

**The NGA By-Laws
Rulebook for
Chairpersons, Promoters, Judges,
Amateur, and Professional Athletes
(Inclusive of Mandatory Poses, Routines & Judging Criteria)**



**THE NATIONAL GYM ASSOCIATION, INC.
(NGA)**

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BACKGROUND OF THE NATIONAL GYM ASSOCIATION, INC. (NGA)

The National Gym Association, Inc. (NGA) was born in 1979 and is a nonprofit organization with a dual mission: to support through education and encouragement the art and science of natural strength training and bodybuilding, and to provide more than adequate anti-drug information to support its slogan: Drug-Free Athletes of America.

One of the main ways the NGA does this is by sanctioning bodybuilding competitions throughout the United States, Canada, and abroad. This allows men and women the opportunity to compete against themselves and others in a quest for the achievement of their peak condition. With steroid and other performance enhancing drug use running rampant in the eighties, the NGA severed its ties with all other bodybuilding organizations to discourage such drug uses by only promoting drug tested shows. All NGA competitors must pass a polygraph test to validate a minimum drug-free period of seven years (see IV.2.2). The NGA is growing rapidly as promoters and competitors across the United States and Canada are coming aboard and natural bodybuilding is at an all-time high in terms of popularity.

The NGA has also recently entered the area of personal trainer certification with an extremely comprehensive home-study certification course. The NGA Trainers/Instructors Certification Course is designed to prepare men and women who have chosen to pursue careers as free-lance personal trainers or as private training instructors. The course is therefore designed to satisfy a demanding and well-informed client's expectations for safety, professionalism, and current knowledge.

The NGA also represents the interest of fitness facility owners and managers for the expressed purpose of maintaining the highest possible standards of safety, education, and training, as well as the support of fair athletic and aesthetic competition for the amateur and professional athlete. Setting and maintaining these standards has always been an important issue for the fitness industry, and today it has even greater significance because personal training and private instruction have become a major focus of facility staff and management.

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I. Appointed Chairpersons & Promoters By-Laws

The NGA Committee shall nominate and appoint all Chairpersons. All Chairpersons shall abide by all rules as set forth in the NGA By-Laws. In the absence of an NGA Chairperson, the Promoter shall act as the NGA Chairperson and follow the same rules and regulations until a Chairperson is elected in such region.

The following duties and responsibilities are specifically for Chairpersons:

I.1 Solicit Promoters

- a. Chairpersons shall seek Promoters to promote NGA natural bodybuilding events.

- b. Chairpersons shall direct and give pertinent NGA rules and regulations material to said Promoter who is promoting an NGA sanctioned bodybuilding event. This is to ensure that the highest quality standards for NGA events are being fulfilled.

I.1.1 Solicit Qualified Judges

1. Promoters are responsible to obtain qualified judges with final approval of the area Chairperson.
2. Promoter shall direct and give pertinent NGA rules and regulations and NGA judging criteria to the appointed judges/test judges. This is to ensure that the highest quality judging standards for NGA events are being fulfilled.
3. Promoters are responsible to compensate judges. The following are suggestions:
 - a. Head judge = \$75 minimum
 - b. Judge = \$50 minimum
 - c. Expeditors, backstage help and others are compensated at an amount to be determined by each promoter.

I.2 Pre-Contest Procedures

I.2.1 Promotion of Contest

1. The Promoter for an NGA sanctioned contest shall be responsible for adherence to NGA rules and regulations falling under his/her purview. The Promoter may serve as Contest Director or may appoint such a person under his/her guidance who shall act to represent Promoter and not the individual.
2. The Promoter/Contest Director shall possess a copy of and be knowledgeable of the NGA Official Bylaws and the NGA Promoter Responsibilities, along with any updates or amendments.
3. It is the Promoter's obligation to notify the NGA Office when an event has been cancelled. It is essential that notification be made within a minimum of 30 days prior to the date of the scheduled event. Failure to abide by the NGA ruling will require the Promoter to pay the NGA Sanction fee in full. This ruling has been composed to avoid shows from being cancelled.
4. NGA Promoters are considered exclusive promoters to the NGA. NGA promoters shall not enter into or agree to promote, co-promote or market for another organization while actively promoting an NGA show.

I.2.2 Contest Notices

The Promoter/Contest Director shall have the primary responsibility for the promotion of the event, including advertising and publicity, and the timely distribution of contest information, circulars and entry forms.

All notices of competition (i.e.: applications, posters, flyers, advertisements) must be submitted to and approved by the NGA and must include all pertinent information as follows:

1. The NGA official logo is mandatory.
2. It is mandatory that the title of all events shall be preceded by "NGA". Ex. 2015 NGA American Natural Bodybuilding Championships.
3. In the event of a PRO Show, it is mandatory that the PRO Athlete amounts be clearly stated on all notices of competition, including the athlete application. It is the responsibility of the Promoter to announce to every Pro Athlete in writing every Pro payout scenario based on an assumed number of entries. Under no circumstances shall the Promoter deviate from their posted amounts (see example chart below). The PRO Athlete guidelines shall be as follows (assuming there are 5 athletes in each PRO class and the PRO entry fee is \$100):
 - a. 1st place - \$500
 - b. 2nd place - \$300
 - c. 3rd place - \$200

The promoter also has the option to award only the 1st place winner with a cash payout. That amount shall be no less than \$500.

If there are less than 5 athletes in the PRO class, the payout may be adjusted accordingly, if it is clearly stated on all event notices of competition. Assuming there are less than 5 athletes, at a minimum, the 1st place winner should receive at least double what the PRO entry fee is.

Example PRO payout notification:

<i>PRO PAYOUTS*</i>		
	<u>5-9 Athletes</u>	<u>10+ Athletes</u>
1 st Place	\$500	\$1,000
2 nd Place	\$300	\$500
3 rd Place	\$200	\$300

*Assuming the minimum number of athletes is met (5 & 10)

I.2.3 Amateur and Professional Athletes

Prior to prejudging, NGA Chairperson/Promoter shall direct all athletes into a designated enclosed area for instruction as to rules, regulations and contest procedures. Officials shall not allow non-participants to attend athlete's meeting. NGA Official shall insure that all contestants have filled out all necessary forms and follow through with the appropriate procedures as stated below:

1. Insure that all participating athletes are holding a valid NGA Membership Card and are in good standing as stated in the athlete's section of this booklet. Acceptable proof shall be an NGA Membership Receipt or a canceled check or money order.
2. Collect non-refundable NGA membership fees as stated in the athlete's section of this booklet. All checks or money orders should be payable to the National Gym Association, Inc.
3. All athletes must sign a Drug Waiver Release Form before the commencement of the prejudging and maintain valid copies of the results to provide at each contest. Test results must be indicated on form.
4. Athletes must submit completed contest application to registration panel before entering athlete's meeting.
5. Registered athletes shall attach his/her line-up number to the left side of his/her posing suit or trunks.
6. Athletes who have prepaid for their polygraph test and withdraw from said competition 7 days prior to the event must send registered letter to Chairperson/Promoter requesting refund and must state reason.
7. Send all copies of athlete applications and drug testing results to the NGA Headquarters within 24 hours after final competition.
8. If promoter submits his PAID sanction form 30 days prior to contest and all athlete applications are TYPED with all information (name, address, email and telephone number) promoter can earn \$5.00 per card they submitted to the NGA office. Preferably athletes' info should be typed in a database application such as Excel.
9. Send all copies of the Master Score Sheets to the NGA office. The NGA Advisory Committee will evaluate judges' scoresheets and advise Promoters of results and any action that needs to be taken.

I.2.4 Drug Testing/Retesting Policies and Procedures

The Chairperson/Promoter shall be responsible for polygraph testing/retesting as well as optional urine testing for winners (urinalysis is mandatory at the NGA PRO Universe) as stated in section V. Drug Testing Policies and Procedures.

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II. Structure of an NGA Bodybuilding Competition

NGA bodybuilding competitions consist of the following:

II.1 Prejudging (Day Show)

II.1.1 Symmetry Round

Relaxed poses from front, left side, rear, and right side. Competitors should be semi-flexed, not aggressively posing. The feet should remain flat on the floor and the body and head facing stage left and stage right for the side shots.

II.1.2 Free Posing

One minute of individual free posing (optional). Should be omitted in shows with a large quantity of competitors.

II.1.3 Muscularity Round - Mandatory Poses

Athletes will be called in groups of three to six to stage front for Mandatory Pose comparisons. Judging panels associated with the NGA shall use the following mandatory poses. These poses should be presented such that the judge may make a clear determination of comparisons, with contestants not turning from side-to-side (unless instructed). Contestants must hit the pose and relax on the command of the Head Judge, or he/she will be penalized with lower placement for not following instructions. The poses are:

II.1.3.A Front Double Biceps

Contestant should stand on two feet and have upper arms out to the sides parallel to the floor, with elbows bent at approximately 90-degrees with forearms parallel to torso. Legs, lats, chest, abdominals, and arms should be flexed.

II.1.3.B Front Lat Spread

Contestant should face stage FRONT facing the judges and grasp the waist with closed hands and spread elbows to flare latissimus. Show judges the width of the lats as well as detail in the lats, teres major, rhomboids and trapezius, erectors and rear deltoids.

II.1.3.C Side Chest Pose

Contestant should stand on foot farthest from the stage with front leg bent to show the calf and leg biceps. The front arm should be bent at approximately 90-degrees with the rear hand gripping at the wrist. The chest should be lifted and the abdominals pulled in tightly. The competitor may pick a side of choice to display to the judges unless told otherwise.

II.1.3.D Side Triceps Pose

Contestant should stand in leg position like side chest pose, with the frontal arm hanging alongside the body, grasped at the waist by the rear hand from around the lower back. The triceps should be tightened, shoulders, chest and abdominals flexed, and the legs and calves tight. The side of choice may be displayed unless instructed otherwise.

II.1.3.E Rear Double Biceps

This pose is exactly as the frontal version except that the contestant must bring the leg of choice toward the judges and "spike" the foot to show calf and leg biceps development. Contestants should not lean excessively toward the rear of the stage, nor lean backwards too far toward the judges.

II.1.3.F Rear Lat Spread

Contestant should face stage rear with calf of choice "spiked" toward the judges and grasp the waist with closed hands and spread elbows to flare latissimus. Hamstrings and glutes should be flexed, with emphasis on showing judges the width of the back (V-shape) as well as detail in the lats, teres major, rhomboids and trapezius, erectors and rear deltoids.

II.1.3.G Overhead Abdominal Pose

The contestant must stand facing the judges with one leg extended slightly forward, and with hands clasped behind the neck. The abdominals must be fully flexed, with air expelled, with the legs and chest also tight. One-arm variations of the abdominal pose are PROHIBITED unless instructed by the Head Judge.

II.1.3.H Most Muscular Pose

This pose will be required only for the men. The contestant must stand with one leg slightly extended toward the judges and assume a favorite of the following most muscular poses. Either the "crab", hands-on-hips or partial crab (with one hand behind back) variations may be used. Side most muscular poses are not permitted unless instructed by the Head Judge.

II.1.3.I Optional Poses

The judging panel may request additional poses depending on necessity. These may include Side Hamstring Curl, Stand-On-Calves Pose, Serratus Side Pose, etc.

II.2 Finals (Evening Show)

1. Presentation of the line-ups (should be omitted for classes of five or less);
2. Posing routine music:
 - a. Amateur Men & Women's Bodybuilding, Amateur Women's Physique and all PROS may provide their own music that is **FREE** of profanity;
 - b. All other Amateurs will utilize house music;
 - c. Posing routine to music (Amateurs: no longer than 60 seconds, PROS: no longer than 90 seconds), however can be changed at the promoter's discretion; and
 - d. No athlete will be permitted to "guest pose" at a competition they are competing in.
3. Announcement of the top five or three (at the promoter's discretion) per class;
4. Pose down (class);
5. Presentation of class awards;
6. Symmetry and muscularity comparisons for class winners (judged);
7. Pose down (overall); and
8. Presentation of overall awards.

II.3 Divisions of NGA Amateur Bodybuilding Competitions

NGA competitions can include some or all the following divisions:

1. Men's Open – PRO Qualifier
2. Women's Open – PRO Qualifier
3. Men's Masters (**40+** Promoter has the discretion to divide the age groups as they see fit) – PRO Qualifier
4. Men's Masters Juniors (**35 to 39**) – Not a Qualifier
5. Women's Masters (**35+** Promoter has the discretion to divide the age groups as they see fit) – PRO Qualifier
6. Novice Men (not a qualifier)
7. Novice Women (not a qualifier)

The definition and rulings of a novice are:

- a. A competitor that has not placed in the top 3 in an open division of any organization
- b. A competitor that has not won 1st place in a novice division or class of any organization.

8. Debut Men – Never Competed Before (not a qualifier)
9. Debut Women – Never Competed Before (not a qualifier)
10. Couples (not a qualifier)
11. Kids (up to age 15 – not a qualifier and no membership or drug testing is required)
12. Teens (ages 16 to 19) (not a qualifier)
13. Juniors (ages 20 and 21) (not a qualifier)
14. Transformation (open to male and female – not a qualifier – typically free crossover with paid entry)

II.4 Modification of Divisions

Promoters have the option to cancel any division due to insufficient number of competitors or split divisions with ten or more competitors into evenly distributed subdivisions using age, weight, or heights as the criteria.

II.5 Crossovers

1. Open PRO Competitors can cross over to the PRO Masters Divisions without the purchase of an additional PRO Card.
2. PRO Master Competitors cannot crossover to the Open PRO Division unless they have qualified in the Open PRO Division and have purchased an Open PRO Card.
3. PRO Bikini may not crossover to PRO Figure in the same show. Likewise, PRO Figure may not cross over to PRO Bikini in the same show.

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III. Responsibilities of an NGA Judge

The duties and responsibilities of being a judge of a bodybuilding competition cannot be taken lightly. Competitors work extremely hard to prepare for contests, harder than athletes in most other sports, and deserve to be judged as thoroughly and equitably as possible. While a judge brings all their worldly experiences and emotions to the table with him, these must be kept in check to ensure that his/her placements are the result of objective analysis as opposed to subjective opinions. The judging criteria must be rigidly followed while all attempts should be made to avoid the common tendencies, which can compromise accurate judging. In addition, judges must be accountable for their decisions and accessible to the athletes. Judges must also maintain a level of accuracy deemed appropriate by the NGA as well as conduct characterized by professionalism and dedication. The goal of the NGA is to crown the finest bodybuilding athlete, without respect to size or reputation. Careful attention must be made to muscle quality, muscle separation and striations, symmetry (correct proportion), vascularity, absence of visible body fat, posing ability, and overall presentation and stage presence. While "ripped" competitors are desirable, "emaciated (anorexic-looking) competitors are not. Lean shape should be accompanied by quality muscularity. Furthermore, bodybuilders should also

be judged on their ability to follow directions and act professionally (e.g.: hitting poses when commanded to do so, etc.). Judges will be cognizant of the consistency of crossover placing.

III.1 Judging Criteria

III.1.1 Muscularity

Refers to the size of the muscles, their shape, definition and hardness. Muscularity is determined, in part, by the extent of the development in relation to the size of the skeletal structure. It also includes the shape/contour of the developed muscles and muscle groups, and separation (i.e.: the lines of demarcation between adjacent muscles) and striations delineating sections or fibers within the same muscle group, and the degree of firmness and muscle tone (lack of fat or water under the skin).

III.1.2 Symmetry

Refers to the structural harmony of the physique - the relative size of the various body parts and their shape. There must be a balance and proportion between different components (upper body and lower body, upper and lower parts and front and back of extremities, etc.). Symmetry refers not only to balance in size of these elements, but also the degree of definition and detail. Symmetry is a measurement of evenness of development and how well all parts of the physique fit together.

III.1.3 Presentation

The element of presentation covers everything not included in muscularity and symmetry. This includes the effectiveness of the display of the contestant's assets, and includes posture, carriage, projection and posing ability. Skin quality, evenness of tone, choice of posing outfit and grooming are considered.

III.2 Judging Specifics

Certain markers are evident within the structure of physique judgment embraced by the NGA. These markers help to clarify the dimensions of judgment referred to above (muscularity, symmetry, and presentation), and have evolved over the history of bodybuilding as a sport. Judges are required to consider all aspects of each dimension of judgment, and to use these markers to compare and make placements within each NGA certified competition.

III.2.1 Muscularity

In comparing muscularity, judges should look for evidence that the competitor is a bodybuilder, with muscularity that is greater-than-average. An impressive development of muscle and NOT the definition of average muscularity achieved simply via dieting is the quality sought in this area. In gauging muscularity, the judge should examine the degree of muscularity over the entire body.

The ARMS, judges should look for prominent bifurcated peaks in the biceps brachia, and for separate and distinct development of the brachialis and coracobrachialis. All three heads of the triceps should be separately visible and exhibit appropriate thickness and size. Muscle in the forearm should give the appearance of having 75% of the circumference of the upper arms when flexed and have necessary detail.

The SHOULDERS should exhibit all three heads of the deltoids in a balanced development, separated distinctly from the trapezius, chest and muscles of the upper arm. Also in this area, in the BACK region, the trapezius and sternocleidomastoid (neck) muscles should be developed and visible. The traps should extend down into the center back (rhomboid) muscles and the infraspinatus and teres minor groups should be visible. From these the latissimus sweep widely from the spinal insertions to beneath the arms, giving the back width. There should also be a deep furrow along the lower spine reflecting thickness of the erector spinae muscles.

From a frontal view, the CHEST should exhibit developed pectorals, which are thick and defined. Upper and lower portions should be distinguishable and of approximate equal thickness, with squared shape desirable along the outside, inside and lower edges for men. There should be no unsightly puffiness in male contestants, which is evidence of gynecomastia generally associated with prior steroid use. Beneath the chest, the ABDOMINAL area should be clearly visible, with at least three horizontal grooves (lineae transversa), the third being at the level of the navel or slightly below. A vertical groove (linea alba) should be visible along the midline, with the abdominals clearly separated from the external obliques by lines which arc around and extend downward and inward toward the pubis (linea semilunares). The serratus anterior should be visible above the obliques, and below, the internal obliques and tensor fasciae latae should be visible above the hips.

The LEGS should feature balanced development of the quadriceps at the front, as well as that of the adductors along the inner thigh. From a rear view, the gluteal should be of a muscular nature, squared and trim rather than appearing soft and round. Separate and distinct development should be evident in the leg biceps when rear poses are done, featuring the biceps femoris, semitendinosus and semimembranosus. Calf muscles should be developed and appear prominent from the front (tibialis) and rear (gastrocnemius and soleus). The gastrocnemius should be noticeably divided between the two muscle heads, with the medial head somewhat longer. Calves should have a 60% circumference ratio when compared to the upper legs.

In looking at these muscle groupings, judges should be aware of the SHAPE, SIZE, DEFINITION and HARDNESS of each muscle. Muscles should have a pleasing contour (shape), with origins and insertions that give the appearance of appropriate placement within the anatomy. Average or long-bellied muscles are more desirable than short-bellied, in that they do not leave gaps in the physique (such as a gap near the inside elbow for a person with a short

biceps muscle, or the long gap in the Achilles area for someone with short calf muscles). A full, well-positioned muscularity has a more favorable appearance and should be judged accordingly.

Size is not necessarily the key-determining factor, but evidence of thick muscularity is desirable in comparing qualities among bodybuilders. While genetic predispositions affect these qualities, successful bodybuilders have been able to overcome such "shortcomings" and make up for lack of muscle belly length or size in other areas.

The aspect of definition is equally important in judging muscularity. It must be possible to distinguish between muscles and muscle groups, as in demarcation of muscle outlines, as well as the visibility of markings (striations) between fibers within a separate muscle. Leanness is important, but an anorexic or overly dieted appearing is neither advantageous nor desirable. Definition within the confines of a well-muscled physique is what judges should be looking for. Definition and hardness are the signs of a "finished" physique, which is the result of hard training, the absence of body fat, and a limited retention of body water. Vascularity is a sign of a defined muscularity but is not always an indication of a finished physique (i.e.: vascular forearms on a competitor with a bloated midsection). Judges should examine vascularity in context with the other factors named herein when ascertaining levels of muscularity among competitors.

In every class there exists the difficult task of the judging staff placing competitors based on basic criteria. This is especially difficult when you have a competitor that may be considered to have too much muscularity for their class versus a competitor in the same division that lacks being fit and tone (i.e. Bikini vs. Figure). In this instance, because it is a bodybuilding competition, the competitor that would be considered having too much muscularity shall be considered for the higher placement.

III.2.2 Symmetry

In evaluating symmetry, the judge should be concerned with the harmony and proportion of the physique. This evaluation should begin with the SKELETAL STRUCTURE itself. Although a competitor may be limited by his genetic structure, the judge must honestly examine this characteristic to make necessary distinctions between bodybuilders. The ideal structure should include a near-equal ratio of torso to leg length, broad shoulders and narrow hips for a man, with similar proportions for a woman (albeit not so broad of shoulders). Furthermore, skeletal deformations (scoliosis, one leg too short, etc.) must be judged as imperfections despite the athlete's inability to change them.

Symmetry also includes judgment of MUSCULAR DEVELOPMENT and the muscles themselves. The upper body and lower body development should be synergistic and fit together well. Likewise, the arms and legs should be in proportion to one another and also within each front to back. The physique should look balanced from the front, back and side,

with no angle overshadowing the others. Within the muscles, themselves, balance must be existent pertaining to quality of muscle peak, height, development, length, shape and proportion.

A final aspect involves definition and hardness. There should be evenness between hardness in the upper and lower body, between extremities and the torso and between corresponding sides of muscle groups or the entire body (between arms and between legs). Judging symmetry involves finding defects within the physique by careful evaluation, which are separate from defects found in the area of muscularity. Symmetry is a difficult marker of physique competition to be judged.

III.2.3 Presentation

The focus in presentation is on all aspects of the performance other than the actual physique itself. Elements of display such as posture; carriage, projection, posing ability, attire, skin tone and grooming are all concerned. Presentation judging begins with the SEMI-RELAXED round, in examining how the contestant presents himself/herself. Contestants should face the position requested by the judges (side, front, etc.) without twisting, posing, moving, etc. They should stand erect and symmetrical, weight on both feet and arms at the sides. Any movement (posing) which impairs the judges' ability to look at presentation should be reflected in a markdown in scoring, costing the athlete possible higher placement. GROOMING is also examined during this time, with the emphasis on the athlete's ability to present a well-prepared and attractive appearance. Included here are evaluations based on hairstyle and length, skin tone (free of blemishes not under his control), discoloring of skin, tan quality and evenness, stretch marks, sagging skin, etc. Jewelry other than rings and non-hanging earring are prohibited. Slouching or lack of attention by front stage competitors (called out for comparison) between requested poses should be viewed negatively by judges and reflected in scoring. Those athletes at stage rear not being compared should use this time for rest but should still attempt to remain visibly erect and attentive.

Choice of POSING ATTIRE should conform to NGA rules and compliment the physique. Posing suits must be one in color, well fitted, have no jewelry or other distractive materials attached and are in good taste. They must be of a color which compliments with the contestant's skin color and not be visibly soiled or discolored. Men's suits must fully cover the genitals and gluteal area (no "thongs", etc.), and be cut thinly on the side to exhibit hip and abdominal muscularity. Women's suits must fully cover the breasts, gluteal and genitalia (no "thongs", etc.), be of a two-piece variety (they may be connected by draw strings) and allow sight access to the abdominals, full back and upper chest.

III.3 Common Tendencies That Can Compromise Accurate Judging

While most judges set out to perform their duties in as fair and objective manner as possible, there are certain subconscious emotional prejudices which can inhibit their ability to

do so. Every effort should be made to be aware of and avoid these impediments to accurate judging. The following are some of the most common:

1. Judging a competitor on reputation or previous placements instead of evaluating his/her condition on that given day. Even the top competitors sometimes miss their peak and should be judged and placed accordingly.
2. Judging a competitor favorably because of a personal relationship with the athlete. While most judges make all attempts to avoid any conscious favoritism they might show to friends and acquaintances, subconsciously it is very difficult to not see such people in a somewhat favorable light. It is essential for a judge to be aware of this and work doubly hard in evaluating and placing such an individual.
3. Prioritizing attributes of competitors that the judge is particularly concerned with. This is particularly applicable when the judge is also a competitor. Most competitors have favorite body parts; possibly areas that they are lacking or have worked hard to bring up to par and therefore they place high priority on such areas. If conscious attempts are not made to avoid this mistake, judges with these perceptions might place competitors with good development in these areas ahead of someone more symmetrical and deserving of the advantage.
4. Allowing audience reactions to influence placements. Very often, the amount of audience response a competitor receives is more a result of how many people they bring with them as opposed to how good they look.

III.4 Scoring

When the line-up is brought on stage, the judge should check to assure that the numbers on his score sheet match the competitors' numbers. After deciding the placement order, the judge should write the competitor's placement number beginning with one for the top competitor. There should be no ties. Double check to make sure that each competitor is placed, and the highest placement number is equal to the number of competitors in the class. A sample score sheet is included in the rear of this manual.

III.5 Use of a Summary Sheet

This is recommended to facilitate judging. The process of judging can become very confusing, especially in the case of large, competitive classes. In such cases, a summary sheet to take notes on can aid in the evaluation process as well as handily providing information for inquisitive competitors. The following page is an example of how to use a summary sheet. A blank summary sheet is provided on the next page.

NGA Judging Summary Sheet

Class: Men's Bodybuilding - Open Heavyweight

#	Name	Sym	Shape	Chest	Shldr	Abs	Biceps	Tris	Back	Low Back	Ham	Legs	Calves	Def	Pres	Pl.	Comment
1	John Doe													Ex		3	Legs need work; upper body good
2	Alex Smith	Ex.	Ex.												Needs work	1	work on present., good genetic structure
3	Mike Strong	F												P	G	2	improve arms & calves, get more cut
4	Tom Sweeny		P													4	bring rest of body up to par with arms

EX = Excellent

G = Good

F = Fair

P = Poor

NGA Judging Summary Sheet

Class: _____

#	Name	Sym	Shape	Chest	Shldr	Abs	Biceps	Tris	Back	Lower Back	Hams	Legs	Calves	Def	Pres	Pl	Comments

EX = Excellent
 G = Good
 F = Fair
 P = Poor



National Gym Association

Drug-Free Athletes of America

Judge's Score Sheet

EVENT NGA Championships DATE: 12/31/19

JUDGE'S NAME John Doe

DIVISION Men's Open BB CLASS: M/Weight

CONTESTANT NUMBER	PLACE	TOP 5 PLACE
12	8	
13	2	2
14	3	3
15	1	1
16	5	5
17	4	4
18	6	
19	7	
20	9	



National Gym Association

Drug-Free Athletes of America

Master Score Sheet

CONTEST: NGA Championships									DATE: 12/31/2019		
JUDGE'S NAMES and NUMBERS	Andy	Fran	Paul	Earl	Terri	Bella	Precious	FINAL SCORING SHEET			
	1	2	3	4	5	6	7				
CLASS: MENS' OPEN MIDDLEWEIGHT									S C O R E	T I E	P L A C E
No.	NAME OF CONTESTANT	JUDGE'S INDIVIDUAL SCORES									
12	John Doe	3	2	4	2	3	1	1	9		2
13	Alex Smith	4	1	2	1	1	2	2	7		1
14	Mike Strong	2	3	3	4	2	4	3	15		3
15	Tom Sweeny	5	4	4	3	4	3	4	19		4
16	Jim Dodd	4	5	5	5	5	5	5	24		5

SIGNATURE OF HEAD JUDGE

SIGNATURE OF SCORER

III.6 The Importance of Accessibility and accountability to the Athlete

An NGA judge has certain responsibilities to the athletes. First and foremost is to attempt to judge and place the competitors as accurately as possible. But many times, this is not enough. Competitors are frequently unhappy with their placements and the tension is exasperated when a judge either cannot give them definitive reasons why they placed where they did or is not available after the show to do so. While the competitor usually disagrees with such explanations, they go a long way toward diffusing the tension and leaving the competitor with a favorable opinion of our organization. Other competitors accept their placements and look to the judges for constructive criticism on how they can improve. This can be an extremely important form of input for a bodybuilder to use. Advice from judges who are competitive bodybuilders and/or NGA certified personal trainers is of use. They not only can explain the competitor's shortcomings, but can also offer training, nutrition, and contest preparation tips the athlete can use to remedy the problems.

The use of a summary sheet or note pad (see III.5) facilitates the process of providing such information to competitors. NGA judges must remain for at least fifteen minutes after the completion of the contest to be available to provide this service to the competitors.

III.7 Commitment of an NGA Judge to Natural Bodybuilding

One of the most rewarding benefits of being an NGA judge is to know that athlete's efforts are helping to provide competitors with ample opportunities to pursue their competitive aspirations without using drugs thus helping to prevent the use and abuse of dangerous substances. Any involvement with organizations or media entities that are not completely devoted to drug free training therefore represents a conflict of interest for an NGA judge. NGA judges are strongly advised not to participate as competitors, promoters, judges, or officials of any organization that does not drug test all its shows nor should they be involved in any media entity not one hundred percent committed to natural bodybuilding. Even the simple act of reading a "non-natural" bodybuilding magazine in front of our competitors can indirectly promote drug use and should be avoided. All NGA judges should be perfect role models for drug free training.

NGA judges will include experienced bodybuilding, physique, fitness, figure, and beauty and performance professionals. A panel of five to seven impartial men and women will be scoring judges. High and low scores will be dropped, and a placing system will be used. The head judge may be a scoring official. Ethical concerns are at the discretion of the NGA, the promoter and its' officials.

III.8 Performance Evaluation of NGA Judges

Certain standards must be met to become an NGA judge and evaluation will continue to assure adequate judging performance once a judge has been named.

III.8.1 Becoming an NGA Judge

There are two phases to the evaluation of an individual before they can be named a judge. The first is an interview with an NGA official where the prospective judge's experiences, feelings about bodybuilding, etc. will be explored. The second requirement is for the individual to test judge a show and achieve an accuracy rating of at least 85 percent.

III.8.2 Maintaining Status as an NGA Judge

1. To remain on the judging roster, individuals must maintain accuracy ratings of at least 85 percent. If such standards are not met, attempts at retesting will occur followed by a test judging trial. Accuracy ratings of all NGA judges will be recorded and available for inspection upon request.
2. Maintain a professional dress/attire. Pre-Judging may not include shorts or t-shirts. Evening attire may not include shorts, sweatpants or t-shirts or jeans.
3. Maintain a professional disposition at all times. No excessive talking, no texting, no phone conversations, no picture taking.
4. Be present during the entire pre-judging and evening show.

III.9 Responsibilities of an NGA Head Judge

III.9.1 Duties Throughout the Year

NGA Head Judges shall be responsible for performing the following duties throughout the year:

- a. Maintaining a judging roster with a sufficient number of judges to schedule for shows;
- b. Interviewing and arranging test judging for prospective judges and evaluating their performance before adding them to the roster;
- c. Compiling, recording, and evaluating accuracy ratings of all judges to make sure standards are being met;
- d. Retraining and evaluating repeat test judging of judges not maintaining minimum required accuracy ratings;
- e. Discontinuing use of a judge whose competence is still below the standard after retraining; and
- f. Scheduling and contacting judges to arrange judging panels for shows. Attempts should be made to rotate judges so that no two shows have the exact same panel.

III.10 Duties the Day of the Contest

NGA Head Judges shall be responsible for performing the following duties during the contest:

1. Delivering the pre-contest address to the competitors, explaining the proceedings, and answering all questions. Attention should be given to assure that first time competitors are aware of what the contest will consist of;
2. Making sure all judges are present and have their score cards set-up properly;
3. During the judging, the Head Judge will perform the following duties:
4. Calling for the poses (if competitors are routinely not posing in unison, cues should be given)
5. Warning competitors regarding rules and violations
6. Communicating with the judging panel regarding comparisons and when a class has been sufficiently judged
7. Rearranging the line-up for comparison purposes. Care should be taken to perform this function considering the input of all the judges. If a Head Judge is too autonomous in altering the line-up, he can inadvertently influence the other judges and possibly compromise the placements
8. Splitting large classes into top and bottom halves to allow adequate space for the competitors. This should also be done utilizing the input of the other judges. To assure accurate judging, the low finishers in the top half should also be compared to the high finishers in the bottom half.
9. Double check all score sheets before the final placings are printed.
10. Entering all the placements on the master score sheet, totaling the points, determining the placements, presenting the results to the announcer, and keeping track to make sure all announced placings are correct.

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IV. Athlete's Rules

Only those male and female athletes who adhere to the National Gym Association (NGA) rules and policies, and who meet qualifications for eligibility explained in these By-Laws will be allowed to compete in an NGA sanctioned amateur, or a professional qualifier for the NGA PRO Division.

IV.1 Athlete's Registration

IV.1.1 NGA Member

All amateur athletes shall pay the current applicable fee for an NGA Amateur Membership Card prior to competing in any NGA sanctioned competition. All professional athletes shall pay the current applicable fee for an NGA Professional Membership Card. Membership will expire the following year prior to the month that the athlete enrolled.

IV.1.2 Contest Entry Fee

Promoter has the option to set entry fee. All fees shall be submitted upon completion of contest entry form. All teenagers and masters must show proof of age.

IV.1.3 Use of Alcohol

Athlete use of alcohol/liquor on any premises of an NGA sanctioned event is strictly prohibited and is ground for disqualification

IV.1.4 Sportsmanship

Any athlete who demonstrates poor sportsmanship at a contest shall be banned from NGA events for 6 months. Poor sportsmanship includes:

1. Not accepting or destroying trophy on stage.
2. Walking off stage with an attitude.
3. Not appearing at evening show without a valid reason given to the Chairperson or Promoter.
4. Or any irregularity or bad behavior will constitute poor sportsmanship.

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V. Drug Testing Policies and Procedures

All NGA athletes must be completely free of the performance-enhancing drugs, as listed below. The length of drug abstinence may be lengthened by the NGA Staff (i.e.: natural for life) when policies are examined on an annual basis. The NGA Staff prior to the calendar year will announce any such changes when the alteration is to take place.

V.1 Polygraph Testing

NGA athletes, both amateur and professionals must undergo and pass a polygraph test at each NGA sanctioned contest in which he/she is to participate unless a valid drug waiver form is presented. A Certified Polygraph Examiner that is confirmed and approved by an NGA Official must conduct polygraph testing.

All polygraph tests given at an NGA event shall be valid for 90 days. It is the athletes' responsibility to obtain, maintain, and present his/her waiver form to the Chairperson or Promoter at the current contest so that the athlete will not have to be retested and pay the

testing fee. If an athlete cannot show proof of a passed polygraph from a certified and approved Polygraph Examiner, he/she must take another polygraph.

Athletes MUST have a current NGA Membership Card PRIOR to undergoing polygraph testing. All consent, waiver, and entry forms MUST also be signed before testing. The polygraph test must be conducted before contestant can participate in the Prejudging, unless scheduling problems dictate that the polygraph be conducted between Prejudging and the Final shows. Absolutely no athlete may participate in the Finals show without submitting to a polygraph test.

V.2 Urinalysis Testing

Promoters have the option to conduct a urinalysis test for all NGA amateur and PRO sanctioned shows. However, the NGA has strict qualifying standards for testing and retesting procedures regarding drug use for athlete participation.

All athletes competing in the NGA PRO/AM Universe or the NGA American Natural Championships (The Nationals) are subjected to a random urine test at the discretion or the recommendation of the Head Judge. However, it is **mandatory** that the top two PRO winners at the NGA PRO Universe in each division receiving monetary prizes are required to be urine tested. Any other PRO place winner that receives a monetary prize may also be subjected to a urine test. If there are less than five athletes in a PRO class at the NGA PRO Universe, it is the Head Judge's discretion to test only the winner.

Prize money will not be awarded until all results of urinalysis tests are received by the NGA Office. If an athlete fails, all athletes in that division will move up a placing and prizes will be distributed accordingly.

V.3 Banned Substances

The following substances and related compounds are banned by the **National Gym Association, Inc. (NGA)** and their use constitutes grounds for dismissal from **NGA** competitions and suspension from membership in the organization for seven years. Please note that it is the athletes' sole responsibility to refer to the following list regarding current supplements he/she may be taking. It is the athlete's responsibility to research all the ingredients of a prescription or supplement before consuming them to ensure that you are not ingesting something that can cause you to fail a drug test.

V.3.1 Anabolic Steroids - Including but not limited to:

Anabolic Steroids	Test panel update Periodically
1-Androstendiol	Methandriol
1-Androstendione	Methandrostenolone

4-Androstendiol	Methasterone
4-Androstendione	Methenolone
5-Androstendiol	6-Methylandrostandione
5-Androstendione	Methyl-1-testosterone
Bolandiol (19-Norandrostandiol)	Methylnortestosterone
Bolasterone	Methyltestosterone
Boldenone	Mibolerone
Boldione	Nandrolone
Calusterone	19-Norandrostandiendione
Clenbuterol (anabolic agent)	19-Norandrostandione
Clostebol	Norbolethone
Danazol	Norclostebol
Dehydrochlormethyltestosterone	Norethandrolone
Desoxymethyltestosterone	Oxabolone
5 α -Dihydrotestosterone/Drostandiol	Oxandrolone
Drostanolone	Oxymesterone
Epitestosterone (masking agent)	Oxymetholone
Ethisterone	Probenecid (masking agent)
Ethylestrenol	Prostanozolol
Fluoxymesterone	Quinbolone
Formebolone	Stanozolol
Formestane (anti-estrogen)	Stenbolone
Furazabol	Testolactone (anti-estrogen)
Halodrol	1-Testosterone
4-Hydroxy-testosterone	Testosterone
Mestanolone	Trenbolone
Mesterolone	

V.3.2 Growth Hormones

PHARMACEUTICAL HGH, HCG and any other related compound.

V.3.3 Keto / DHEA

7 Keto DHEA (July 1, 2016) – There shall be a **(3) month** amnesty through 2016. As of **January 1, 2018**, these substances shall carry a **(2) year** ban time frame.

- **7-ketodehydroepiandrosterone**
- **7-oxodehydroepiandrosterone**
- **7 α -hydroxy-DHEA**
- **7 β -hydroxy-DHEA**
- **DHEA**

V.3.4 Prescription Diuretics

Diuretic Panel	Test Panel Updated Periodically
Acetazolamide	Cyclothiazide
Amiloride	Dichlorphenamide
Bumethanide	Ethacrynic acid
Bendroflumethiazide	Furosemide
Canrenone	Hydrochlorothiazide
Chlorthalidone	Hydroflumethiazide
Chlorothiazide	Spironolactone
Clopamide	Triamterene

V.3.5 Prescription Psychomotor Stimulants

Stimulant Panel	Test Panel Updated Periodically
Adrafinil	l-Methamphetamine (Levmethamfetamine)
Amfepramone (Diethylpropion)	Mefenorex
Amiphenazole	Mephentermine
Amphetamine	Methamphetamine
Amphetaminil	Methylenedioxyamphetamine (MDA)

Benzphetamine	Methylenedioxymethamphetamine (MDMA)
Benzylpiperazine (BZP)	Methylephedrine
Cathine (Norpseudoephedrine)	Methylphenidate
Clobenzorex	Modafinil
Cocaine	Nikethamide
Dimethylamphetamine	Norfenfluramine
Ephedrine	Octopamine
Ethamivan(Etamivan)	Parahydroxyamphetamine
Ethylamphetamine (Etilamphetamine)	Phendimetrazine
Famprofazone	Phenmetrazine
Fencamfamine	Phentermine
Fenethylline (Fenetylline)	4-Phenylpiracetam
Fenfluramine	Propylhexedrine
Fenproporex	Selegiline
Furfenorex	Sibutramine
Heptaminol	Strychnine

V.3.6 SARMS

Although they are not approved or regulated by the FDA, SARMS are also on the list of NGA Banned substances and will not be permitted in any NGA sanctioned shows. Because their intent and use are for performance enhancing and have similar effects as steroids on the androgen receptor they will be considered Performance Enhancing Drugs (PED). They currently have no medical approval so are not acceptable for the Hormone Replacement Therapy (HRT) Guidelines as set forth in the NGA By-Laws even if prescribed from a Physician. They include but are not limited to:

- MK-2866, GTx-024 (Ostarine)
- LGD-4033 (Ligandrol)
- GSX-007, S-4 (Andarine)
- GW-501516 (Cardarine)
- LGD-3303

V.3.7 Miscellaneous

1. Muscle Implants of any kind
2. Chemical/drugs for the purpose of deceiving or passing the polygraph or urine test.
3. Any illegal or illicit bodybuilding drug or substance
4. Any FDA Banned Substance except if otherwise indicated.

V.4 Medical Necessity

Those who take Prescription medications that contain banned substances will be considered eligible to compete if they meet the criteria set forth by the NGA and are approved by the NGA medical advisory panel. They must demonstrate that these medications are only being taken on the advice of a medical professional due to an existing condition that affects quality of life. In these special circumstances, a competitor will be required to provide documentation from their doctor on letterhead stating the name of the Banned Substance and dosage along with the current ICD-10 code. The athlete must inform the Promotor/NGA in advance of their intent to compete in a NGA show and may be required to have their documentation reviewed by the Medical advisory panel before they can be allowed to compete. The accredited medical doctor must specifically attest to the fact that the medications or banned substances are prescribed to bring the athlete to a “normal” level for the individual. Current blood test results must also be provided showing the levels are within the “normal” range within 30 days of the date of the show.

In this specific event, the athlete may also be required to submit to a current polygraph (regardless of whether they took a polygraph within the last 90 days) that includes questions regarding the accuracy and legitimacy of the documents.

V.4.1 Testosterone (Injections, patches, gels).

Considerations may be taken to athletes that are utilizing testosterone for medical necessity. In this case, said athlete must provide a current blood or urinalysis report that will indicate their levels are in normal range for their age. This report must be submitted prior to the competition that they are competing. However, if the report reads that their testosterone levels are high or out of range then their results would be verified as a **FAILURE**. The athlete must pass both the polygraph and the blood/urinalysis tests to become eligible to compete in the NGA.

Testosterone/Epitestosterone Ratio

The T/E ratio is used to measure the presence of exogenous testosterone, or illicit elevation of testosterone levels. A T/E ratio more than 6.0:1 is ruled as positive. Any substance that elevates T/E ratio above 6:1 is banned.

V.4.2 Diuretics

Considerations will be granted to athletes that have or are currently taking diuretics. Athletes shall have discontinued the use of diuretics for a minimum of 30-days prior to the event.

When polygraphed these athletes shall be questioned on the 30-day period of sustaining from taking any diuretics. They must meet the guidelines as stated in section V.4 and be reviewed by the NGA Advisory Panel.

V.5 Acceptance of Testing Results as Final

All NGA member athletes must sign a liability waiver freeing the NGA, NGA Staff, Promoter, Sponsors and all other assignees of these from liability regarding drug-testing. Athletes will not be allowed to compete without signing all required waiver forms. Athletes thereby accept the test results as final and legally binding and agree to abide by the results in reference to the participation in any NGA sanctioned event.

V.5.1 Polygraph Failures

The NGA has set up the following procedures to be followed when an athlete is not able to pass the polygraph test:

1. The athlete is automatically out of the competition for which he/she tested.
2. The athlete has the option of taking a retest at his/her own expense in the case of a polygraph failure.
3. If no retest options have been taken by the athlete, he/she will be banned from NGA competition (seven years for amateur and professional athletes) from that contest date.
4. If the athlete fails, the Polygraph Examiner must submit a written report and test charts stating his professional opinion as to why the athlete has failed the said polygraph test. This report must be submitted to the Chairperson, Promoter or NGA Headquarters if an NGA official was not represented at said event.
5. If the athlete fails the subsequent retest, he/she will be banned from NGA competitions (seven years for amateur and professional athletes) from that contest date.
6. Promoter or Chairperson must submit a letter to the athlete stating that they are banned from entering NGA shows for the next seven years. The NGA office must receive a copy of said letter.

V.5.1.A Polygraph Retest Procedures

Any athlete failing the polygraph test has the following course of action to take. Failure to do so will result in a suspension (seven years for amateur and professional athletes) from NGA competitions from the date of the contest when failure took place. If the following criteria are met, and if the athlete passes the retest, he/she will be reinstated into the NGA with no further penalties:

1. If the athlete fails the polygraph, he/she is automatically eliminated from the contest in which the test failure took place.
2. The athlete has 21 days to be retested at his/her own expense.
3. The test and retest must include the Drug Testing Policies/Procedure questions as stated in the NGA By-Laws. This retest is to be done at the expense of the athlete and must be conducted by a certified Polygraph Examiner approved by an NGA official.
4. A written report and test charts must be submitted to the Chairperson, Promoter, or NGA Headquarters if an NGA official was not present at the retest.
5. In the case of an athlete passing the retest, the Polygraph Examiner must state his professional opinion as to why the athlete failed the previous test and passed the retest. The explanation of why the original test was failed is critical to the athlete's opportunity for reinstatement into NGA competition, and must be approved by the NGA Advisory Committee.
6. If the athlete fails the retest, he/she will be banned from NGA competition (seven years for amateur and professional athletes) from that contest date.

V.5.2 Urinalysis Failures

1. Urinalysis tests conducted at an NGA event are considered FINAL.
2. Failure of the urinalysis determines that the athlete will be banned from NGA competitions for seven years.

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VI. Qualifying Standards for NGA PRO Competition

The NGA maintains strict qualifying standards for eligibility in reference to athlete participation in NGA Professional sanctioned events. These standards include the following:

1. All NGA PRO competitions are 7 years' drug-free
2. All NGA athletes that qualify to obtain their NGA PRO Card shall apply and pay the fee within 60 days from the date of the qualifying event.
3. All NGA PRO athletes must maintain their NGA PRO Card annually.
4. By qualifying in each year, NGA PRO athletes can maintain their NGA PRO status by competing at least once every three years in an NGA sanctioned show.
5. If an international competitor places first in a PRO qualifying class (with 5 or more athletes), an American that placed second will also be qualified to apply for their PRO status.

VI.1 Participation in Qualifying for Professional Competitions

Those amateur athletes who participate in amateur competitions identified as qualifiers for PRO competition, and who place in accordance to standards identified by the NGA shall be qualified to apply for their official NGA PRO Status. Refer to the following NGA Tier System for contest levels:

1. **NGA TIER I - Non-PRO Qualifier Event**
All classes are offered. Can include classes such as debut, novice, kids, teens, collegiate, etc.
2. **NGA TIER II - PRO Qualifier Event**
Only the overall winners are eligible to receive their NGA PRO application to join the NGA PRO Division. There must be a minimum of 5 competitors in that category to make it a PRO qualifier.
3. **NGA TIER III - Super PRO Qualifier**
The winners of each class are eligible to receive their NGA PRO application to join the NGA PRO Division. (There must be a minimum of 5 competitors in that **class** to make it a PRO qualifier. If a class does not have 5 competitors, that winner of the **class** must win the overall to obtain their NGA PRO Application). Must be run with a Tier IV.
4. **NGA TIER IV - PRO Event**
All NGA PRO athletes with a current NGA PRO Card and in good standing are qualified to compete.
5. **NGA TIER V - Super PRO Event (NGA PRO Universe)**
Amateur athletes that have qualified to turn PRO in the current year are eligible to compete in this event. Also, amateur athletes that qualified to turn PRO at the NGA PRO/AM Universe the previous year automatically are qualified to enter the NGA PRO Universe the current year.

Open to all NGA PRO Athletes that have placed at a Tier IV event in the current year or in another PRO organization that the NGA recognizes (proof required). The following are the guidelines for qualifying for the NGA PRO Universe:

- Placing in the top 5 qualifies if there were 10 or more athletes in the class
- Placing in the top 3 qualifies if there were 5-9 in the class
- Placing in 1st place qualified if there were 3-4 in the class. However, if a PRO division is not filled with three or more athletes, athletes who are trying to enter the NGA PRO Universe shall not be turned down. Therefore, if there are less than three athletes the winner of that class is qualified to enter the NGA PRO Universe.

If an athlete qualified in an event that has previously qualified for the NGA PRO Universe, the next placing athlete will be qualified to enter the NGA PRO Universe.

PRO athletes that placed according to the above guidelines the previous year in the NGA PRO Universe Championships and NGA shows in October or November are qualified to enter the NGA PRO Universe the current year.

Amateur athletes that have qualified to turn PRO in the current year are eligible to compete in this event. Also, amateur athletes that qualified to turn PRO at the NGA PRO Universe the previous year automatically are qualified to enter the NGA PRO Universe the current year. Also, amateurs that qualified to turn PRO in other shows that occurred in October and November the previous year are qualified to enter the NGA PRO Universe the current year.

VI.2 NGA Recognized Organizations

Due to the great demand of PRO athletes wishing to compete in the NGA PRO Division, the NGA has carefully evaluated every natural organization’s PRO status qualification process. However, through the NGA Office, the athlete must present proof of their PRO status and purchase an NGA PRO Card. Therefore, the following natural organizations are recognized by the NGA as qualifying professional athletes to apply for an NGA PRO Card:

• IPE	• WNBF
• NANBF	• WPA
• NFF	• FIBBN (Italy)
• OCB	• UFE (Canada)
• SNBF	

VI.3 PRO Master Divisions

1. All Promoters can apply for a sanction to promote a PRO Masters event
2. PRO Master Qualifier - NGA competitive athlete must be at least (40 years of age for men and 35 years of age for women). The promoter has the option to split the class depending on the age group allowing 2 athletes to turn PRO in the PRO master division.
3. Qualified PRO Masters - Cannot reenter a master non-qualifier event. Athletes can compete in another master qualifier or move up in the tier divisions established by the NGA.

4. PRO Masters Qualifier Events - Promoters must ensure and protect the quality of all athletes by maintaining a minimum of 5 athletes per class for PRO-status awards.
5. Professional Open and Professional Master Divisions - athletes that receive prize money must maintain PRO-status, as a professional or they must requalify.

VI.4 Maintaining Amateur Status While Holding a PRO Card

Athletes who hold an NGA PRO Card and have not placed in the money or have not accepted the money can still maintain their amateur status and enter NGA amateur shows. These rules will offer an athlete the opportunity to continue competing in NGA PRO qualifiers, so they can reach their goals in attaining other overall championship titles.

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VII. Bodybuilding Competition

1. See section II.1 – II.2 above for guidelines
2. Class Breakdown
 - Men’s classes shall consist of 4 weight class breakdowns:
 - a. Lightweight – up to 156 ¼ lbs.
 - b. Middleweight – over 156 ¼ lbs. to 172 ¼ lbs.
 - c. Light Heavyweight – over 172 ¼ lbs. - 189 ¼ lbs.
 - d. Heavyweight – over 189 ¼ lbs.
 - Women’s class breakdowns are at the discretion of the promoter.
3. Attire: Suits worn by women’s bodybuilding athletes for prejudging must be a two-piece that crosses in the back. Suits do not need to be a solid color. The bottom of the suit must be v-shaped and absolutely no thongs or micros are permitted. All suits must be in good taste. No heels may be worn, or props will be used at any time during competition/judging. Men’s bodybuilding athletes shall be solid color posing suits in good taste. Absolutely no thongs are permitted.

VII.1 Prejudging (Day Show)

1. Symmetry Round
2. Free Posing
3. Muscularity Round - Mandatory Poses
 - a. Front Double Biceps
 - b. Front Lat Spread
 - c. Side Chest Pose
 - d. Side Triceps Pose
 - e. Rear Double Biceps
 - f. Rear Lat Spread

- g. Overhead Abdominal Pose
- h. Most Muscular Pose
- i. Optional Poses (side hamstring, stand on calves, side serratus)

VII.2 Finals (Evening Show)

1. Presentation of the line-ups (should be omitted for classes of five or less);
2. Posing routine shall include all mandatory poses;
3. Announcement of the top five per class;
4. Pose down (class);
5. Presentation of class awards;
6. Symmetry and muscularity comparisons for class winners (judged);
7. Pose down (overall); and
8. Presentation of overall awards.

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VIII. Classic Physique Competition

Is for athletes that want to put on more size & muscularity than Men's Physique, but not to the extreme of a Bodybuilder. Classic Physique bridges the gap between a Bodybuilder & Physique.

1. The judges look for fit athletes that display symmetry, proper shape, muscularity, and overall conditioning, as well as stage presence and personality. Extreme muscularity will be marked down.
2. Attire – Solid color spandex shorts.

VIII.1 Prejudging (Day Show)

1. Symmetry Round - Quarter turns
2. Muscularity Round - Mandatory Poses
3. Front Double Biceps
4. Side Chest
5. Back Double Biceps
6. Abdominal and Thighs
7. Favorite Classic Pose (Most muscular is excluded)

VIII.2 Finals (Evening Show)

1. Presentation of the line-ups (should be omitted for classes of five or less)
2. Posing routine shall include all mandatory poses
3. Announcement of the top five per class
4. Pose down (class)
5. Presentation of class awards
6. Symmetry and muscularity comparisons for class winners (judged)
7. Pose down (overall)
8. Presentation of overall awards

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IX. Men's Physique Competition

Competitors can crossover into bodybuilding at the discretion of the promoter with the chairperson's approval.

IX.1 Judging Criteria

Class Breakdown

Men's Physique classes shall consist of 3 weight class breakdowns:

- Lightweight – up to 156 ¼ lbs.
- Middleweight – over 156 ¼ lbs. to 172 ¼ lbs.
- Heavyweight – over 172 ¼ lbs.

Muscularity and Conditioning

Judges will be looking for fit athletes that display proper shape and symmetry combined with muscularity and overall condition. This is not a bodybuilding contest therefore extreme muscularity will be scored down.

Stage Presence and Personality

Contestants will be asked to walk in board shorts (Shorts must be above the knee in length and can be one inch below the belly button, no spandex and logos are not permitted on board shorts manufacturer's logo such as Adidas or Nike symbol are acceptable. Competitors will enter the stage without a shirt and barefoot. The moon pose is not allowed. Judges are looking for the contestant with the best stage presence and poise that convey his personality to the audience.

Presentation

Competitors will walk to the center of stage alone and perform quarter turns with optional pose of hand on hips or hands in pocket. Finishing facing the judges then proceed to the side stage.

Comparison Round

- The competitor will be brought back out in a group and be directed to do turns.
- Judges will have the opportunity to compare competitors against each other in turns.

IX.2 Judging Format

Prejudging

Quarter turns

Finals

The T-Walk will start from back of stage to the house music. At the pivot points, quarter turns and pauses will allow for repositioning, attitude display and professional demeanor. Two or three poses will be executed at each point. Finals routine will be a maximum 60 seconds for amateurs with house music and 90 seconds for Pros, performed to music of athlete's choice following the rules set forth by the NGA. The promotor has the option to adjust the maximum time limit. Music containing profanity or explicit language will not be allowed and may result in being disqualified from contest.

IX.3 Attire

Suits worn by men's physique athletes for prejudging and finals must be board shorts with no evident brand logos. All suits must be in good taste. No props will be used at any time during competition/judging of men's physique.

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X. Women's Physique Competition

X.1 Judging Criteria

Symmetry, Shape, Proportion, Muscle Tone, Poise, and Beauty Physique comparisons will take place during prejudging.

Women's Physique Division is for women who enjoy weight lifting and competing. Athletes should display a tone, athletic physique showcasing femininity and muscle tone. What's not looked for in women physiques are:

- Ripped
- Shredded
- Striated
- Vascular
- Massive
- Dense

All types of physiques will be considered when it comes down to height, weight, structure, etc. striations and excessive muscularity will be scored down accordingly.

X.2 Judging Format

Prejudging

- Quarter turns

Mandatory posing comparisons and callouts.

Front double biceps/open hands, no flat footed full front pose-front twisting pose

Back double bicep/open hands

Side chest with arms extended, one hand on top of the other and front leg extended

Side triceps with front leg extended

Front abs /thigh

Finals

Individual posing routine that must include all mandatory poses. Finals routine will be a maximum 60 seconds for amateurs and 90 seconds for Pro's, performed to music of Athletes choice following the rules set forth by the NGA. The promotor has the option to adjust the maximum time limit. Music containing profanity or explicit language will not be allowed and may result in being disqualified from contest.

X.3 Attire

Suits worn by women's physique athletes for prejudging must be a two-piece that crosses in the back. Suits do not need to be a solid color the bottom of the suit must be v-shaped absolutely no thongs are permitted. All suits must be in good taste.

No heels may be worn, or props will be used at any time during competition/judging of women's physique.

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XI. Figure Competition

XI.1 Guidelines

The Following Standards will be used as Guidelines:

1. A general athleticism to the body (a feminine conditioning) will be viewed in mandatory quarter turns.
2. In each quarter turn: a relaxed erect stance, eyes and head facing the same direction as the body, heels together, feet inclined outward at a 30-degree angle, knees together and unbent, stomach in, chest out, shoulders back, arms relaxed at side and slightly back from center line of the body, elbows slightly bent. As the athlete turns, the positioning of the arms will cause the torso to torque toward judges and open-up features, lines, and shape.
3. The contestant should show good balance, proportion and symmetry of her physique.
4. From the front, shoulders should be well defined and flow nicely into the triceps and biceps. There should be a taper in the lats into the oblique, noticeably flowing

into the sweep of the upper thigh. In general, her physique should show separation and conditioning but not be over lean or striated.

5. From the side, her body should show a nice taper from the lat, to tie into the oblique -showing an “oblique sweep”. The legs should be muscular with a minimum separation of the quads. The calves should be well developed, and semi-flexed with the use of heels.
6. From the back, the shoulders should be well toned, a balanced posture and the lats having a nice taper to the lumbar area. The glutes and hamstrings should be firm and should show a well-developed outer sweep to the thigh. Calves will be firm and nicely developed. Limited body fat in this area is a strong adage.
7. Presentation and color tone will be considered. We do not judge scars or tattoos.
8. Transitions from each quarter turn should be fluid without hesitation and her poise must be well practiced.
9. Overall polish, hair, make-up and accessories can make a difference. It is recommended to use heels, not platforms. Pastel and skin colored suits wash out on stage. Body piercing is allowed, but jewelry should be limited.
10. T-Walk will start from the side of the stage with the house music. At the pivot points, quarter turns and pauses will allow for repositioning, attitude display and professional demeanor. Two or three poses will be executed at each point. Finals routine will be a maximum 60 seconds for amateurs with house music and 90 seconds for Pros. Pros perform to music of their choice following the rules set forth by the NGA. The promotor has the option to adjust the maximum time limit. Music containing profanity or explicit language will not be allowed and may result in being disqualified from contest.
11. At the pivot points, quarter turns and pauses will allow for hair repositioning, attitude display and professional demeanor. Waves and smiles are always nice.

XI.2 Prejudging (Day Show)

1. Contestants may be brought out individually for a short stage walk for the judges to observe overall presentation, poise and stage presence.
2. Contestants will be brought out all at once and do quarter turns to the right. Two-piece suits that cross in the back are required. Ornamentation, like sequins, is permitted. No thongs permitted. No oil may be used. Sheen is okay. Jewelry and hairpieces may be worn. No props are used. Heels are mandatory.
3. Judges are scoring Shape/Symmetry and Tone/Condition. The judges may move Athletes around. Keep smiling and listen to the calls. Body shape includes how the muscle groups are shaped, pleasing to the eye, balanced.

4. Symmetry is how they fit together, the harmony and proportion of the physique. The body structure should have an equal ratio of torso to leg length, shoulders to hips, etc. This also includes the equal development of upper to lower body groups.
5. The judges will look for a fitness type of physique, which includes a level of overall muscle tone achieved through athletic endeavors but not a bodybuilding development style. The muscles having a round and firm appearance, indicating muscle tone and condition. There should be muscle definition between major muscle groups, like biceps and triceps, but not excessive separation or cut. Muscle tone also means the absence of excessive fat and water with a sense of overall body hardness. Judges will look for an even balance of muscle to frame and balance of body parts to each other.

XI.3 Finals (Evening Show)

1. Contestants will be brought out again as a group. Ornamentation on the suit is acceptable. Additional accents are also acceptable. Exiting off stage, athletes will be re-introduced individually for "T-Walks". Follow the stage directions given earlier, and stroll at a pace that will take up approximately: 60 seconds. Athletes will be judged on Presentation/Poise. Judges are looking for confidence, grace and overall style. Charisma, inner beauty and appearance are considered. How athletes walk, carries themselves and "come across" is pertinent.
2. A final line-up may follow. Judges may ask to compare contestants for any final comparisons.
3. Each round will be worth one half of the total score.
4. At the awards time, all ladies will come out for a final group stroll.
5. The final top three or five (promoter's discretion) will receive their awards

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XII. Fitness Competition - (Men & Women)

Judges are strongly reminded that they are judging FITNESS competition and not a BODYBUILDING competition. The type of muscularity, vascularity, muscular definition, and/or dieted leanness displayed by a bodybuilder will not be considered acceptable if displayed by a fitness competitor and therefore, must be marked down. At all times, the fitness competitor must be viewed with the emphasis on a "healthy, fit, athletic" physique, in an attractively presented "Total Package."

In coordination with the NGA by-laws the following standards will be used as guidelines:

1. A general athleticism to the body (conditioning) will be viewed in mandatory quarter turns.

2. In each quarter turn to the right: a relaxed erect stance, eyes and head facing the same direction as the body, heels together, feet inclined outward at a 30-degree angle, knees together and unbent, stomach in, chest out, shoulders back, arms relaxed at side and slightly back from center line of the body, elbows slightly bent. As the Athletes turn, the positioning of the arms will cause the torso to torque toward judges and open-up features, lines, and shape.
3. The contestant should show good balance, proportion and symmetry of their physique.
4. From the front, shoulders should be well defined and flow nicely into the triceps and biceps. There should be a taper in the lats into the oblique, noticeably flowing into the sweep of the upper thigh. In general, the physique should show separation and conditioning but not be over lean or striated.
5. From the side, the body should show a nice taper from the lat, to tie into the oblique showing an “oblique sweep”. The legs should be muscular with a minimum separation of the quads. The calves should be well developed, and semi-flexed with the use of heels.
6. From the back, the shoulders should be well toned, a balanced posture and the lats having a nice taper to the lumbar area. The glute’s and hamstrings should be firm and should show a well-developed outer sweep to the thigh. Calves will be firm and nicely developed. Limited body fat in this area is a strong adage.
7. Presentation and color tone will be considered. We do not judge scars or tattoos.
8. Transitions from each quarter turn should be fluid without hesitation and poise must be well practiced.
9. Overall polish, (including hair, make-up and accessories for women) can make a difference. It is recommended women use heels, not platforms. Pastel and skin colored suits wash out on stage. Body piercing is allowed, but jewelry for women should be limited.
10. T-Walk will start from back of stage to the house music. At the pivot points, quarter turns and pauses will allow for hair repositioning, attitude display and professional demeanor. Waves and smiles are always nice.

XII.1 Prejudging (Day Show)

Round One: Assessment of the Fitness Routine

Costume or Fitness Outfit for Women and Spandex Shorts for Men

In these rounds, athletes perform a fitness routine, to music selected by the competitor, the length of which shall not exceed 2 minutes and **FREE** of profanity. Once again, the judge should consider the “Total Package”, that is, the entire routine from the moment the athlete presents their selves onstage until the moment the athlete walks offstage. The judges are reminded that, during this Round, they are judging **ONLY** the fitness routine and **NOT** the physique. The judge should look for a well-choreographed and

creative routine performed at tempo/speed. Compulsory movements are mandatory. The routine shall include the following at a minimum:

1. Elements of STRENGTH and FLEXIBILITY
 - Women: One arm pushup, straddle hold, leg extension hold and high kick.
 - Men: Hand stand, one arm pushup, straddle hold, leg extension hold, 90-degree kick, 360 aerial spin and back flip
 - The number of strength moves, their degree of difficulty, and the overall creativity of the moves should be considered in the judging of the routine. Optional strength and flexibility movements may include front and/or side splits and one arm handstand.

2. The TEMPO of the routine demonstrates a degree of cardiovascular fitness, stamina, and endurance. For example, if two routines contain the same type and number of strength and flexibility movements, the routine that is performed at a faster tempo is the more difficult to achieve if the movements are correctly performed. Once again, the judge must always consider the “Total Package” and not just the sum of the individual movements. There is a component - an element of “showmanship”, which competitors bring to a fitness routine that is unique to them. This is their personality, charisma, stage presence, and charm, as well as a natural rhythm that should play a part in the final placing of each competitor.

Round Two: Two-Piece Suit or Costume for Women and Spandex Shorts for Men:

- Contestants may be brought out individually for a short stage walk for the judges to observe overall presentation, poise, and stage presence.
- Contestants will be brought out all at once and do quarter turns. Solid color two-piece suits or costumes for women are required. Ornamentation, like sequins, is permitted. No thongs permitted. No oil may be used. Sheen is okay. Jewelry and hairpieces may be worn. No props are used. Heels are mandatory.
- Judges are scoring Shape/Symmetry and Tone/Condition. The judges may move Athletes around. Keep smiling and listen to the calls. Body shape includes how the muscle groups are shaped, pleasing to the eye, balanced.
- Symmetry is how they fit together, the harmony and proportion of the physique. The body structure should have an equal ratio of torso to leg length, shoulders to hips, etc. This also includes the equal development of upper to lower body groups.
- The judges will look for a fitness type of physique, which includes a level of overall muscle tone achieved through athletic endeavors but not a bodybuilding development style. The muscles having a round and firm

appearance, indicating muscle tone and condition. There should be muscle definition between major muscle groups, like biceps and triceps, but not excessive separation or cut. Muscle tone also means the absence of excessive fat and water with a sense of overall body hardness. Judges will look for an even balance of muscle to frame and balance of body parts to each other.

XII.2 Finals (Evening Show)

1. Contestants will be brought out again as a group. The two-piece swimsuit for women with simple ornamentation or a fitness costume is acceptable and spandex shorts for men. Exiting off stage, Athlete will be re-introduced individually for "T-Walks". Follow the stage directions given earlier, and stroll at a pace that will take up approximately: 60 seconds (90 seconds for Pro's). Athlete will be judged on Presentation/Poise. Judges are looking for confidence, grace and overall style. Charisma, inner beauty, and appearance are considered. How an athlete walks, carries him or herself and "comes across" is pertinent.
2. A final line-up may follow. Judges may ask to compare contestants for any final comparisons.
3. Each round will be worth one half of the total score.
4. At the awards time, all athletes will come out for a final group stroll.
5. The top three or five (at the promoter's discretion) will receive awards or trophies.
6. The Overall (or Class) Winner, depending upon the Tier level and regulations, will receive her invitational application to join our Elite NGA PRO Fitness Division as per the NGA rulings.

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XIII. Bikini Competition

The NGA recognizes that fitness takes on many levels. The purpose of this division is to allow athletes who are physically fit, hold a strong image for stage and camera, compete in a fair and drug free arena. We are looking for fit, toned, proportionate builds, with feminine shape and conditioning that is universal in appeal.

In every class there exists the difficult task of the judging staff placing competitors based on basic criteria. This is especially difficult when you have a competitor that may be considered to have too much muscularity for their class versus a competitor in the same division that lacks being fit and tone (i.e. Bikini vs. Figure). In this instance, because it is a bodybuilding competition, the competitor that would be considered having too much muscularity shall be considered for the higher placement.

Participants:

1. Women of all ages who are interested in stage experience or a personal best can

compete.

2. Persons interested in pursuing a modeling career in the fitness and health industries.
3. Athletes who feel they are marketable on stage and in print, and in a variety of mediums.

XIII.1 Guidelines

Competitive Components

The overall image of the athlete is a toned, sculpted physique that bears firmness, non-evident body fat and a fitness style. This translates to an overall body quality with mild definition and not muscular separation. Athletes will want to give the impression that they work out, did more than just diet to get there, and can maintain this impression long after the curtain closes.

Throughout the competition, Judges will consider the following:

1. Balance and symmetry: Upper torso is as developed as lower, side to side and back to front. Muscle groups are complete and in proportion and not overly developed or defined.
2. Tone and Condition: Athleticism in its truest form is a tight and toned physique. We ask that athletes bring a totally fit look to the stage. This includes complexion, face, hair, smile, and beauty.
3. Poise and presentation: How an athlete carries themselves, posture, gait, balance, graceful movement, positioning, stature, and finesse.
4. Style and stage presence: Athletes own self-expression, appeal, how athlete projects themselves, image, camera savvy, stance, posing in creative and attractive ways. Athletes overall look is important and should include a sense of vibrancy, charisma, confidence, sex appeal, a positive and fun attitude, personality and individual style.
5. A suit that enhances their physique. Pay attention to style, fit, colors, a flattering suit that may be decorated and made to order for the ladies. Micros and thongs are prohibited. Clear high heels.

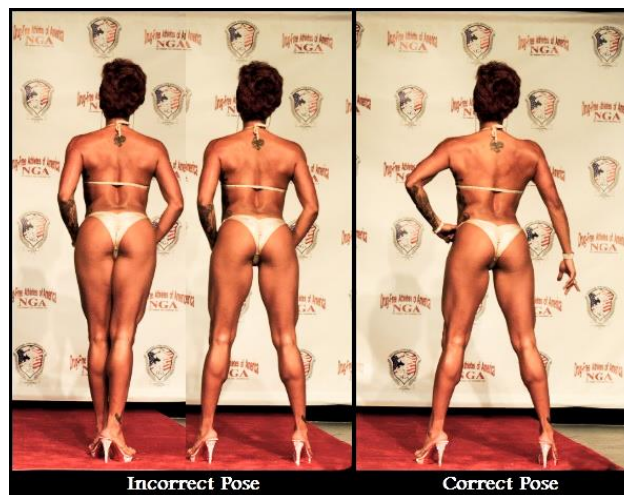
XIII.2 Prejudging (Day Show)

XIII.2.1 Comparisons

The class is brought out and half turns are called. Present a confident stance, but not

overly flexed. Arms and leg positions are at athlete's discretion. Facings are from front and back. Relaxed poses that show off the athlete's overall tone and condition are required. Officials may move athletes around for comparisons. As a group, the class will be instructed to pose, walk to the back, face the judges then walk to the front.

Bikini poses will consist of front and back only. Competitors may not bend over when executing the back pose (see figure below). Points may be deducted if the Bikini competitor bends over during the back pose. The back stance will present the entire back of the bikini body presenting balance and symmetry. One hand shall be placed on the hip; the other hand/arm is gracefully extended to the side. The side with the extended arm will also showcase an extended leg to the side. The upper torso will be upright to present the tone and condition of the upper back with a slight and evident v-taper to the lower back.



Model: Jo-Ann Hill, NGA PRO

XIII.2.2 Short Stage Walk

At the discretion of the Promoter and/or Head Judge, athletes can be asked to execute a short stage walk for the judges to observe overall presentation, poise and stage presence.

All ladies are in line at stage back. Athletes will be called forward individually. Athletes will perform one to two poses at center, left, and right stage. Return to center for a final pose and return to the line-up. These poses are open to the athlete's style. We encourage taste and flare.

XIII.3 Finals (Evening Show)

Once again, the class is brought out for overall impression. Each participant is then allowed 60 seconds (90 seconds for PROS) for free style stage presentation. It is customary to follow a stage T walk outline that is performed to music of athlete's choice following the rules set forth by the NGA. The promotor has the option to adjust the maximum time limit. Music containing profanity or explicit language will not be allowed and may result in being disqualified from contest. Amateurs will perform to house music.

Judges will review how athletes work the stage, angles of poses, presentation, athlete's personality, and overall appearance. This is the athlete's time to shine, show their spirit and have fun!

NOTE: Classes for all Women's Division are at the discretion of the Promoter for utilizing height or weight.

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XIV. Bikini Model Competition

The NGA Bikini Model requires competitors to bring an original and creative themed costume that incorporates the bikini and compliments their physique. Bikini Models will display a fit and toned body.

Participants

1. Fit women of all ages who are interested in pageantry style competition that allows their personal creativeness to shine.
2. Persons interested in pursuing a modeling career in the fashion/fitness model industry.
3. Athletes who feel they are marketable on stage and in print, and in a variety of mediums.

XIV.1 Guidelines

Competitive Components:

The overall image of the Bikini Model competitor is beauty and a toned physique that is complimented by an extravagant themed costume. The only other criteria are no thongs or micro bikini tops.

Throughout the competition, Judges will consider the following:

1. **Tone and Condition:** a tight and toned physique and includes a polished complexion, face, hair, smile, makeup and beauty.
2. **Poise and presentation:** How the competitor carries themselves, posture, balance, graceful movement, positioning, stature, confidence and finesse.
3. **Style and stage presence:** Competitors own self-expression, appeal, how athlete projects themselves, image, camera savvy, stance, posing in creative and attractive ways. Competitors overall look is important and should include a sense of vibrancy, charisma, confidence, sex appeal, a positive and fun attitude, personality and individual style.

4. An extravagant, classy, tasteful and feminine costume that enhances their physique along with a bikini. Pay attention to style, fit, colors, a flattering costume that resembles high fashion or “Vegas” style themes. Micros and thongs are prohibited. Clear high heels.

XIV.2 Prejudging (Day Show)

Comparisons

The class is brought out and half turns are called. Arms and leg positions are at athlete’s discretion. Facings are from front and back. Relaxed poses that show off the competitors’ costume and overall body tone are required. Officials may move competitors around for comparisons. As a group, the class will be instructed to pose at their own discretion, walk to the back, face the judges then walk to the front.

Bikini Model poses will consist of front and back only. Competitors may not bend over when executing the back pose. Points may be deducted if the Bikini Model competitor bends over during the back pose.

Short Stage Walk

At the discretion of the Promoter and/or Head Judge, competitors may be asked to execute a short stage walk for the judges to observe overall presentation, poise and stage presence.

All ladies are in line at stage back. Athletes will be called forward individually. Athletes will perform one to two poses at center, left, and right stage. Return to center for a final pose and return to the line-up. These poses are open to the competitor’s style. We encourage taste and flare.

XIV.3 Finals (Evening Show)

Once again the class is brought out for overall impression. Each participant is then allowed 60 seconds (90 seconds for Pros) for free style stage presentation. It is customary to follow a stage T walk outline that is performed to music of athlete’s choice following the rules set forth by the NGA. The promoter has the option to adjust the maximum time limit. Music containing profanity or explicit language will not be allowed and may result in being disqualified from contest. Amateurs will perform to house music.

Judges will review how competitors work the stage, presentation, costume originality, personality, and overall beauty. This is the Bikini Models time to shine, go all out and showcase both their hard work in the gym and their originality in their costumes.

NOTE: Classes for all Women’s Division are at the discretion of the Promoter for utilizing height or weight.