

Men's and Women's Bodybuilding - Sanctioned Division

ON-X NATURALS

Competitors will be judged on posing as well as physical appearance, in both individual and comparison rounds. Both rounds will consist of quarter turns and mandatory poses. Below is a breakdown of the Bodybuilding Division with details regarding proper competition attire, presentation and mandatory posing.

Judging:

- Symmetry
- Muscularity
- Conditioning

Symmetry

- Balanced and proportioned physique from left to right side as well as top to bottom.
- No one-body part should overpower the rest of the physique.

Muscularity

- Extreme muscular build
- Capped shoulders
- Thick back with v-taper
- May have blocky or thick waist
- Highly visible and conditioned abs
- Thick sweeping developed quads
- Thick hamstring development

Conditioning

- Extreme muscular separation, striations, and vascularity.

Competition Attire:

Men: bodybuilding posing suit, plain in color, standard "V" shape covering at least 2/3 of your buttocks

Women: two piece bodybuilding suit, plain in color for prejudging. Bottoms must be "V" shaped and cover at least 2/3 of your buttocks. Woman's suits for finals may include a printed design or added sparkle, rhinestones, sequins, etc.

Men's Bodybuilding Classes:

Light- less 165

Middle – 165.25 up to 189

Heavy – over 189.25 and Over

Women's Bodybuilding Classes:

Light – Up to 115 lbs

Middle - over 115 lbs up to and including 130 lbs

Heavy – over 130 lbs

Mandatory Poses:

- Front Lat Spread
- Front Double Bicep
- Side Chest
- Side Tricep
- Rear Lat Spread
- Rear Double Bicep
- Abdominal and Thigh
- Most Muscular

Individual Round/Routine:

During pre-judging each competitor will either complete a 30 second free-style posing to house music, or complete their individual routine for the audience to their music of choice (*See posing music below). Amateurs will have 60 seconds while Pros will have 90 seconds to 2 minutes, depending on the Event and Promoter of Event and when Individual routines will commence. Once individual round/routine is over, Competitor will step off stage until called for Group Comparisons.

Group Comparisons:

Once all competitors have completed their individual rounds, the head judge will call random competitor numbers of their choice to line up on center stage where quarter turn comparisons as well as mandatory posing comparisons will be performed. Upon completion of comparison round the head judge could call on competitors to return to stage in order to ensure proper judging and placement.

Awards Presentation Format:

Competitors will be called to stage one by one, where they will stop at center stage, strike 2-3 poses and proceed to line up on stage right/left or off stage based on the direction of the expediter until each competitor has presented herself. Expediter will then direct top 5 back on stage after all competitors complete their individual round for the Awards Presentation. Depending on the number of competitors in a class and the decision of the officials, or format of Promoter, either all competitors or the top 5 in the class will perform a 90 second routine to their chosen music. Amateurs: Please note rule for routines, only one routine will be performed if doing Crossover divisions.

Posing music must be on a flash drive, and/or emailed to the Official Event DJ prior to the Event. Posing music may not contain any vulgar lyrics. Music with vulgar or racial lyrics and tone will be prohibited.

Props are allowed in the final evening routine however you must have them approved at the weigh in meetings by the Head Judge or Directors.

This is the Official Criteria for Men's and Women's Bodybuilding for ON-X Naturals.
Questions on the Bodybuilding Division please reach out to:

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