



# **SPORT REGULATIONS WOMEN FIGURE DIVISION**



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## 1) LIST OF CATEGORIES

*Note: The minimum age is 16 years old. The age on the day of competition is decisive.*

**First timer:** You have never competed before in any federation. You are entering your first contest; therefore, you are only a First Timer once in your life. However, you can enter multiple divisions on the day of your first contest.

*To best protect this category, when you register you declare that you are indeed a first-time competitor. If you are nevertheless not honest about this, your result will be deleted and you'll be suspended for life within the organisation.*

**Junior:** this category is mandatory as a first category for all athletes as their first category who are younger than 23 years on the day of competition (*with the exception of First Timer athletes who only compete in 1 category*).

**Master:** this category is mandatory as a first category for all athletes as their first category who are 40 years or older on the day of competition (*with the exception of First Timer athletes who only compete in 1 category*).

**Open (Height):** Athletes are divided into subcategories according to height measured at the registration/weigh-in. There will be 2 subcategories (minus or plus 1m65).

*(An athlete can register for as many categories she prefers across multiple divisions as long as she qualifies for the above regulations of the specific category.)*

**Overall:** All winners from the above categories are put into this category to decide the best athlete of the division in a competition. The athlete does not have to register for this category herself and is free of charge.

**PRO:** NCOBB/ICN Belgium does not host PRO shows at the moment. All PRO athletes are automatically signed up in the Overall category. Please contact [info@ncobb.com](mailto:info@ncobb.com) when you are a PRO athlete looking to compete in our shows.



## 2) JUDGING CRITERIA

High levels of muscularity with the most degree of condition while still maintaining femininity and symmetry.

Capped shoulders, six-pack abs, wide back, leg muscle separation are required for this division.

Symmetry is key in Women Figure, where focus lies on V-taper with a wide back, round shoulders, small waist and well developed lower body. Very lean conditioning is wanted but not to the degree of extreme vascularity and muscle striations, as this is more favoured in Women Bodybuilding division.

**Symmetry > muscularity > conditioning** (Symmetry is most favourably judged, followed by muscle mass and conditioning)



A well developed, muscular physique with respect to all-round proportions and the v-taper with wide back, small waist and round shoulders. Quite conditioned but without the extremeness of the bodybuilding division in regards to the physique and presentation (vascularity and muscle striations).

### 3) OUTFIT & PRESENTATION

#### *REGISTRATION / WEIGH-IN*

Athletes have to present themselves on the day of the competition at the administration office at the aforementioned times. An athlete must be able to officially disclose their identity (identity card, driving licence or passport). Open payments or invoices have to be paid before the disclosed time. Athletes who fail to do this, will be disqualified unless there is a valid reason for their failure. The decision to allow the athlete is only decided by the official members of the administration.

Athletes receive 2 number badges with an identical number. The badges are always visible on stage and are attached to the competition suit on the left hand side on the front AND the back. Athletes who go on stage without their number badge, are unable to be judged and will be disqualified.

Athletes will be measured according to their registered categories. If they do not meet an appropriate height, the athlete can retry the weigh-in to try and meet the target height category before the weigh-in period ends (this is mentioned beforehand).

The athlete can ask for feedback if her posing outfit is according to the regulations, after this point in the competition the athlete is responsible to be compliant with his posing outfit.



*When competing in a height category, an athlete is always measured without shoes.*

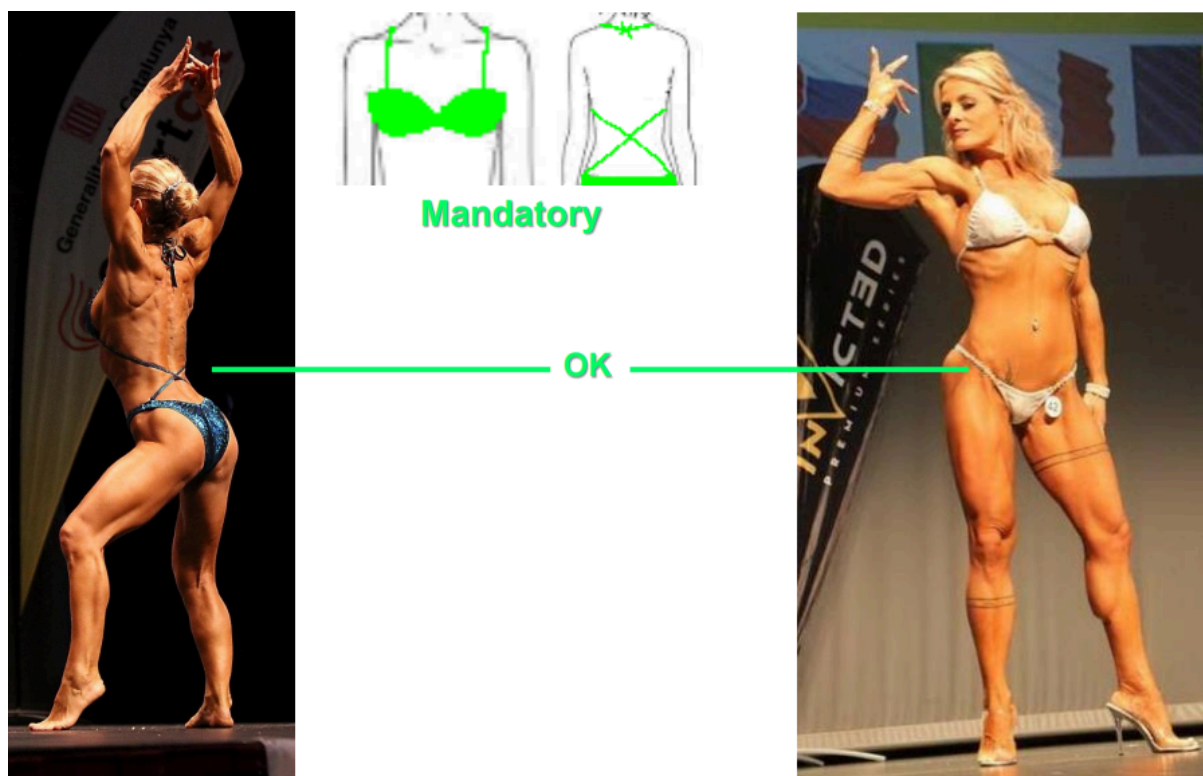


## OUTFIT

- Athletes wear a Bikini:
  - Unicolor. Shiny or glitter effect allowed (including crystals)
  - G-Strings forbidden
  - Side width 1 cm minimum
  - Two piece outfit
  - **Crossover top** in the back
  - Open or closed high heeled shoes
- Jewelry and piercings are allowed but without excess.
- Athlete number must be always visible at the left side of the waist and on the back.

N.B After inspection of the posing attire at the registration, any objection will automatically result in disqualification of the athlete if no remediation is possible before the start of the contest (first category of the day).

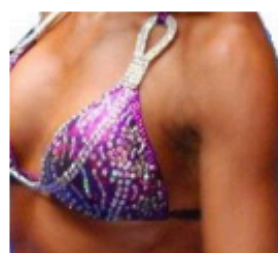
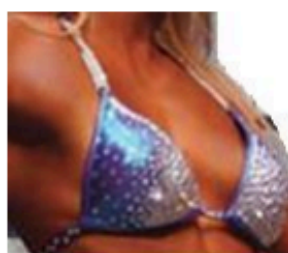
### Crossover top in the back



**Measurements of the high Heels (open or closed):**



**Examples of an approved outfit:**



**Non-regulatory outfit**



## TANNING / BRONZE

In order to give every athlete an equal chance to show off their physique on stage, we use one method exclusively to tan athletes for the competitions organised by NCOBB/ICN Belgium.

The tan is applied by means of a cream supplied at a very democratic price through our organisation. This cream can be purchased through our webshop and collected at a location and time provided with the purchase, as well as at the registration/weigh-in of each competition.

Any other method used backstage to tan will not be accepted and will result in disqualification of the athlete if no remediation is possible before the start of the contest (first category of the day). Also note that extra application oils/sprays on top of this official competition tan is not allowed!

Athletes are required to be extremely mindful of backstage hygiene and tidiness. Athletes who damage or stain the backstage area excessively, will be disqualified and in extreme cases fined by the NCOBB administration. This is decided by the official NCOBB administration.

It must be noted that this tan is oil based, making it not allowed in many other organisations, including most competitions of other ICN Worldwide countries.  
Athletes must be mindful of this!



*Application of the cream is easiest with a small paint roller in 1 to max. 2 layers. The face should be less dark compared to the rest of the body for best aesthetic results.*

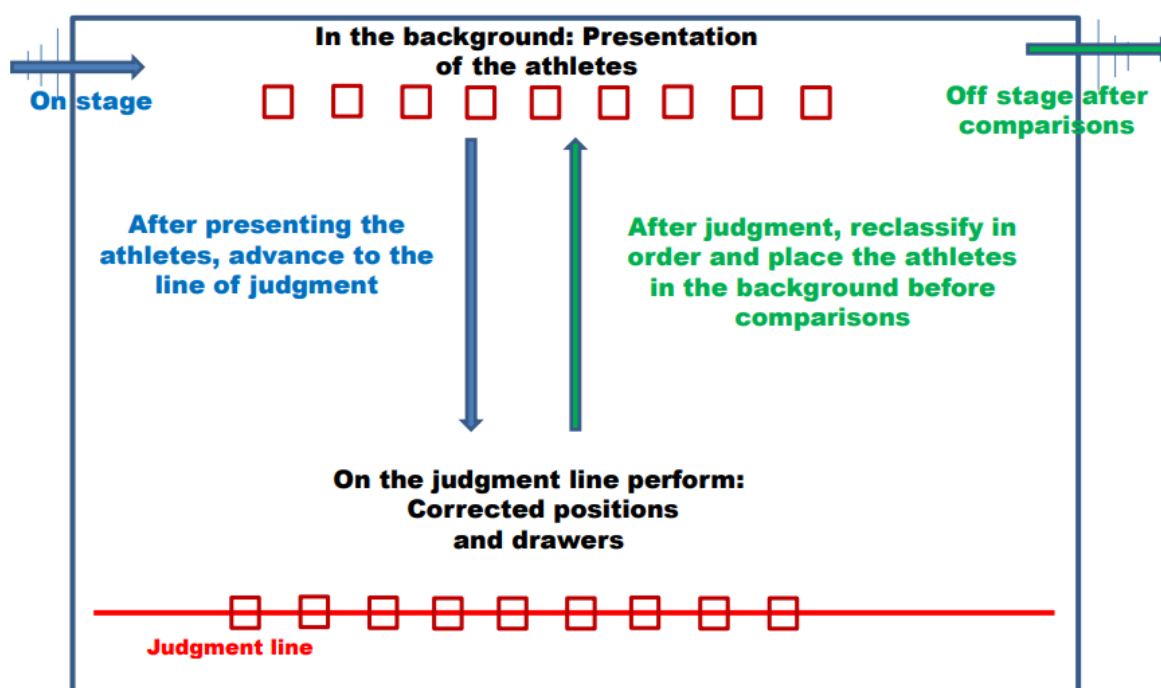


## 4) POSING

### *FIRST ROUND (SYMMETRY ROUND)*

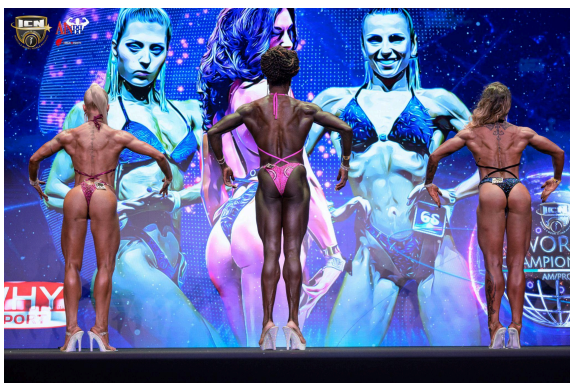
Under the direction of the stage organiser all the athletes of the same category come on stage. The stage organiser presents each athlete in ascending order of athlete numbers.

Under the orders of the stage organiser, after presentation at the back of the stage, and having advanced on the comparison/judgment line, the athletes perform:



A quarter turn to the right so as to appear in profile, then again a quarter turn to the right so as to stand with the judges, then a quarter turn to the right to present their other profile, and finally the athletes finish with a last quarter turn to the right in order to face the judges again.

Depending on the number of athletes a drawer can be made. All athletes perform new corrected poses. After being put in the order of the athletes, the athletes are aligned in the background.



# SYMMETRY ROUND: 4 QUARTER TURN POSES



## SECOND ROUND (INDIVIDUAL POSING)

- Personal posing routine
- Duration: maximum of 90 seconds.
- Free choice of music.
- No costume/accessories

International ICN contests may differ in the inclusion of an individual posing round.

Music can be sent beforehand in .mp3 format to [music@ncobb.com](mailto:music@ncobb.com) (with name, category of athlete and when to start music (before or on podium). We advise you to send one e-mail for every category you participate in where individual music can be prepared. Athletes can choose to let their music be played before they step up on stage, or when they're standing ready on stage. This is decided in the e-mail sent beforehand.

Sending in your individual music has to be done before the official athlete registration deadline. The athlete will have to pay a late registration fee (+25EUR per category) when music is sent in after this deadline. The athlete will receive a confirmation if the individual music is valid for competition by e-mail.

- **Athletes who present no music (or not valid) will perform their second round on music selected by the DJ.**
- **Athletes who do not perform an individual posing routine will be sanctioned with points.**





### *THIRD ROUND (MUSCULARITY ROUND)*

After the second round, the line up is once again formed on the backline of the stage in ascending athlete numbers. All athletes are moved to the front of the stage, the stage presenter will call for 5 mandatory poses. Front double biceps, preferred side chest, preferred side triceps, back double biceps and abdominals and thighs pose.



MUSCULARITY ROUND: 4 of 5 poses (Front Double Biceps, Side Chest (pref.), Back Double Biceps, Side Triceps (pref.),)





MUSCULARITY ROUND: Last pose (Abdominals & Thighs)



#### *FOURTH ROUND (CALL-OUTS + POSEDOWN/FREE POSING)*

At the end of the muscularity round, comparisons by 3 can then be requested by the judges in order to better estimate the athletes' physique and refine the ranking. Requests for comparisons will be made by the head of the jury table. The comparisons of these 3 athletes will be with the same poses as the third round (muscularity round).

After the judges have asked for call-outs, 1 minute of free posing is offered to all athletes on stage. The posedown is competitive and friendly in nature, overly aggressive behaviour will be sanctioned by the jury.



Posedown: 1 minute of free posing for all athletes together on stage!

## 5) RESULTS

The athlete will be called back on stage together with the other athletes of the category according to the time schedule of the competition for the award ceremony.

It is forbidden to leave the stage while the award ceremony is taking place without being instructed to by the administration of the NCOBB.

Objections to the outcome of the competition are not possible on the day of the competition. The athlete can make an official objection by mail to the head judge of the NCOBB ([jury@ncobb.com](mailto:jury@ncobb.com)) within 8 days after the day of the competition.

## 6) OVERALL WINNER

For every division an Overall Winner will be decided by qualifying the winners of every category within that said division. The overall category takes place after the award ceremonies of the competition.

Outfit and judging criteria are exactly the same as in the original division where the category champion originally competed. Only 1 exception: NO second round (individual posing round) for posing! Only the symmetry and muscularity round (if applicable) will be held for the judging.

