

WFF NZ

CLASS DIVISIONS & JUDGING CRITERIA



"Dedicated to creating a positive environment & community that motivates & supports each other for a healthier sport"

WFF MODEL CLASSES:

WFF MISS BIKINI MODEL
WFF SPORTS MODEL FEMALE & MALE
WFF MENS BEACH BODY
WFF WELLNESS MODEL (LATINO FIGURE)
WFF SPORTS GLAMOUR MODEL

(only some organizers will add in a sports glamour category, which has three rounds: One Piece Swimwear/Sports Wear/Dress, so check with your event promoter if this class will be offered)



Bikini Model.

WFF Miss Bikini Model judging will be conducted over two rounds.

ALL Female Divisions (height/age)

1. T-WALK – with High Heels

Each competitor will be introduced individually, enter from the rear side stage and proceed to the rear centre of stage. They will then Model walk to the front of the stage, pause turn to walk either side of stage, back to middle, turn around and walk to the rear of the stage. At this point each competitor will turn and face the judges, pause briefly then walk to the line up point as directed. Depending on the volume of athletes. Model classes get 90secs for their walk and at NZ shows can pick your own music to walk to. WFF do not dictate how you pose in your T walk so you have freedom to display what best suits you.



2. SYMMETRY ROUND – with High Heels

All competitors will present on stage in numerical order facing the judges. The head judge will call heels together facing the front. A series of quarter turns will follow, and always to the right. Competitors will be viewed from the left side, from the back, from the right side and from the front. Twisting is preferred on the left and right sides. Judging will be based on overall symmetry shape and tone. Bikini class is based on a smaller frame body type with nice muscle tone but not muscle bound or high degree of leanness like the sports or figure classes. We want evidence that they train in a gym with resistance training so a healthy attainable look but no bulk of muscle. Their outfit on stage is a bikini that suits their shape, so brings out their best and isn't like the figure bikini that it crosses over the back. You can wear brazil cut pant or g-string so it is the athlete's personal choice, pick what suits your shape. High heels must be worn. Bikini class is NOT to have too dark a tan like the figure class; it is to look more natural onstage. WFF run a one show format so as soon as the symmetry round is done the head judge may ask for some pose down music where you can pose freely or they also may ask that you do a model walk in a circle until judges tally all the marks to present the placing.



Sports Model - Female & Male.

WFF Miss Bikini Model judging will be conducted over two rounds.

ALL Divisions (height/age)

1. T-WALK – with Sports Shoes

Each competitor will be introduced individually, enter from the rear side stage and proceed to the rear centre of stage. They will then Model walk to the front of the stage, pause turn to walk either side of stage, back to middle, turn around and walk to the rear of the stage. At this point each competitor will turn and face the judges, pause briefly then walk to the line up point as directed. Depending on the volume of athletes. Model classes get 90secs for their walk and at NZ shows can pick your own music to walk to. WFF do not dictate how you pose in your T-walk so you have freedom to display what best suits you and even throw in some classic posing. You can theme your T-walk if you wish with simple props like boxing wraps, small rugby ball BUT this is not a must. (Note: builders outfit, policeman etc is not considered Sports attire and will be marked down).

2. SYMMETRY ROUND – with shoes

All competitors will present on stage in numerical order facing the judges. The head judge will call feet together facing the front. A series of quarter turns will follow, and always to the right. Competitors will be viewed from the left side, from the back, from the right side and from the front. Twisting is preferred on the left and right sides. Judging will be based on overall symmetry, shape and tone.

Sport model divisions are based on a frame that is medium boned and can sometimes fit between other classes in sense of the look eg. Bikini, board short or BB/figure classes. They are to hold a good amount of muscle on their frames that is achievable but not too hardcore. They are to wear aerobic type attire for females and shorter shorts so more classic type briefs for males and as per photos to the left. Sport models are to have good balance and symmetry so X shape, judges will be looking for a fit and well toned/lean body but not too vascular. Emphasis will be also on confidence for both men & women, and grace on stage. The winner must be photogenic and epitomize the ideal fitness industry representative. The men are not to be too big like the board short classes or as hard as WFF height/weight BB class might be. They are NOT to have a dark a tan like the BB classes; it is to look more natural onstage.

WFF run a one show format so as soon as the symmetry round is done the head judge may ask for some pose down music where you can pose freely until judges tally all the marks to present the placing.



Beach Model – Men.

WFF Beach Body Model judging will be conducted over two rounds.

ALL Divisions (height/age)

1. T-WALK – no shoes

Each competitor will be introduced individually, enter from the rear side stage and proceed to the rear centre of stage. They will then walk to the front of the stage, pause turn to walk either side of stage, back to middle, turn around and walk to the rear of the stage. At this point each competitor will turn and face the judges, pause briefly then walk to the line up point as directed. Depending on the volume of athletes. Model classes get 90secs for their walk and at NZ shows can pick your own music to walk to. WFF do not dictate how you pose in your T-walk so you have freedom to display what best suits you and even throw in some classic and bodybuilding muscle posing.

2. SYMMETRY ROUND – no shoes

All competitors will present on stage in numerical order facing the judges. The head judge will call feet together facing the front. A series of quarter turns will follow, and always to the right. Competitors will be viewed from the left side, from the back, from the right side and from the front. Twisting is preferred on the left and right sides. Judging will be based on overall symmetry, shape and tone. Beach model divisions are based on a frame that is medium to heavy frame and can sometimes fit between this and bodybuilding classes. They are to hold a good amount of muscle on their frames that is achievable and are mostly top heavy, so display a lot of muscle upper body but legs don't quite balance with the rest. This class can throw in BB poses as part of their T-walk unlike the other model classes. Their swimwear will be those of Board Shorts to be mid thigh or just above the knees, are to fit well and not too baggy. Not to be over tanned like a Bodybuilder. WFF run a one show format so as soon as they symmetry round is done the head judge may ask for some pose down music where you can pose until judges tally all the marks to present the placing.



Wellness Model (INTERNATIONAL: LATINO FIGURE).

WFF Miss Wellness Model judging will be conducted over two rounds. –



ALL Female Divisions (height/age)

1. T-WALK – with High Heels (NZ)

Each competitor will be introduced individually, enter from the rear side stage and proceed to the rear centre of stage. They will then Model walk to the front of the stage, pause turn to walk either side of stage, back to middle, turn around and walk to the rear of the stage. At this point each competitor will turn and face the judges, pause briefly then walk to the line up point as directed. Depending on the volume of athletes. Wellness Model class get 90secs for their walk and at NZ shows can pick your own music to walk to. WFF do not dictate how you pose in your T walk so you have freedom to display what best suits you.

2. SYMMETRY ROUND – with High Heels (NZ)

All competitors will present on stage in numerical order facing the judges. The head judge will call heels together facing the front. A series of quarter turns will follow, and always to the right. Competitors will be viewed from the left side, from the back, from the right side and from the front. Twisting is preferred on the left and right sides. Judging will be based on overall symmetry, shape and tone. Internationally they may/do ask for figure poses but we will not introduce those in NZ yet with being a new category..

Wellness model class is based on a medium to larger frame body type with nice fuller muscle tone and very similar to figure but smoother – a fuller figure. We want evidence that they train in a gym with some heavy resistance training so a healthy attainable look but not too vascular like a figure competitor. Wellness tends to be bottom heavy, so well developed legs and glutes and slightly smaller upper body. High heels must be worn. Wellness as per other model classes is NOT to have too dark a tan like the figure class; it is too look more natural onstage.

WFF run a one show format so as soon as the symmetry round is done the head judge may ask for some pose down music where you can pose freely or they also may ask that you do a model walk in a circle until judges tally all the marks to present the placing. PLEASE note the photo on the left is body shape example as heels must be worn.



Sports Glamour MODEL.

WFF Miss Sport Glamour Model judging will be conducted over three rounds & complete as per below:

Rounds are: One Piece/Sports Wear/Evening Dress

ALL Female Divisions (height/age)

1. T-WALK – High Heels for one piece & Dress round but Sports shows for Sports wear

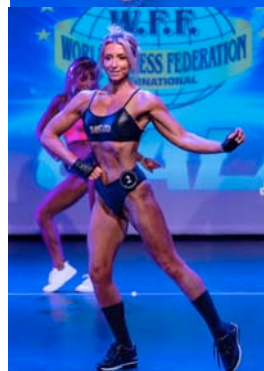
Each competitor will be introduced individually, enter from the rear side stage and proceed to the rear centre of stage. They will then Model walk to the front of the stage, pause turn to walk either side of stage, back to middle, turn around and walk to the rear of the stage. At this point each competitor will turn and face the judges, pause briefly then walk to the line up point as directed. Depending on the volume of athletes. Wellness Model class get 90secs for their walk and at NZ shows can pick your own music to walk to. WFF do not dictate how you pose in your T walk so you have freedom to display what best suits you.

2. SYMMETRY ROUND – High Heels for one piece & Dress round but Sports shoes for Sports wear

All competitors will present on stage in numerical order facing the judges. The head judge will call heels together facing the front. A series of quarter turns will follow, and always to the right. Competitors will be viewed from the left side, from the back, from the right side and from the front. Twisting is preferred on the left and right sides. Judging will be based on overall symmetry, shape and tone.

Sports Glamour model class is based on a medium to larger frame body type with a fuller muscle tone. We want evidence that they train in a gym with some heavy resistance training so a healthy attainable look but not too vascular like a figure competitor. Heels to be worn in the one piece and dress round, sports wear you can wear training shoes.. This model classes is NOT to have too dark a tan like the figure class; it is too look more natural onstage.

WFF run a one show format so as soon as the symmetry round is done the head judge may ask for some pose down music where you can pose freely or they also may ask that you do a model walk in a circle until judges tally all the marks to present the placing.





Miss WFF FIGURE.

ALL Female Divisions (height/age)

All WFF Miss Figure (Height/Weight/Age) Classes will be judged over three rounds and in below order.

1. Symmetry Round Quarter Turns
2. Comparison Round Compulsory Poses
3. Free Posing Round 60 sec Routine.

1. Symmetry Round – with High Heels

All competitors will present on stage in numerical order facing the judges. The head judge will call heels together facing the front. A series of quarter turns will follow and always to the right. Competitors will be viewed from the left side, from the back, from the right side and from the front. Twisting is preferred on the left and right sides. Judging will be based on overall symmetry shape and muscle definition.

2. Comparison Round – with High Heels

Five poses make up the comparison round.

1. Front double biceps with open hand no fist.
2. Side chest
3. Side triceps
4. Back double biceps
5. Abdominal and thigh pose

All competitors will execute the nominated pose simultaneously. All posing is performed with open hands. The judges will be looking for overall conditioning of the muscles on display. We will turn you to judge both sides, so you will do opposite side for chest and arm poses, only time this may not happen if there is a extra large class so will ask for favorite side only.

3. Free Posing Routine Round – option of NO SHOES

Each competitor will perform a 60 second routine to music you choose to display her figure, physical conditioning and overall presentation. Theatrical Props may be used if desired but not needed. Figure is not always about the biggest muscle figure winning but the complete package, displaying an even balance of muscle that suits their frame, symmetry is key so we are looking for an X shape, and the conditioning of the muscle. Figure are usually a body type that responds easy to weightlifting, generally medium to larger boned and healthy growth of muscle. Tan is darker than what is used in model classes so more definition is displayed. WFF run a one show format so as soon as all the rounds is done the head judge may ask for some pose down music where you can pose freely until judges tally all the marks to present the placing.



MENS WFF BODYBUILDING.

ALL Male Divisions (height/age)

All WFF Men's Bodybuilding (Height/Weight/Age) Classes will be judged over three rounds and in below order.

1. Symmetry Round Quarter Turns
2. Comparison Round Compulsory Poses
3. Free Posing Round 60 sec Routine.

1. Symmetry Round

All competitors will present on stage in numerical order facing the judges. The head judge will call heels together facing the front. A series of quarter turns will follow and always to the right. Competitors will be viewed from the left side, from the back, from the right side and from the front. Twisting is preferred on the left and right sides. Judging will be based on overall symmetry shape and muscle definition.

2. Comparison Round

Five poses make up the comparison round.

1. Front double biceps with closed fist
2. Front Lat Spread
3. Side Chest
4. Side triceps





5. Back double biceps
6. Rear Lat Spread
7. Abdominal and thigh pose
8. Most Muscular (usually hands on hips style)

All competitors will execute the nominated pose simultaneously. All posing is performed with closed hands. The judges will be looking for overall conditioning of the muscles on display. We will turn you to judge both sides, so you will do opposite side for chest and arm poses, only time this may not happen if there is a extra large classe so will ask for favorite side only.

3. Free Posing Routine Round

Competitors will perform a 60 second routine to music they choose to display their physical conditioning and overall presentation.

Not always the biggest guy winning with these divisions but the complete package displaying an even balance of muscle that suits their frame, symmetry so as close to an X shape you can get, and then conditioning of the muscle that they have. Men's Bodybuilding is usually a body type that responds

easy to weightlifting, generally medium to larger boned and easy growth of muscle. Tan is darker than what is used in model classes so more definition is displayed. WFF run a one show format so as soon as all the rounds is done the head judge may ask for some pose down music where you can pose freely until judges tally all the marks to present the placing.

Compulsory Poses – Men Physique & Women's Figure Bodybuilding

1. Front Double Biceps

Standing facing the judges with heels together the competitor will raise both arms to shoulder level bending them at the elbows. The hands should be clenched and turned inwards. This will cause the biceps and forearm muscles to contract. In addition, the competitor should attempt to contract as many frontal muscles as possible.

2. Front Lat Spread – Men only

Standing facing the judges with heels together, the competitor will place the hands, either open or clenched, against the lower waist and will expand the latissimus dorsi (lats). At the same time, the competitor should attempt to lift the rib cage and contract as many others frontal muscles including legs as possible.

3. Side Chest

The competitor will quarter turn to the side as instructed by the head judge showing his left or right side. He will bend the front arm nearest to the judges to a right angle position with the fist clenched, and with the other hand will grasp the wrist. The front leg nearest to the judges will be bent at the knee and will rest on the toes. The competitor will expand the chest and by upward pressure on the front bent arm, contract the biceps as much as possible. He will also contract the thigh muscles, in particular the biceps femora's group, he will also display contracted calves.

4. Back Double Biceps

The competitor will stand facing the rear of the stage, back to the judges; he will bend the arms & wrists as in the front double biceps, and will place one foot back resting on the toes. He will contract the arm muscles, along with the muscles of the shoulders, upper & lower back, thigh & calf muscles.

5. Back Lat Spread – Men only

The competitor will stand facing the rear of the stage, back to the judges; he will place his hands on his waist with the elbows kept wide, one foot back resting on the toes. He will then contract the lats as widely as possible & display one calf contracted.

6. Side Triceps

The competitor will quarter turn to the side, again as instructed by the head judge. He will stand with his left or right side towards the judges & will place both arms behind his back. He can either interlock his fingers or grasp the front arm by the wrist with his rear hand. The front leg nearest the judges will be bent at the knee & will rest on the toes. The competitor will exert pressure against his front arm thereby causing the triceps muscle to contract. He will also raise the chest & contract the abdominals as well as the thighs & calves.

7. Abdominals & Thigh

Standing facing the judges, the competitor will place both arms behind the head and place one leg forward. He will then contract the abdominals by "crunching" the trunk slightly forward. At the same time, he will contract the thigh of the forward leg.

8. Most muscular – NOT for women

Standing facing the judges the competitor will strike a pose that best demonstrates their overall muscularity, either "Trap Over, Crab pose or Hands on Hips one leg flexed".

RUNNING ORDER OF CLASSES FOR WFF NZ:

- Full Class Symmetry Round – BB (for model classes they do T-walk first then do full class symmetry round)
- Full Class Mandatory Round – BB
- Individual Posing Routine – BB only
- Pose Down - **all classes**
- Trophy Award/Presentation follows each class immediately and the winner is then required to participate in the Overall at the conclusion of the day's event.

The Overall winner is expected to travel to the next level of either National or International Competition, some financial assistance will/may only be provided to those athletes committed to further their quest for glory and high standard of an International athlete for ProAm events overseas.

Round 1: Symmetry Round

All competitors appear in numerical order in one line across the stage (when there are large number of competitors, the head judge may choose to dissect the line into two or three sections to allow clearer vision of the competitors by the judges). The line is then taken through a series of quarter turns. In this round the competitors will be closely scrutinized for any genetic, structural or proportional defects that could affect their placing and are scored accordingly.

Round 2: Compulsory Posing Round

These poses are designed to allow the judges to view development of every muscle from different angles, thus ensuring the individual judge has a good basis for "callouts" (competitor comparisons).

After the competitors have completed these poses as a group, each individual judge has an opportunity to call out only the competitors he wishes to view in further comparison.

Round 3: Individual Free Posing Round

In this round each contestant performs their individual posing routine to their own selection of music. There is a time limit of 60 seconds and all music should be supplied as an mp3 on a USB with a back-up emailed to the organizer so it all go's right on the event day. Original music is recommended, as some homemade recording versions do not allow commercial systems to play. It is embarrassing both for the competitor and the promoter when music does not play, so please check this critical aspect.

The judges will look for a routine, which is entertaining, compliments and enhances the physique of the competitor, showing their better features whilst disguising their weaker points. The competitor should have an empathy with the music selected, using movements in time to the rhythm or beat of the music without uncoordinated moves that are too fast for the audience and the judges to appreciate whilst digesting the competitor's physique.

Round 4: Posedown

In this round all competitors perform together in a group posing to background music which allows the head judge to tally the score card. The Top 3 winners are awarded immediately on stage and the 1st place winner only is invited to contest the Overall event later in the program.

WFF PRO ATHLETES

What It Means to be a Pro Athlete & Expectations...



This will only be offered to worthy athletes at a ProAm or National Event and usually there must be at least three other athletes in the line up - there have been some of high quality that will be offered this title even if there is only two in the class. Accepting a Pro Card means you are willing to compete Internationally for your country within two years of accepting it, otherwise it can expire. You can only compete in ProAm events ran locally or Internationally. Many accept this honor and does nothing with it, so think about whether you want to make this commitment in the sport otherwise you could be taking this opportunity from another athlete willing to do so. You pay a yearly fee to WFF International to keep your Pro Status but when entering shows in Pro Division you pay NO entry fee. If you compete in another federation in an amateur division you loose your Pro Status with WFF right away, so choosing to be WFF Pro means you are loyal to the federation and represent it in a professional way. At International ProAm events there may be prize money or in a way of sponsorship given for first place takers in their Pro classes. Being a Pro athlete is a big honor for your federation and comes with some expectations when representing, see below links that ALL athletes need to abide by:

1. [Code of Conduct – The World Fitness Federation \(wff-international.com\)](http://wff-international.com)
2. [Core Values – The World Fitness Federation \(wff-international.com\)](http://wff-international.com)
3. [Constitution and By-Laws – The World Fitness Federation \(wff-international.com\)](http://wff-international.com)

If there is any athlete that we feel either Pro or Amateur is slandering, disrespectful to the leaders, committee members, organizers or other athletes of WFF will be banned from our shows or even have their Pro Status/title revoked. This is a decision we don't take lightly but will do so to keep the health of the federation, our athletes and our sport.



WHAT IS THE JUDGING PANEL LOOKING FOR...

WFF - JUDGING AN ATHLETE IN COMPETITION

What makes a winning physique when judging?

The answer is =

SYMMETRY, SIZE and SEPARATION

What does that mean?

SYMMETRY (PROPORTION)

Symmetry is a key ingredient in a winning physique & one that owes its qualities in large part to the genetics of the competitor. Wide shoulders, narrow hips, trim waist & a deep rib cage are genetically endowed qualities on which a championship physique can be built.

A proportionate physique is one that has no overall development in which each individual body part complements the others in both size & shape. The upper body should not be developed to the extent that it overpowers the lower body & vice-versa.

All body parts should flow in harmony with no body part being over developed to the detriment of the others. Right & left sides should be equally developed, so as to not exhibit any readily observable differences in size.

SIZE (MUSCLE MASS)

First and foremost, a physique contest is “a **bodybuilding contest.**” Contestants must exhibit a degree of muscular development, which will vary according to the class being judged. In the “*WFF categories the height and weight restrictions*” mean that a slimmer style of physique will be on display. Criteria such as Symmetry (above) and Separation (below) apply equally in judging the WFF classes.

SEPARATION (DEFINITION)

This factor must be considered in conjunction with muscle mass. Separation is the delineation between the muscle groups of the physique. Excess fatty tissue under the skin blurs this muscular division resulting in a smooth appearance.

Definition is the display of the individual muscles & muscle fibers (often referred to as 'ripped' or 'shredded').

