



Rules and Regulations - FIGURE

Event Format

NGA BODYBUILDING MANDATORY POSES FORMAT PRE-JUDGING

Judges Check List - Figure

Judges are starting from the top of your body and working down when doing the scoring.

1. Detailed shoulder round shape.
2. Waist - hour glass look (V Shape), very shapely legs and calves. Figure is in between fitness and body building but not too hard and not too soft.
3. Poise, presentation, audience interaction, and facial beauty.
4. Swimwear and how it compliments the competitors body, personality, style and physique.
5. Overall body condition and balance.
6. Evening gown - How does it compliment the competitors body. (Pro's only)

Please keep in mind this is not a bikini, swimsuit, beauty, or body building competition. Contestants have put in hard work to be considered.

The figure competition was designed for those women who are athletic and fit but do not have gymnastics background and do not desire to do body building. Figure competitors are between fitness and body building.

* All Figure Competitors will need White Socks and White Tennis Shoes.

Annual World Body Building and Figure Championship

NOPI Nationals Pro-Am World Cup Show



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