

# NGA Bodybuilding Guidelines

**Eligibility:** NGA Men's Bodybuilding competition participants must be age 13 or older. Current membership to NGA is required of all competitors to participate in NGA events. All NGA shows are natural events, meaning use of performance enhancing substances is not permitted. Complete details on drug testing and a list of banned substances can be viewed online at: <http://nationalgym.com/national-gym-drug-testing.html>. Competitors must successfully pass a polygraph screening prior to events to attest to their natural status.

**Overview:** The NGA Bodybuilding divisions consists of two parts: Group Comparisons and Individual Presentations (posing routines). For events that have separate times for prejudging and finals, individual presentations (posing routines) are only performed at finals.

**Judging Criteria:** Bodybuilding judging takes four elements into account: Muscularity (size), Definition (leanness), Symmetry, and Presentation (ability to display development during posing in the group comparisons).

**Group Comparisons – Body Evaluations:** Competitors will first be asked to stand with heels together and to perform quarter turns (turning right) so the judges can assess them for symmetry and proportion from the front, left, right, and back views. For the front and rear views, competitors should keep their arms in a natural position, not angled out excessively. During the side views, competitors should keep both feet flat on the floor and face the same direction that their feet are pointing. The upper body should not be twisted more than a 15-degree angle. The front arm should remain at the side, and the rear arm should not be pulled forward across the torso in an attempt to show more width (arm does not achieve that, slightly twisting the upper torso does).

After the quarter turn presentations, competitors will be directed through a series of poses that can consist of the following:

**Poses:** Front Double Biceps Front Lat Spread Left Side Chest Left Side Triceps Rear Double Biceps (either heel spiked (either heel spiked to show calf) Right Side Chest Right Side Triceps Hands over Head Abs (hands behind head, one leg Most Muscular Crab Most Muscular (Men's only) Hamstrings Curl Double Calf Raise Side Serratus Single Quadriceps

**Individual Routine:** Competitors individually perform a posing routine to music of their choice. Costumes and/or props are permitted, but are not required. If costumes or props are utilized, they should still allow presentation of the physique. Routines are limited to 60 seconds maximum. The individual routine is not factored into scoring. Routines count towards consideration for Best Poser awards when offered.

**Scoring:** Each judge takes scoring all criteria into account and assigns one overall score for each contestant in the form of rank during the group comparison round, such as 1st through 7th place, for example. A highest and lowest rank for each competitor is dropped as a safeguard against human error and/or bias, whether intentional or on a subconscious level. The remaining judges' placements are summed, and the competitor with the lowest sum total receives first place in the class. Second lowest sum receives 2nd place, and so on.

If a tie occurs, placements are decided by the tie-breaker guidelines.

**Additional Information:** -Thong suits are not permitted -Music selections should not contain profane or offensive material. -For males: Crossovers (entering additional divisions/categories) are permitted between Bodybuilding and Physique. -For females: Crossovers (entering additional divisions/categories) are permitted between Bodybuilding, Bikini, and Figure. Crossovers are permitted between Bodybuilding, Physique, Fitness Model and Ms. Fitness.