

WHEELCHAIR BODYBUILDING DIVISION

COMPETITION ATTIRE

Black Sweat Pants or “Joggers”
Black Athletic Shoes
Black Socks

ROUNDS JUDGED

Round #1 – SYMMETRY

- Symmetry encompasses overall balance and conditioning from the waist through the shoulders and Trapezius muscles

Round #2 - MUSCULARITY/CONDITIONING

- Wheelchair athletes will be judged on the size of muscles and conditioning/definition by executing a series of mandatory poses. Competitors must perform all mandatory poses in a timely manner. Judges are looking at the complete package from all parts of the physique not just one body part at a time.

Note: The Head Judge at all INBF/WNBF events reserves the right to penalize an athlete a ranking if the athlete refuses to perform the requested pose properly. The athlete will be given a warning to correctly perform the pose, and if the judge's request is ignored a penalty may be imposed effecting their final placement. Athletes will perform only the poses requested by the Head Judge. Leniency will be given in the event that a disability impedes in proper posing and execution.

MANDATORY POSES:

Front Double Biceps	Side Triceps	Most Muscular Pose of Choice
Front Lat Spread	Rear Double Biceps	
Side Chest	Rear Lat Spread	

SCORING OF EACH ROUND:

Judges will score each round and give competitors a final placement for that round before moving on to the next round. Example: if there are 3 people in the class the judging panel will place athlete's 1st thru 3rd in each round. When judging is complete both scores (2) will be added together to come up with the final placement for each competitor in that class.