

NABBA FITNESS DIVISION – CLASSIFICATIONS - Introduced 2018

1. Miss Bikini Class

sub cats - a, under 21 / b, over 35 (overall)

2. Men's Sports shorts

sub cats - a, Jr u 21 b, Over 40 (overall)

3. Men's Classic Bodybuilding (weight to height)

sub cats - a, Jr u 21 b, Over 40

4. Ladies Toned figure – Novice

CRITERIA

1. Miss Bikini

u21 – Junior

Open - (Over 21 & u35)

Senior - 35+

-Awards & possible Britain invites for athletes of "standard"

a. Overall development and shape: Judges will be looking for a complete figure in terms of balance, symmetry and proportion.

b. Level of conditioning: The judges are looking for a balance of tone and athletic development. Competitors in this category will have a lighter / softer appearance than that of the Toned Figure class, but the skin tone should still be smooth without showing any signs of loose fat or cellulite. Competitors should not be excessively lean or muscular and should not show any deep separation or striations. Judges do not expect to see drawn faces but a healthy all over image.

Some abdominal definition is expected but a ripped "six pack" should not be visible.

Note: Females who exhibit these qualities or carry too much muscle tissue, may be asked to move class or will be marked down

c. Competitors will be judged on the "total package", which includes the criteria above, as well as the ability to present an attractive & healthy body image, confidence, poise and grace.

Notes:

Attire - One piece or two-piece bikinis are acceptable.

Tan - should be natural and even in appearance and not unnaturally dark.

Accessories - such as bracelets necklaces rings are expected to be kept to a minimum other accessory such as hats, canes etc. are not permitted.

Shoes - Heeled shoes are recommended but not compulsory.

Competition Presentation:

Quarter Turns

The general presentation during the quarter turns will consist of competitors presenting themselves with poise, self-confidence and posture. Although they will be in fixed but not flexed stance. The judges are looking for a "total package" and competitors are warned against adopting any stance that tries to emulate too much muscularity.

T - Walk

Each competitor will perform a T walk (60 - seconds duration) of the DJ's choice.

Comparisons: Competitors will be called back on to stage. Competitor numbers will be called requesting them to come front / centre stage in small groups (3 - 6) judges will request pose facing front then - left side, back and finally right side any one favourite pose.

Pose-down & Awards - All athletes may be asked to perform 30 seconds of free posing - then assemble in a line at back of stage for placement awards. (This may take place after preliminary rounds of another class)

4. Ladies - Toned Figure Novice Class

The judging rules for this are exact same as open Toned Figure – the criteria in terms of experience is same as in men's Novice class.

"Novices male or female must not have been previously placed in the first three in any AREA novice contest or have won ANY OPEN contest."

NABBA FITNESS CATEGORIES CONTINUED..... introduced 2018

2. Men's Sports shorts –

Awards & possible Britain invites for athletes of "standard"

Jr - u21, Open - Masters - o40

Muscularity and Body Condition

Judges are looking for fit and healthy contestants who show the required shape and symmetry combined with musculature and overall condition. This is not a bodybuilding contest so extreme muscularity and condition will be marked down." Physiques should appear functionally fit with a healthy / sporty appearance!

Stage Presence and Personality

Competitors will wear Sports shorts. Mid-thigh max length in length and approx. 2 cm below belly button, no skin-tight shorts and no advertisement should be on the shorts (manufacturer's logo is acceptable)

contestants are expected to display appealing stage presence and personality without lewdness or extreme poses.

COMPETITION JUDGING

Presentation:

Athletes will walk to the centre stage as a group then at instruction of the Judges Chairman perform (1/4) turns with optional pose of hand on hip or hand in pocket, each position as directed then proceed to the side of the stage

Comparison Round:

"The competitors will be brought back out in a group and directed to do quarter turns. Judges will have the opportunity to compare competitors against each other in quarter turns."

T' Walk Round:

Athletes will return to the stage one at a time to complete a T walk - the stage time is limited to 60 secs - athletes may hit a variety of poses - to show front, right side of body, back & the left side of the body in equal amounts using the pre marked 'T' on stage. Athletes are expected to right, centre & left side of stage equally as possible. Overhead & hardcore bodybuilding poses are not acceptable in this class. Music will be DJ's choice.

Callout rounds

Judges chairmen will call & position athletes as requested by the judging panel call outs.

Compulsory poses:

- Front Biceps
- Left side oblique
- Back Biceps
- Right side Oblique
- Front favourite pose

: Athletes are reminded that open hand poses / non-hardcore poses only

Pose-down & Awards - All athletes may be asked to perform 30 seconds of free posing - then assemble in a line at back of stage for placement awards. (This may take place after preliminary rounds of another class.)

Devised by Dave Warner – NABBA N. Ireland Rep February 2018

NABBA HQ/Val/NABBA Fitness Criteria

3. Men's (Classic bodybuilding) –Awards

Height in cm's minus 100 + 6 = max kg of each competitor

I.E - (174cm athlete) 174 - 100 = 74 + 6 = 80 (meaning 80kg max comp weigh-in weight.

Classic Bodybuilders are judged on the OVERALL QUALITY of their muscular development; - Judging is based upon the presentation of:

Mass The perception of muscular size, has been the foundation for bodybuilding since the beginning of the sport. Yet, mass is only a merit when accompanied by the remaining qualities. Definition Indicates the degree of muscularity brought about by the

Absence of subcutaneous body fat. 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. Proportion Implies an even balance of muscular development in comparison to each muscle group. Theoretically, a "strong body part" can be just as detrimental as a "weak body part". Bodybuilders must strive for equal development between all muscle groups.

Symmetry A misnomer, is commonly used to depict "proportion" or expressed to indicate an aesthetic quality throughout the physique. Although, in its strictest definition, symmetry denotes equal development of muscularity on both right and left sides of the physique.

Stage Presence Includes posing performance and other factors influencing general appearance such as skin tone, grooming, charisma, and poise. Effective stage presentation is essential to display the physique to its maximum potential.

Attire, athletes are required to wear suitably fitting trunks no restriction on colour or material / shorts or underwear are not permitted.

Round 1

Quarter Turns: To the right as requested by the Judges chairman

Round 2

Routine: Each competitor will perform a 60 sec routine judges will be looking for an engaging posing routine showcasing the individual's physique. Lewd acts / explicit music is not permitted.

Round 3

Comparisons: Competitors will be judged on any one favourite pose at front, left side, back and finally right side. Judges may also request quarter turns during the call out / comparison rounds.

Pose-down & Awards - All athletes will be asked to perform 30 seconds of free posing - then assemble in a line at back of stage for placement awards. (This may take place after preliminary rounds of another class.)

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