs all the quarter turns.
3. The athlete returns to the starting position and performs the "final salute" pose.
- 4.The athlete returns to the back line of the stage.

**\* During the I-walk no pose must be repeated several times.**



#### **Round 4:**

After the T-walk the athletes move to the center of the stage creating an orderly row starting from the lowest registration number.

The athletes will be awarded from fifth to first place.

**It is mandatory to maintain sporting behavior for the entire duration of the awards ceremony, honoring the competition, the opponents and the judges.**

#### **CLOTHING**

Sportswear including sports bra (top) and shorts (short) EXCLUSIVELY IN BLACK COLOR

Sports equipment is not permitted.

Footwear must be WHITE COLOR sneakers ONLY

#### **SKIN COLOUR**

The use of dyes or husk is recommended and in any case the use of the husk itself will depend on the individual organization of the competition

#### **REGISTRATION**

Athletes must be registered in sportswear with a registration form and membership card.

Registration is ONLY accessible to female athletes. The trainers or companions will receive a badge or pass which must be worn for the entire duration of the competition.



## PARATHLETES (OWN MOTOR SKILLS)

### DESCRIPTION OF THE PHASES OF THE COMPETITION

#### SYMMETRY:

The competitors line up in numerical order, facing the judges and perform four quarter turns according to the orders of the head of the jury (usually the quarter turns are made towards the athlete's right and in any case they will be called by the head of the jury ). If necessary, the head of the jury will switch the athletes' places to make the judges able to evaluate even the athletes who are more distant in perspective.

#### POSING AND PRESENTATION:

Competitors must present themselves with good poise, a studied posture and strong confidence.

#### MUSCULUSNESS:

##### **Round 1:**

The competitors, positioned on the line-up as per the symmetry round, will perform the following compulsory poses, called by the Head of the Jury:

1. Front Double Biceps
2. Front Lat Spread
3. Thoracic expansion (Side Chest)
4. Side Triceps
5. Back Double Biceps
6. Back Lat Spread
7. Abdominals (Abdominal)
8. At the request of the judges: most muscular pose.



### **Round 2 (1-st callout):**

Based on the requests of each judge, the competitors will be exchanged places and called to compare from a minimum of 2 to a maximum of 4, performing the previous poses.

These individual comparisons take place at the center of the stage and the competitors will align themselves according to the requests of the head jury. Each competitor is subjected to at least one comparison.

### **CONDITION:**

The condition refers to the level of separation of adjacent muscle sectors, as well as the degree of muscle tone.

The draft is also important.

### **ROUTINE:**

#### **Round 3:**

The 5 finalists are nominated, while the others are rewarded with participation medals.

The finalists will perform further callouts and the individual posing routine (which may also concern all athletes at the promoter's discretion)

#### **Round 4:**

The posing routine can last up to 60 seconds.

The competition costume is left to the free choice of the competitors. Requesting partners while performing routines is possible. This request must be presented to the jury at the time of registration. The tempo is considered from the beginning of the music, not from the first pose.

The music, like the poses, must be stopped after 60 seconds.

During the routine the athletes must present their physique and show their best poses. The presentation must be managed from a choreographic and spatial point of view, the transitions must be coherent and delicate, enhancing the classicism required by the category.

**Round 5:**

After performing all the routines, the 5 finalist competitors will go back on stage and will be awarded from fifth to first place.

**It is mandatory to maintain sporting behavior for the entire duration of the awards ceremony, honoring the competition, the opponents and the judges.**

**SKIN COLOUR**

The use of dyes or husk is recommended and in any case the use of the husk itself will depend on the individual organization of the competition

**REGISTRATION**

Athletes must be registered in sports clothing with a registration form and membership card.

Registration is accessible to athletes and their companions, who will receive a badge or pass that must be worn for the entire duration of the competition. Athletes in the categories where the routine is performed who have not previously sent the music must submit it together with their registration form.



## PARATHLETES (WHEELCHAIR)

### DESCRIPTION OF THE PHASES OF THE COMPETITION

#### SYMMETRY:

The competitors line up in numerical order, facing the judges and perform four quarter turns according to the orders of the head of the jury (usually the quarter turns are made towards the athlete's right and in any case they will be called by the head of the jury ). If necessary, the head of the jury will switch the athletes' places to make the judges able to evaluate even the athletes who are more distant in perspective.

#### POSING AND PRESENTATION:

Competitors must present themselves with good poise, a studied posture and strong confidence.

#### MUSCULUSNESS:

##### **Round 1:**

The competitors, positioned on the line-up as per the symmetry round, will perform the following compulsory poses, called by the Head of the Jury:

1. Front Double Biceps
2. Front Lat Spread
3. Thoracic expansion (Side Chest)
4. Side Triceps
5. Back Double Biceps
6. Back Lat Spread
7. Abdominals (Abdominal)
8. At the request of the judges: most muscular pose.

##### **Round 2 (1-st callout):**

Based on the requests of each judge, the competitors will be exchanged places and called to compare from a minimum of 2 to a maximum of 4, performing the previous poses.





These individual comparisons take place at the center of the stage and the competitors will align themselves according to the requests of the head jury. Each competitor is subjected to at least one comparison.

### CONDITION:

The condition refers to the level of separation of adjacent muscle sectors, as well as the degree of muscle tone.

The draft is also important.

### Round 3:

The finalist competitors will be awarded from fifth to first place.

**It is mandatory to maintain sporting behavior for the entire duration of the awards ceremony, honoring the competition, the opponents and the judges.**

### SKIN COLOUR

The use of dyes or husk is recommended and in any case the use of the husk itself will depend on the individual organization of the competition

### REGISTRATION

Athletes must be registered in sports clothing with a registration form and membership card.

Registration is accessible to athletes and their companions, who will receive a badge or pass that must be worn for the entire duration of the competition.



## MODEL PAIRS

### DESCRIPTION

The athletes in the couple category will present themselves on stage in the most harmonious way possible both in terms of stature and muscularity.

As regards stage clothing, ESPO includes Sport Models for women and black shorts for men, both with white gym shoes.

Couples will perform the following imposed poses:

1. Relaxed front
2. Quarter turn to the right
3. Quarter turn back to the jury
4. Quarter turn to the right
5. Quarter turn to the front relaxed right
6. Front double biceps
7. Side Chest
8. Side triceps
9. Back double biceps
10. Abdomen and thighs

Subsequently the Athletes will perform a 60" choreography or a catwalk at their discretion.



## **SKIN COLOUR**

The use of dyes or husk is recommended and in any case the use of the husk itself will depend on the individual organization of the competition

## **REGISTRATION**

Athletes must be registered in sports clothing with a registration form and membership card.

Registration is accessible to athletes and their companions, who will receive a badge or pass that must be worn for the entire duration of the competition.



## BODYBUILDING PAIRS

### DESCRIPTION

The athletes in the couple category will present themselves on stage in the most harmonious way possible both in terms of stature and muscularity.

As regards stage clothing, it includes Figure or Woman Physique for women and Bodybuilding or Classic for men.

Women will have heeled shoes as per the rules for Figures or WP which they can remove during the free routine.

Couples will perform the following imposed poses:

1. Relaxed front
2. Quarter turn to the right
3. Quarter turn back to the jury
4. Quarter turn to the right
5. Quarter turn to the front relaxed right
6. Front double biceps
7. Front Lat Spread
8. Side Chest
9. Side triceps
10. Back double biceps
11. Rear Lat spread
12. Abdomen and thighs
13. Best couple poses

Subsequently the athletes will perform a 60" choreography.



## **SKIN COLOUR**

The use of dyes or husk is recommended and in any case the use of the husk itself will depend on the individual organization of the competition

## **REGISTRATION**

Athletes must be registered in sports clothing with a registration form and membership card.

Registration is accessible to athletes and their companions, who will receive a badge or pass that must be worn for the entire duration of the competition.



# **APPENDIX**



## **THE AMATEUR/PRO ATHLETE NATURALBODY/WLNBN**

All athletes registered with NATURALBODY/WLNBN may, at their discretion, also be registered with other bodybuilding organizations.

Such athletes are free to compete in any organization they wish, although the ethics underlying the NATURALBODY/WLNBN philosophy strongly advise its members to avoid any competition without doping control.

Members are also invited to view and evaluate the anti-doping controls of the natural events in which they wish to participate, to ensure their consistency and validity and to also increase the level of controls of NATURALBODY/WLNBN itself, in a completely win-win perspective .

For PRO athletes, there is an obligation to register annually and to take part in at least one international competition per year, as evidence of being part of the Italian national team.

The PRO Azzurro athlete can usually benefit from a suspension from international competitions for a period of one year (*gap year*) with the obligation not to participate, in this period, in any competition of other federations.

However, there are exceptions that will be treated individually by the Federation.

# NATURALBODY/WLNB ORGANIZATION CHART



**Mario Tocci President**

[wnlb.naturalbody@gmail.com](mailto:wnlb.naturalbody@gmail.com)

A handwritten signature in black ink, appearing to read 'Mario Tocci'.

