



WNBF JAPAN

~ **BIKINI** ~

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WNBF JAPAN BIKINI

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



WNBF JAPAN BIKINI

Judging Criteria



① Overall Balance and Physique Shape

- Glute, back, and shoulder development
- Emphasis on the X-frame silhouette
- Muscle separation is required,

but excessive striations will not be rewarded.

※ Excessive muscularity or conditioning may place an athlete in Figure or Bodybuilding.

② Total Package

- Posing, stage presentation, and walk
- Suit presentation, tanning, makeup, hair, and overall appearance

※ Excessive or overly dramatic pre-actions are not permitted.



※ From left to right: WNBF Bikini, Figure, and Bodybuilding competitors.

Each category has its own distinct judging criteria and physique requirements.

Posing Guidelines

※Failure to correct a posing error after being instructed by the judges may result in a point deduction.



Front Pose

- (Hips and feet) Face both feet toward the front of the stage.
- (Legs) Extend one leg to the side. Either side is acceptable.
- (Hand) Place one hand on the hip.
- (Opposite arm) Keep the arm relaxed and positioned within 17–25 cm (7–10 inches) of the waist.





HANDS ARE HELD TOO FAR FROM THE HIP | ONE LEG MUST BE TO TH

Side Pose

- (Hips and feet) Face the side of the stage.
- (Foot position) Either foot may be placed forward.
- (Heels) Either heel may be raised.
- (Hand) Place one hand on the hip.
- (Opposite arm) Keep the arm relaxed and positioned within 17–25 cm (7–10 inches) of the waist.
- (Upper body) Twist approximately 35 degrees toward the judges.





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Back Pose

- (Foot position) Stand with feet at shoulder width or slightly narrower.
- (Hair) Hair must be moved forward to allow a clear view of the back.
- (Forward lean) A slight forward lean is permitted to emphasize the hamstrings. Excessive forward lean may result in a point deduction.
- (Hand position)
 - Both hands: Hands may be placed on the hips or thighs.
 - One hand: One hand on the hip, with the opposite arm relaxed and held within 17–25 cm (7–10 inches) of the waist.





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BIKINI Suit Requirements



BIKINI Suit Regulations

【BIKINI】

- Two-piece bikini is required.
 - Embellishments such as studs, rhinestones, beads, appliqués, connectors, straps, and hip connectors are permitted.
- Thong, Micro Pro-Cut, and Scoop-Cut styles are prohibited.
 - WNBF/INBF recommends Pro-Cut or Brazilian-Cut bikini bottoms.

Competitors may wear either a round-cut bikini or a triangle bikini.



BIKINI Suit Regulations



【High Heels】

- Clear heels between 10–14 cm (4–5.5 inches) are recommended.
 - There is no mandatory heel height requirement.

【Accessories】

- Earrings, ear piercings, rings, and bracelets are permitted.
 - Accessories that conceal the physique may result in a point deduction.

Note: Judging is based on the athlete's physique.



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 from backstage to the front line and take your place in numerical order starting from position ①.

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

※Posing backstage is not permitted.





【Prejudging】

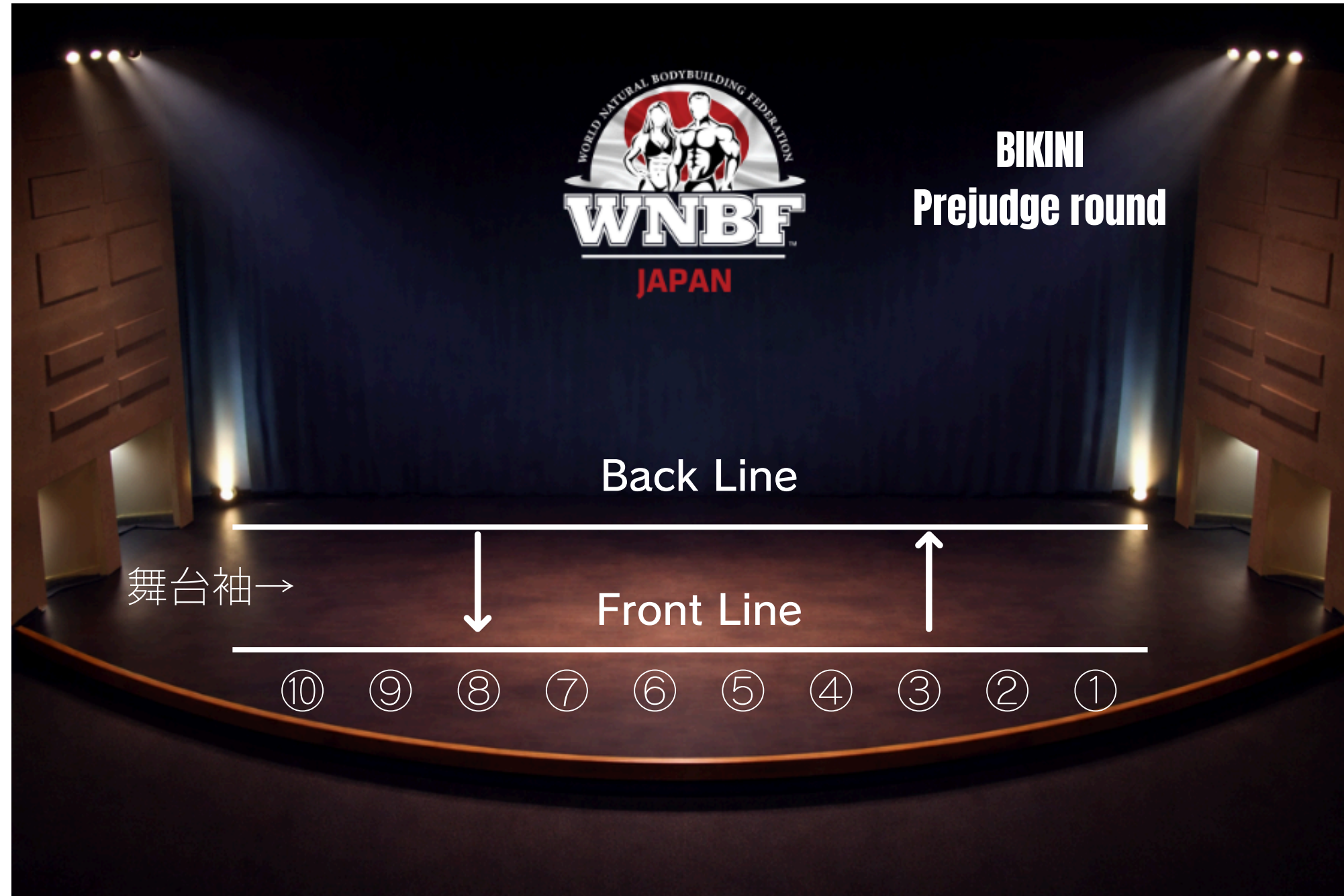
(2) Mandatory Pose Judging
Competitors will be evaluated in the required poses as directed by the head judge.

Judging will be based on the following three poses:

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

Mandatory Pose Sequence ▶▶▶





Mandatory Pose Sequence

Mandatory poses will be called by the judges. Please follow the instructions as given.

Note: While the sequence is generally fixed, judges may request additional pose comparisons when necessary.

① Judging begins on the front line.

Front Pose → Side Pose → Back Pose → Side Pose → Front Pose

All turns up to this point are quarter turns (Quarter Turn calls).

※ From this point, competitors will turn in half-turn increments (Turn Right calls).

Front Pose → Back Pose → Walk to the Back Line → Back Pose → Front Pose → Walk to the Front Line → Hold Front Pose

In the event of a tie, where competitors cannot be separated based on physique evaluation alone, stage walk presentation may be used as a tiebreaker.



【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】

(1) L-Walk

Walk from backstage to center stage and perform a Front Pose at the center mark.

※Posing backstage is not permitted.

Walk from center stage toward the judges and perform 2–3 mandatory poses at the designated mark (★).

- Front, Side, and Back Poses may be performed.
- Pose selection and sequence are at the competitor's discretion.

After completing the poses, return to your designated position on the back line using the shortest route.

Remain in a Front Pose or Side Pose while waiting.





【Finals】

(2) Lineup Comparisons
Competitors will walk from the back line to the front line for comparison judging. As in prejudging, switches and lineup comparisons may be conducted.

After the comparison round is complete, competitors will exit the stage.