



WNBF JAPAN
～PHYSIQUE～

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WNBF JAPAN supports bodybuilding as a sport and is committed to protecting competitive fairness, athlete health, and safety. The use of prohibited substances is strictly prohibited.



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Judging Criteria

Judging is based not only on muscularity, but also on overall balance, appearance, and stage presence.

① Overall Balance

Shoulder-to-waist ratio (a well-defined V-taper) / Symmetry and overall proportion

② Muscle Development and Conditioning

Appropriate muscularity / Clear muscle separation and three-dimensionality / Lean, sharp conditioning / Natural and aesthetic overall lines

③ Total Package

Facial expression (smile) / Hairstyle / Board shorts design and presentation / Posing / Stage presentation / Overall stage presence

WNBF JAPAN PHYSIQUE Judging Criteria



④ Conditioning

Extreme size, excessive conditioning, deep striations, and pronounced vascularity as seen in Bodybuilding are not required.

However, muscularity and conditioning are evaluated against the standards of world-class professional competitors.



Note: Size and conditioning standards vary by category.

Posing Guidelines



- Physique posing should emphasize confidence and a relaxed, approachable appearance rather than power or intensity. / Competitors should maintain a natural smile and present each pose with ease.
- Posing consists of Front, Side, and Back poses. / In every pose, it is important to showcase a strong V-taper from the shoulders to the waist.
- Bodybuilding-style poses may result in point deductions. / Brief use during pre-actions is acceptable.
- Failure to correct a posing error after being instructed by the judges may result in a point deduction.



Front Pose

- Feet should generally remain parallel, although a slight outward angle is acceptable.
- Place one hand on the hip.
- Both arms may be briefly lowered to demonstrate symmetry.
- Avoid excessive tension.
- Clenching the fists is discouraged.



Side Pose

- Keep the pelvis facing the side.
- Keep your eyes on the judges.
- The shoulders may be rotated toward the judges by up to 35 degrees.
- Place one hand on the hip and let the opposite arm hang naturally.
- Move the leg farthest from the judges slightly behind the body and raise the heel to display the calf.





LEG AWAY FROM THE JUDGES IS POSITIONED BACK FLEXING THE

Back Pose

- Feet should generally remain parallel, although a slight outward angle is acceptable.
- Keep both feet flat on the floor.
- Place one hand on the hip.
- Expand the lats to display a strong V-taper.



Suit Requirements



- Standard board shorts must be worn.
- An inseam shorter than 15.24 cm (6 inches) is prohibited.
- An inseam longer than 27.94 cm (11 inches) is prohibited.
- The waistband may not sit more than 7.62 cm (3 inches) below the navel.
- Board shorts should fit in a way that enhances the leg lines and overall physique silhouette.



Judging Process: Prejudging to Finals

※Staging areas and athlete flow may vary depending on the number of competitors.





【Prejudging】

(1) Lineup

When your entry number and name are called, walk onstage from backstage and take your place in numerical order starting from position ①.

Remain in your designated position in a Front Pose while awaiting instructions.

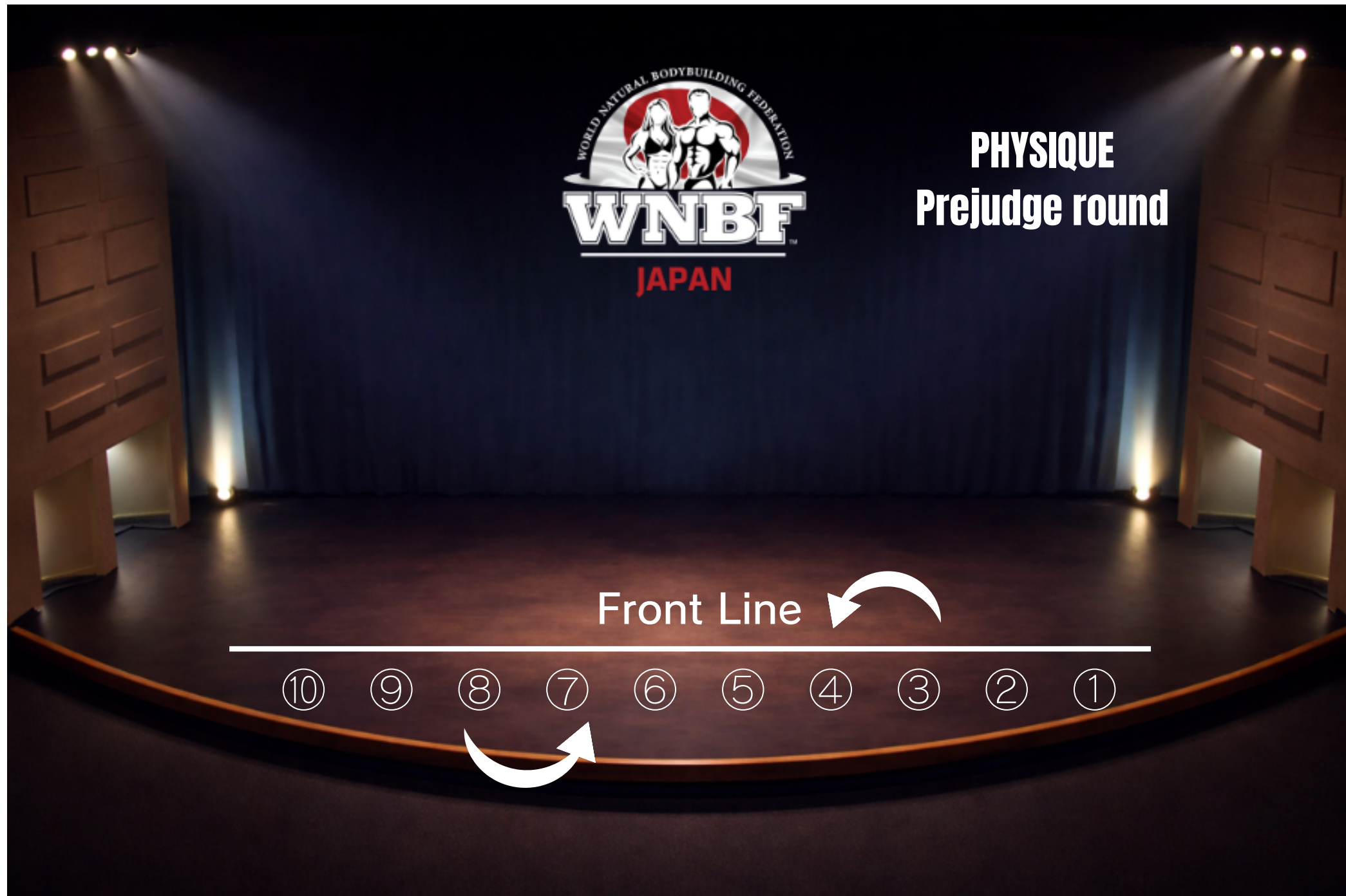
※Posing backstage is not permitted.



【Prejudging】

(2) Mandatory Pose Judging
Competitors will be evaluated in the required poses as directed by the judges.

Front Pose / Side Pose (both sides) / Back Pose

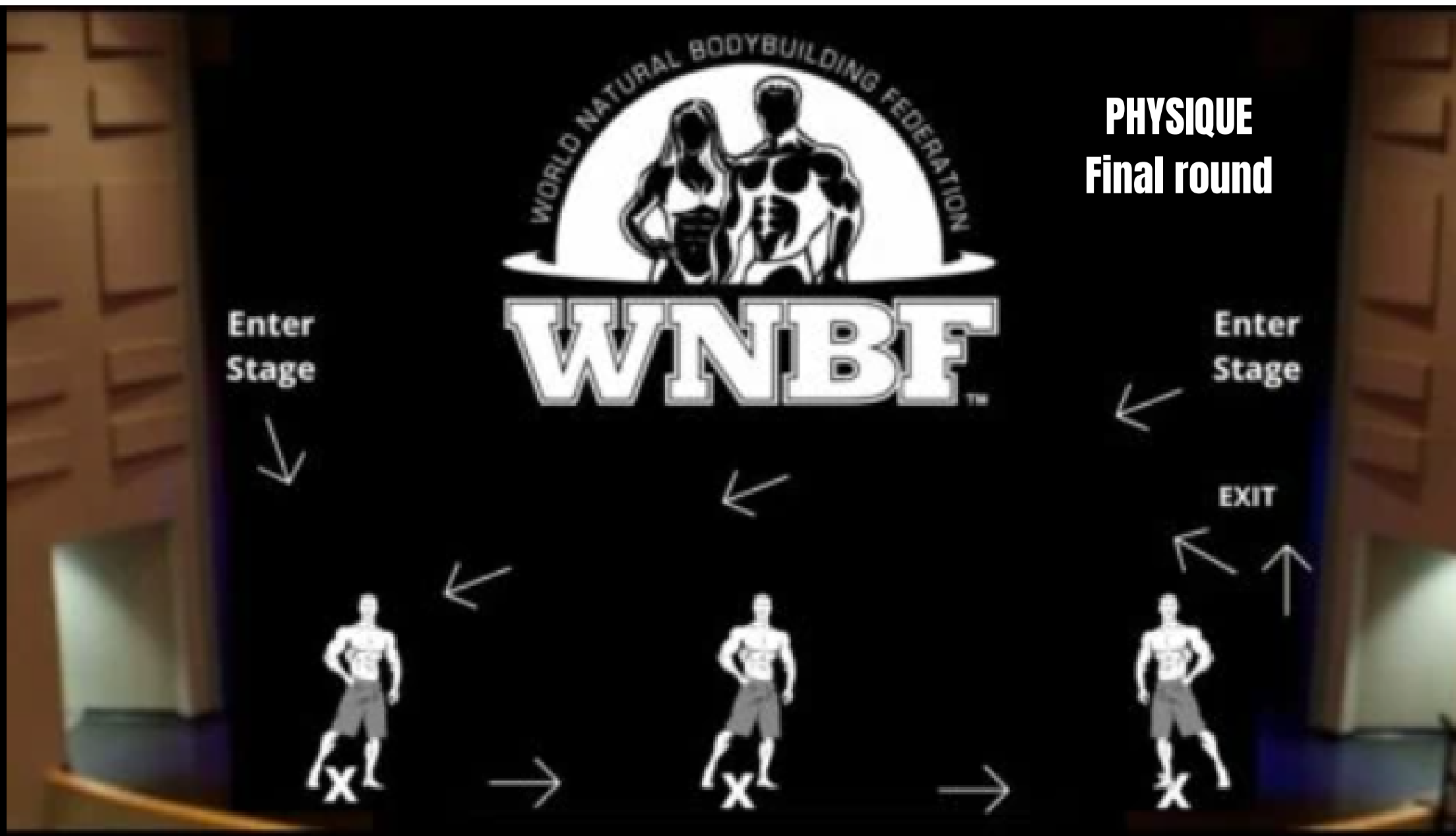


【Prejudging】

(3) Switches

To facilitate comparisons, competitors may be repositioned so that the top athletes are moved toward the center. When your number is called, raise your hand, identify the competitor you are switching with, and then change positions.

After judging is complete, competitors will exit the stage.



【Finals】 Stage Walk

- Enter from either side of the stage and follow the designated path.
- At the first mark (×): Right Side → Front → Back → Front.
- At the center mark (×): Front → Back → Front.
- At the final mark (×): Front → Back → Front.
- Finish with a Left Side Pose and exit the stage.