



## NATIONAL GYM ASSOCIATION

[nga@nationalgym.com](mailto:nga@nationalgym.com)

1-954-344-8410

The duties and responsibilities of being an NGA 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 an NGA Judge brings all of his worldly experiences and emotions to the table with him, these must be kept in check to insure that his/her placements are the result of objective analysis as opposed to subjective opinions.

The NGA Judging Criteria must be rigidly followed while all attempts should be made to avoid the common tendencies that can compromise accurate judging.

In addition, NGA Judges must be accountable for their decisions and accessible to the athletes. NGA 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 Judge is to crown the finest 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 may be desirable in some divisions, "emaciated" (anorexic-looking) competitors are not. Lean shape should be accompanied by quality muscularity.

Furthermore, athletes should also be judged on their ability to follow directions and act professionally (e.g.: hitting poses when commanded to do so, etc.).

I, \_\_\_\_\_ hereby confirm that I have viewed both the NGA Women's Posing Video, the NGA Men's Posing Video and read the NGA By-Laws, including the Judge's Criteria section. I understand the responsibility and knowledge of becoming a qualified NGA Judge.

Signature \_\_\_\_\_ Date \_\_\_\_\_

*When signed this becomes a legal and binding agreement with the NGA.*

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone Number \_\_\_\_\_

Email \_\_\_\_\_

Facebook \_\_\_\_\_

Website \_\_\_\_\_