



WFF International

Judges Training Course

MEN'S BODYBUILDING
WOMEN'S FIGURE



Formed in 1968

1.0 INTRODUCTION

1.1 OUR AIM:

To have the trust and confidence of our athletes in us as judges. To determine the best athlete on the day of the competition.

We as judges must be **NEUTRAL**.

No personal feelings towards an athlete should interfere with your decision as a judge

To ensure that the athlete with the best genetics/structure and with the least number of faults wins.

2.0 WFF Bodybuilding/Model Judges Criteria

2.1 Judges Responsibility and Rules:

(Note: Efforts must be made to adhere to all below rules)

1. Judges to be dressed appropriately:
 - a. Male Judges – Dark suit jacket/suit with WFF tie and badge
 - b. Female Judges – Dark jacket with official tie and badge
2. No unnecessary talking. Confering with fellow judges is permitted but must be done discreetly and relevant to judging only.
3. No use of mobile phones at the judging table. All mobile phone to be kept out of sight.
4. No taking of photos from the judges table.
5. Judges to pay attention at all times to the stage and the athletes.
6. Judges may not assist competitors in any way during the competition – competitors requiring assistance should be referred to the Chairman of Judges.

2.2 Preparation & Information

1. The judging panel will consist of 2 panels:
 - a. Bodybuilding/Figure Judging Panel – usually consists of 7 or 9 or 11 judges.
 - b. Model Judging Panel - usually consists of 7 or 9 or 11 judges.
 - c. Judges can be on either panel but must not be on the 2 panels for any one competition.
2. Judges must be familiar with the judging criteria and competition regulations and any specific rules that are relevant to their specific areas.
3. Judges are to attend a briefing session prior to the contest at a time and place nominated by the Chairman of Judges to discuss:
 - a. Rules
 - b. Scoring requirements
 - c. Change or new judging criteria and competition rules.
 - d. Clarification of any other points to ensure fairness.
4. Judges to report to the nominated location 30/60 mins before the published competition start time.

2.3 Judging Process

1. Judges to evaluate each competitor according to the Judging Criteria in this document.
2. Judges must ensure that each competitor is judged in exactly the same manner and under the same condition.
3. Judges are to rate the competitor and rank them independently.

2.4 Scoring

1. The scoring method is by providing a ranking order as opposed to a points marking system. Objective of this ranking is to allocate the order of best developed and best proportioned bodybuilder or model. (Note: The athlete with the best genetics/structure and with the least number of faults wins)
2. Judges to score each category by providing a ranking order number for each athlete according to the Judging Criteria stated in this document.
3. Rating score sheets to be completed clearly and sent along with any notes to the Adjudicator (see Appendix for sample Rating Score Sheet)
4. Judges must write their names and sign the score sheet before submitting to the Adjudicator. The Adjudicator may nominate a Judge Number to each judge to be used and judges must write their number and sign each scoring sheet.
5. If a particular judge does not rank or miss a competitor, their score sheet for that category will not be counted.
6. The Adjudicator will validate the judges rating score sheets in consultation with the Chairman of Judges as required, compile the overall scores and take the results to the designated areas. (sample of the score sheet can be found in the Appendix)
7. No ties for any place is allowed.
8. In the event of a tie situation the competitor with the highest number of firsts will be declared winner. If two (or more) competitors have the same number of firsts the Chief Judge will carefully consider the judges score awarded to each competitor and make the final decision.

- Athletes are not allowed to compete in more than one Class within a Category. Athletes may compete in more than one class if these classes are in different Categories. There are 3 Categories in WFF:

Category 1: Bodybuilding and Figure

Category 2: Models

Category 3: Aerobic Performance

- Number of place to be ranked will be determined by the Chairman of Judges.
- All results will be kept confidential until the announcements of winners. Judges are not permitted to discuss contest results with anyone prior to the announcements of winners.
- Final results for all WFF International events must be sent to WFF Headquarters within 48 hours upon completion of the event.

3.0 Categories & Criteria Guidelines

The following are the list of WFF categories and their criteria:

Note: Athletes are only allowed to compete in one class within each category. However, athletes may compete in multiple classes but must be from a different category.

Men's Bodybuilding Category						
Category	Criteria	State	National	International	Amateur Overall	Pro Qualifier
First Timer	Never competed before.	✓	✗	✗	Yes	No
Novice	Competed but have never won the class.	✓	✓	✗	Yes	No
Masters Over 50s	Age over 50 years old.	✓	✓	✓	Yes	No
Juniors	Age under 24 years old.	✓	✓	✓	Yes	No
Fitness	Refer to the table below for the criteria for this 5 categories.	✓	✓	✓	Yes	Yes
Performance		✓	✓	✓	Yes	Yes
Athletic		✓	✓	✓	Yes	Yes
Superbody		✓	✓	✓	Yes	Yes
Extreme		✓	✓	✓	Yes	Yes
Professional	Professional Card holders	✗	✓	✓		

Men	Height	Fitness	Performance	Athletic	Superbody	Extreme
Class 1	>1.79m	<80kg	80-85kg	85-90kg	90-95kg	>95kg
Class 2	1.72-1.79m	<75kg	75-80kg	80-85kg	85-90kg	>90kg
Class 3	1.65-1.72m	<70kg	70-75kg	75-80kg	80-85kg	>85kg
Class 4	<1.65m	<65kg	65-70kg	70-75kg	75-80kg	>80kg



Women's Figure Category						
Category	Criteria	State	National	International	Overall Qualifier	Pro Qualifier
First Timer	Never competed before.	✓	✗	✗	Yes	No
Novice	Competed but have never won the class.	✓	✓	✗	Yes	No
Masters Over 45s	Age over 45 years old.	✓	✓	✓	Yes	No
Juniors	Age under 24 years old.	✓	✓	✓	Yes	No
Fitness	Refer to the table below for the criteria for this 5 categories.	✓	✓	✓	Yes	Yes
Performance		✓	✓	✓	Yes	Yes
Athletic		✓	✓	✓	Yes	Yes
Superbody		✓	✓	✓	Yes	Yes
Extreme		✓	✓	✓	Yes	Yes
Professional	Professional Card holders	✗	✓	✓		

Women	Height	Fitness	Performance	Athletic	Superbody	Extreme
Class 1	>1.63m	<50kg	50-55kg	55-60kg	60-65kg	>65kg
Class 2	<1.63m	<45kg	45-50kg	50-55kg	55-60kg	>60kg

Men's Sports Model Category						
Category	Criteria	State	National	International	Amateur Overall	Pro Qualifier
First Timer	Never competed before.	✓	✗	✗	Yes	No
Novice	Competed but have never won the class.	✓	✓	✗	Yes	No
Juniors	Age under 24 years old.	✓	✓	✓	Yes	Yes
Short	Height under or equal to 172 cm.	✓	✓	✓	Yes	Yes
Tall	Height over 172 cm.	✓	✓	✓	Yes	Yes
Over 30's	Age over 30 years old.	✓	✓	✓	Yes	Yes
Professional	Professional Card holders.	✗	✓	✓		

Men's Bermuda (Beach) Model Category						
Category	Criteria	State	National	International	Amateur Overall	Pro Qualifier
First Timer	Never competed before.	✓	✗	✗	Yes	No
Novice	Competed but have never won the class.	✓	✓	✗	Yes	No
Juniors	Age under 24 years old.	✓	✓	✓	Yes	Yes
Short	Height under or equal to 172 cm.	✓	✓	✓	Yes	Yes
Tall	Height over 172 cm.	✓	✓	✓	Yes	Yes
Over 30's	Age over 30 years old.	✓	✓	✓	Yes	Yes
Professional	Professional Card holders.	✗	✓	✓		

Women's Sports Model Category						
Category	Criteria	State	National	International	Amateur Overall	Pro Qualifier
First Timer	Never competed before.	✓	✗	✗	Yes	No
Novice	Competed but have never won the class.	✓	✓	✗	Yes	No
Juniors	Age under 24 years old.	✓	✓	✓	Yes	Yes
Short	Height under or equal to 163 cm.	✓	✓	✓	Yes	Yes
Tall	Height over 163 cm.	✓	✓	✓	Yes	Yes
Over 30's	Age over 30 years old.	✓	✓	✓	Yes	Yes
Professional	Professional Card holders.	✗	✓	✓		

Bikini Model Category						
Category	Criteria	State	National	International	Amateur Overall	Pro Qualifier
First Timer	Never competed before.	✓	✗	✗	Yes	No
Novice	Competed but have never won the class.	✓	✓	✗	Yes	No
Juniors	Age under 24 years old.	✓	✓	✓	Yes	Yes
Short	Height under or equal to 163 cm.	✓	✓	✓	Yes	Yes
Tall	Height over 163 cm.	✓	✓	✓	Yes	Yes
Over 30's	Age over 30 years old.	✓	✓	✓	Yes	Yes
Professional	Professional Card holders.	✗	✓	✓		

Aerobic Performance Category						
Category	Criteria	State	National	International	Overall Qualifier	Pro Qualifier
Open	No age, height or weight requirements.	✓	✓	✓	No	Yes
Professional	Professional Card holders.	✗	✓	✓		

Note: The judging criteria for Aerobic performance will follow the Fit Kids judging criteria.

4.0 Men's Bodybuilding Judging Criteria

When assessing a bodybuilder's physique, a Judge is to follow a routine procedure which will allow a comprehensive assessment of the physique as a whole.

During the anatomical stands the Judge should first look at the primary muscle group being displayed, the Judge should then survey the whole physique, starting from the head, and looking at every part of the physique in a downward sequence beginning with general impressions and looking for muscular bulk balance development, muscular density and definition.

The downward survey should take in the head, neck, shoulders, chest, all of the arms muscles, front of the trunk for pectorals, pec-delt tie-in, abdominals, waist thighs, legs, calves and feet. The same procedure for back stands will also take in the upper and lower trapezius, teres and infraspinatus, erector spinae, the gluteus group, the leg quads group, the leg hamstring group at the back of the thighs, calves and feet.

A detailed assessment of the various muscle groups should be made during the comparisons, at which time it helps the judge to compare muscle shape, density, and definition while still bearing in mind the competitor's overall balanced development. The comparisons of the compulsory poses cannot be over-emphasized as these comparisons will help the Judge to decide which competitor has the superior physique from the standpoint of muscular bulk, balanced development, muscular density and definition.

Assessment:

1. Assess the athlete for superior physique from the standpoint of muscular bulk, balanced development, muscular density and definition (condition).
2. Judges to also look for tone, shape and quality of individual and collective muscle groups both from front and back.
3. The best overall symmetry combined with hard-defined muscle size will always be judged better than the larger bodybuilder lacking in definition quality is better than quantity.

N.B. The athlete with the best genetics/structure and with the least number of faults wins.

The 5 Criteria Judged:

Bodybuilders are judged on the overall quality of their muscular development. Judging is based equally upon the presentation of:

1. Proportion
2. Symmetry
3. Muscularity
4. Condition
5. Stage Presence

Criteria	Detail Breakdown
Proportion	<ul style="list-style-type: none"> • Even balance of muscular development in comparison to each muscle group. • Wide shoulder and narrow hips • Upper and lower body should be in proportion • Equal development between all muscle groups. <p>Example</p> <ul style="list-style-type: none"> - Arms should not over power the shoulder caps <ul style="list-style-type: none"> • Muscle shape of each muscle (long and full muscles). <p>Example:</p> <ul style="list-style-type: none"> - Biceps & Triceps in proportion - Lats low into the waist with no high lat developments - Thigh sweeps to be full and good development around the knee area. - Calves to be long and full
Symmetry	<ul style="list-style-type: none"> • Equal development of muscularity on both right and left sides of the physique. • Muscle insertions (incl. long/short muscle belly)
Muscularity	<ul style="list-style-type: none"> • Muscle mass quality not quantity • Level of muscular development or hypertrophy of the skeletal muscles achieved • Density (hardness) of the muscle • Muscle appears very firm and tight often showing muscle striations (muscle fibres) • Muscles not holding excess water (retention), loose skin or high body fat content.
Condition	<ul style="list-style-type: none"> • Degree of muscularity brought about by the absence of subcutaneous body fat • Muscle Separation • Muscle Striations • Vascularity • Water Retention (dryness) • Tight Skin <p>Defined muscularity is necessary to fully display the development of the physique. Definition is only of value when it allows massively developed muscles to be displayed.</p>
Stage Presence	<p>Effective stage presence is important to display the physique to its maximum potential.</p> <ul style="list-style-type: none"> • Posing performance • Charisma • Poise • Pleasant facial expression • Skin Tone & Complexion • Grooming and Body Hair • Demonstrate physical fitness • Appear effortless on stage • Attentive and responsive

Outfit: 1. Bodybuilding Posing Suit (Male)



Rounds: 3 Rounds of judging

Round 1	Individual Routine with music (60 Secs)
Round 2	4 x Quarter Turns
Round 3	8 x Compulsory Bodybuilding Poses
To be completed by a "Pose Down" by all athletes	

Round 1 – Individual Routines

The individual routine will afford judges the opportunity to extend their assessment of individual Competitors.

The time allocation for each athlete will be 60-90 seconds (maximum 1.5 minutes).

In case of a high quantity of competitors the Chief Judge can decide for a 60 seconds posing time.

Judges will be looking for tone, shape and quality of individual and collective muscle groups. Presentation will also be an important consideration, but the main criteria for selection and placing will be symmetry, proportion, muscular development and condition.

Round 2 – Quarters Turns (Front, Back & Side Line-Up's)

This discipline will require judges to evaluate standards of symmetry, proportion, muscular development and condition, posture and general deportment, in a RELAXED State.

Overall symmetry, muscular development and condition, will be preferred to competitors with 'exceptional' development areas which do not come together in the form of overall symmetry or competitors

with an imbalance in their physical make-up.

Athletes should remember this discipline is the first view the judges have of their physiques. By this stage all the serious training is over - so arguably posture and general deportment are the most important items on their list.



Round 3 - Compulsory Poses (Comparison Round)

Considered the most important round of all. Eight compulsory comparisons pose which allows the judges to assess selected competitors against each other.

1. Front Double Bicep
2. Side Chest
3. Side Tricep
4. Front Lat Spread
5. Rear Double Biceps
6. Rear Lat Spread
7. Abs & Thighs,
8. Most Muscular
9. Most Muscular of choice

If any of the poses are **performed incorrectly or forgotten**, the Judges will consider this as a fault.

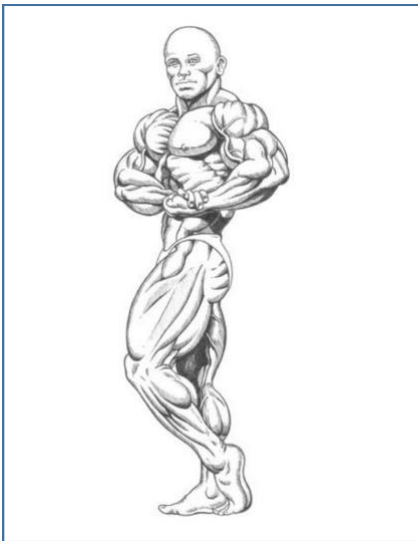
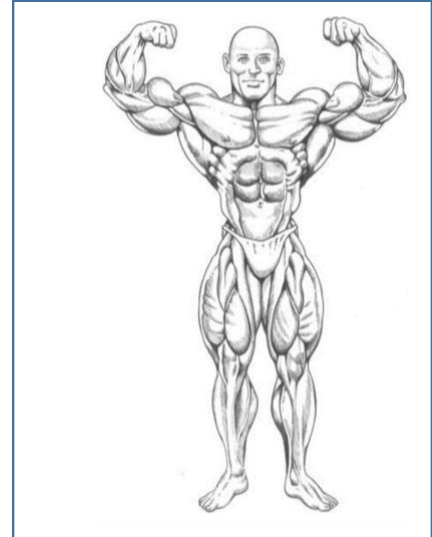
1. Front Double Biceps

This is the pose which - perhaps more than any other- epitomizes what bodybuilding is all about! Muscular development... size... power... and strength.

The association of the biceps with the strong man goes back a long way.

Look for a fully developed arm (even though it's a double biceps, the triceps should complement the overall arm shape). But most of all look for well-developed biceps - thick and high-peaked with good shape and separation.

Also look for the arms that enhance the rest of the physique and produce a balance.



2. Side Chest

A full side-chest pose, properly executed, can be very impressive.

In former days it was one of the hallmarks of a top physique. Nowadays it is looked on as a more integral (but no less important) part of the physique.

Look for overall thickness and development of the pectorals (major and minor), and a good arch of the rib-cage.

Either side can be displayed.

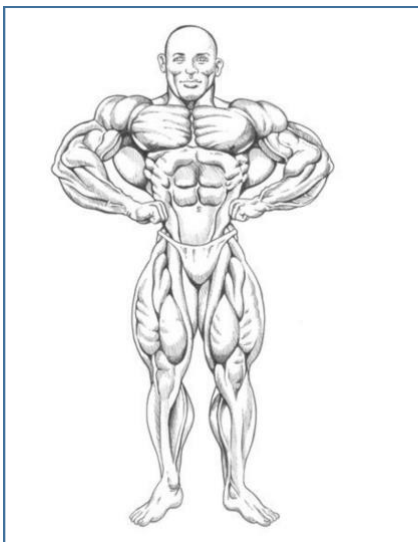
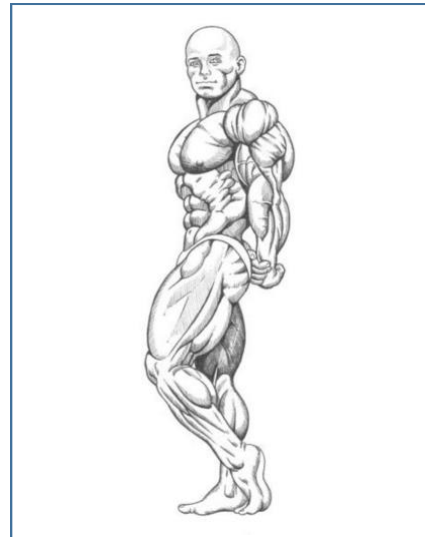
3. Side Tricep

This is the pose which allows a competitor to display the biggest portion of the upper arm - the triceps.

Look for sharpness on the horse-shoe of the triceps - a three-headed muscle.

Those with exceptional development may even show horizontal striations, and a fullness which begins at the elbow.

Display either arm - or both alternately.



4. Front Lat Spread

One of the best known and most widely used displays in bodybuilding. Judges should look for that much sought-after V- shape.

They should also be looking for a 'tie-in' and upper body blend of arms, chest, serratus and deltoids - to compliment the V- shape.

Judges (and competitors) should be aware that although this pose deals primarily with the 'front lat spread' attention should be paid to "positioning" other parts of the body accordingly - particularly the legs. This applies to all compulsory comparison poses.

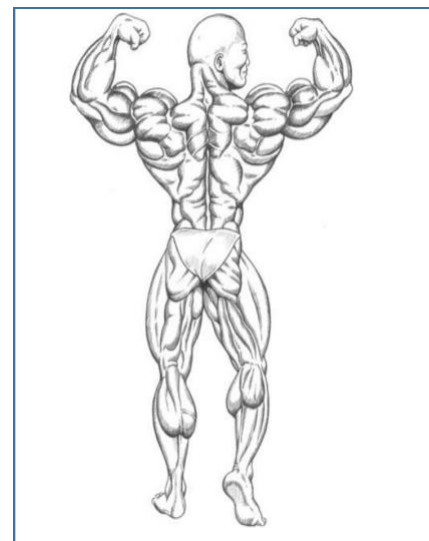
5. Rear Double Biceps

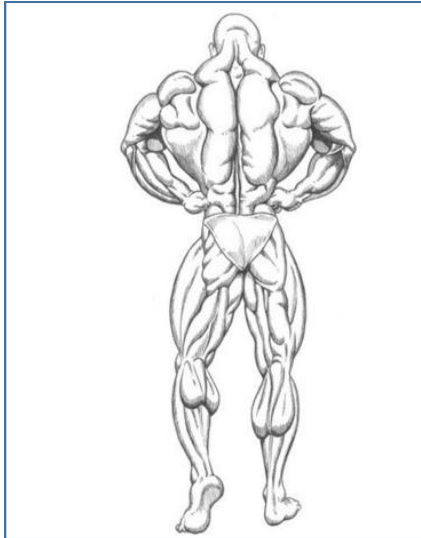
Properly executed this can be one of the most impressive poses in bodybuilding.

Those who possess thickness, shape and highly developed muscular separation will stand out immediately.

These are the main requirements and they must also include the lumbar region.

Particular emphasis must be placed on the peaks of the biceps, forearms, triceps and the three heads of the deltoids.





overall attractive display.

6. Rear Lat Spread

Like its counterpart (the front version) this one should show the V- shape – wide shoulders and a narrow waist.

Attention should also be paid to thickness of development in upper back area and lumbar region.

Watch carefully for any surplus on the lower back and waist areas.

Competitors should again remember to position other aspects of their physique to produce an

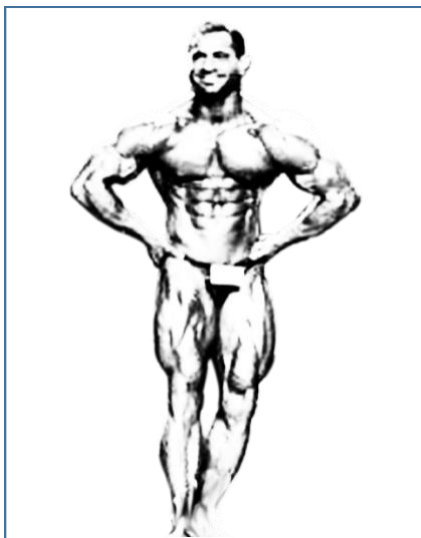
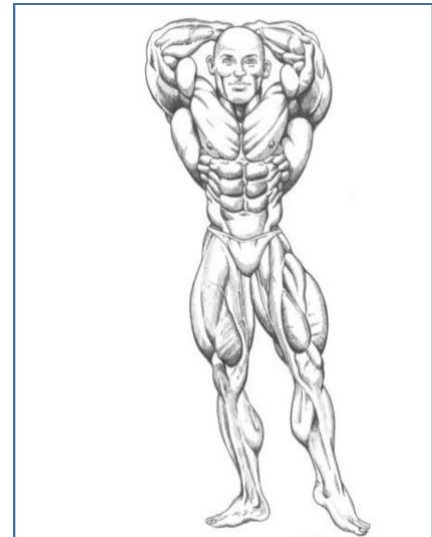
7. Abdominals and Thighs

A display which allows judges to assess a competitor's overall condition and to establish if he is carrying any surplus.

This will be evident around the abdominal area, including the oblique's, inter-costal and serratus.

Coupled with the thighs display

- which should show separation and striations of the quadriceps
- it can be a very effective display.



8. Most Muscular (Front)

This is the final pose of the comparison discipline - the 'clinch' & the crowd-pleaser.

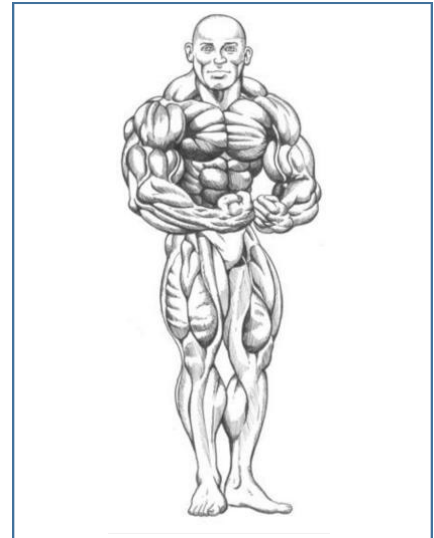
Competitors should be more concerned with pleasing the judges though. They can do this if they are in good sharp overall physical condition.

The most muscular provides an opportunity to show the muscle-mass of arms, chest and shoulder areas (But don't forget to look at the legs as well)

Note: This pose is to be executed with both hands at the side and pushing down on the waist.

9. Most Muscular (Trap-Over/Crab pose)

This is an additional most muscular pose that is also a crowd pleaser and will also provide an opportunity to show the muscle-mass of arms, chest and shoulder areas. Legs will also be looked at with this pose.



5.0 Women's Figure Judging Criteria

When assessing a women's figure physique, a Judge should follow a routine procedure similar to the criteria set out in the Men's Bodybuilding criteria. This will allow a comprehensive assessment of the physique as a whole.

For Women's Figure, the emphasis is on the following:

- Feminine shape and proportion.
- 'Trained' look with low body fat levels.
- Not carrying development or definition to an extreme that could be classed as unfeminine.

During the anatomical stands the Judge should first look at the primary muscle group being displayed, the Judge should then survey the whole physique, starting from the head, and looking at every part of the physique in a downward sequence beginning with general impressions and looking for muscular bulk, balance, development, muscular density and definition.

The downward survey should take in the head, neck, shoulders, chest, all of the arms muscles, front of the trunk for pectorals, pec-delt tie-in, abdominals, waist, thighs, legs, calves and feet. The same procedure for back stands will also take in the upper and lower trapezius, teres and infraspinatus, erector spinae, the gluteus group, the leg quads group, the leg hamstring group at the back of the thighs, calves and feet.

A detailed assessment of the various muscle groups should be made during the comparisons, at which time it helps the judge to compare muscle shape, density, and definition while still bearing in mind the competitor's overall balanced development. The comparisons of the compulsory poses cannot be over-emphasized as these comparisons will help the Judge to decide which competitor has the superior physique from the standpoint of muscular development whilst still feminine, proportioned, muscular definition and having a 'trained' look.

Assessment:

4. Assess the athlete for superior physique from the standpoint of muscular development (feminine), balanced development, muscular definition ('Trained' condition)
5. Judges to also look for tone, shape and quality of individual and collective muscle groups both from front and back.
6. The best overall symmetry combined with hard-defined but still feminine muscle size will always be judged better than the larger and/or overly defined figure that looks unfeminine.

N.B. The athlete with the best genetics/structure and with the least number of faults wins.

The 5 Criteria Judged:

Women's Figure athletes are judged on the overall quality of their muscular development. Judging is based equally upon the presentation of:

6. Proportion
7. Symmetry
8. Muscularity
9. Condition
10. Stage Presence

Criteria	Detail Breakdown
Proportion	<ul style="list-style-type: none"> • Even balance of muscular development in comparison to each muscle group. • Wide shoulder and narrow hips • Upper and lower body should be in proportion • Equal development between all muscle groups. Example <ul style="list-style-type: none"> - Arms should not over power the shoulder caps • Muscle shape of each muscle (long and full muscles). Example: <ul style="list-style-type: none"> - Biceps & Triceps in proportion - Lats low into the waist with no high lat developments - Thigh sweeps to be full and good development around the knee area. - Calves to be long and full
Symmetry	<ul style="list-style-type: none"> • Equal development of muscularity on both right and left sides of the physique. • Muscle insertions (incl. long/short muscle belly)
Muscularity	<ul style="list-style-type: none"> • Muscle mass quality not quantity. Athlete must remain a feminine appearance. • Level of muscular development or hypertrophy of the skeletal muscles achieved • Density (hardness) of the muscle • Muscle appears very firm and tight often showing muscle striations (muscle fibres) • Muscles not holding excess water (retention), loose skin or high body fat content.
Condition	<ul style="list-style-type: none"> • Degree of muscularity brought about by the absence of subcutaneous body fat • Muscle Separation • Muscle Striations • Vascularity • Water Retention (dryness) • Tight Skin <p>Defined muscularity is necessary to fully display the development of the physique. However, excessive striations and vascularity may render the athlete unfeminine.</p>

Stage Presence	<p>Effective stage presence is important to display the physique to its maximum potential.</p> <ul style="list-style-type: none"> • Posing performance • Charisma • Poise • Pleasant facial expression • Skin Tone & Complexion • Appropriate hair style, make-up and body jewellery • Demonstrate physical fitness • Appear effortless on stage • Attentive and responsive
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- Outfit:**
1. Two piece figure posing bikini which may include sequins or rhinestones.
 2. High heeled shoes.
 3. Costume and body jewellery is allowed but must be unobtrusive.



Rounds: 3 Rounds of judging

Round 1	Individual Routine with music (60 Secs)
Round 2	4 x Quarter Turns
Round 3	5 x Compulsory Bodybuilding Poses
To be completed by a "Pose Down" by all athletes	

Round 1 – Individual Routines

The individual routine will afford judges the opportunity to extend their assessment of individual Competitors.

The time allocation for each athlete will be 60 - 90 seconds (1.5 minutes maximum).

In case of a high quantity of competitors the Chief Judge can decide for 60 second posing time.

Judges will be looking for tone, shape and quality of individual and collective muscle groups. Presentation will also be an important consideration, but the main criteria for selection and placing will be symmetry, proportion, muscular development and condition.

Note: Hands to remain 'open' during individual routines. Also during comparisons poses.

Round 2 – Quarters Turns (Front, Back & Side Line-Up's)

This discipline will require judges to evaluate standards of symmetry, proportion, muscular development and condition whilst maintaining femininity, posture and general deportment, in a RELAXED State.

Overall symmetry, muscular development and condition, will be preferred to competitors with 'exceptional' development areas which do not come together in the form of overall symmetry or competitors with an imbalance in their physical make-up.

Athletes should remember this discipline is the first view the judges have of their physiques. By this stage all the serious training is over - so arguably posture and general deportment are the most important items on their list.



Round 3 - Compulsory Poses (Comparison Round)

Considered the most important round of all. Five compulsory comparisons poses which allows the judges to assess selected competitors against each other.

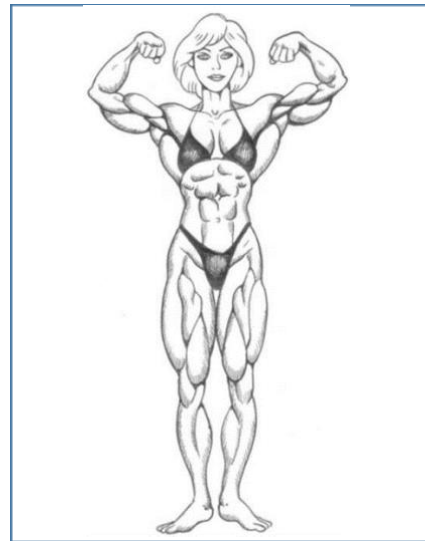
1. Front Double Bicep
2. Side Chest
3. Side Tricep
4. Rear Double Biceps
5. Abs & Thighs

If any of the poses are **performed incorrectly or forgotten**, the Judges will consider this as a fault.

Note: Hands to remain **‘open’** during all comparisons poses. Also during individual routines.

10. Front Double Biceps

To emphasize overall upper body condition. Hands to remain open (unclenched) during display. ‘Good’ legs position to be retained.

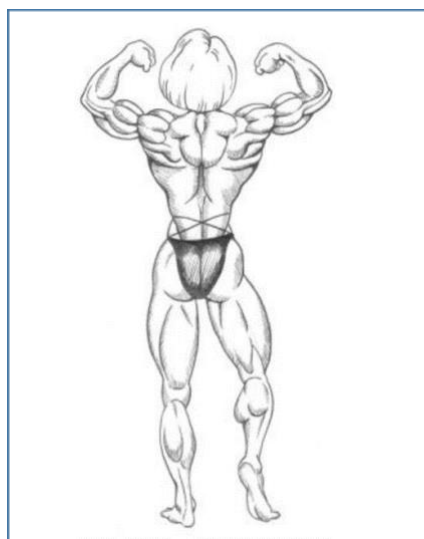
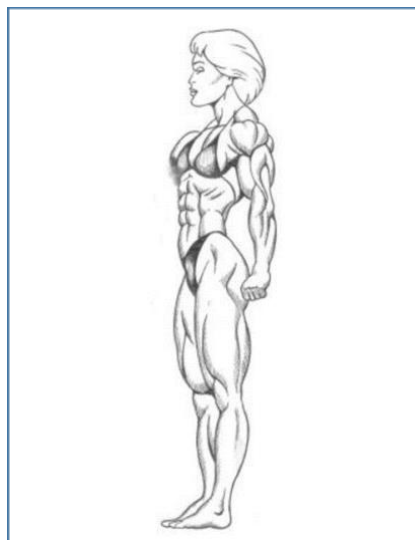


11. Side Chest

Display any side to show upper body and chest condition and development.

12. Side Tricep

Display any side to show upper arm and shoulder condition.



13. Rear Double Biceps

To emphasize overall back and arms conditions. Also calf display.



14. Abdominals and Thighs

A display which allows judges to assess a competitor's overall condition, contour and to establish if she is carrying any surplus.

This will be evident around the abdominal area, including the oblique's, inter-costal and serratus.