

CBBF FITNESS DIVISION RULES

CBBF MEMBERSHIP

- Each competitor must be a member of the CBBF with a valid Provincial membership card.

COMPETITOR RULES

- Competitors will compete in a two-piece suit and fitness routine suit of their choice. The bottom of the suit must be V-shaped. No thongs are permitted. Competitors can compete in an off the rack suit. All swimsuits must be in good taste.
- Fitness will have a 90 second judged routine round.
- Competitors must wear high, platform high-heels will be strictly prohibited - keep platforms to a MAXIMUM of ½ inch (2 piece round).
- Competitors may wear jewelry.
- **NATIONAL LEVEL contests do not permit competitors to cross over into Bodybuilding, Figure, Fitness or Bikini at the same event. All other competitions are permitted to have crossovers at the discretion of the promoter with appropriate approval.**

HEIGHT CLASSES – for national level contests that are professional qualifiers:

- Up to and including 5'3"
- Over 5'3"

CHECK INS

Fitness division competitors will be checked in and measured.
Suits will be verified by the Head Judge or designate.

COMPETITION JUDGING

PREJUDGING

Presentation:

- Competitors will walk to the center of the stage alone and perform quarter (1/4) turns, face the judges as directed then proceed to the side of the stage, standing on angle to back of stage.

Round 1 - Scored Comparison Round – Two Piece Swims uit:

- Competitors will be judged wearing a two-piece swimsuit and high heels.
- The competitors will be brought back out in a group and directed to do quarter turns.
- Judges will have the opportunity to compare competitors against each other in quarter turns.

Scoring: Judges will be scoring competitors using the following criteria:

- Small degree of muscularity with separation, no visible striations
- Overall muscle tone with shapely lines, overall firmness and not excessively lean
- Full-body general assessment
- Healthy appearance
- Make-up
- Skin tone

Round 2 - Scored Routine Round – 90 Second :

Athletes perform a 90 second maximum personal routine to music of their choice. Costumes may be worn.

No props allowed.

Scoring: Judges will be scoring competitors using the following criteria:

- Style
- Personality
- athletic coordination
- strength moves
- endurance and overall performance.
- Contestants should give special attention to their apparel since it too will be judged.
- Routines may include aerobics, dance, gymnastics or other demonstrations of athletic talent, but there are no required movements.

Judging concluded during prejudging.

No elimination, all athletes scored to 15 placings, score 16 for all others.

FINALS

Presentation:

- Competitors will walk to the center of the stage alone and perform quarter (1/4) turns, face the judges as directed then proceed to the side of the stage, standing on angle to back of stage.
- First group of athletes, from lowest number to highest called out in numerical order, ¼ turns, leave stage, continue until all athletes compared and leave stage.
- Top finalists, 5 or less return to stage performing their personal routines.
- Top finalists, 5 or less return to stage performing their ¼ turns at centre stage, then move to back of stage, stage marshal directed.
- Presenter called forward for last place, usually 5th, place trophy on ground on spot located, then MC calls 5th place athlete, continue until all finalists come forward to pick up trophy.

- If sponsor for class called forward, stands between 1st and 2nd, etc. for pictures.
- Class finished, leave stage.

Only scoring during finals is for overall title, finalists called to centre stage and comparison takes place.

NATIONAL AND INTERNATIONAL LEVEL FITNESS CONTESTS:

CBBF BIKINI, FIGURE AND FITNESS CHAMPIONSHIPS

CBBF NATURAL PHYSIQUE CHAMPIONSHIPS

IFBB ARNOLD AMATEUR CLASSIC

IFBB NORTH AMERICAN CHAMPIONSHIPS

IFBB AMATEUR WOMEN'S WORLD CHAMPIONSHIPS

IFBB AMATEUR JUNIOR AND MASTER WORLD CHAMPIONSHIPS

Who Qualifies for Fitness National Level Competitions:

Competitors that place in the top five (5) in each class at national qualifying contests

ENTRY INFORMATION – the following must be provided with your entry:

- CBBF fitness contest you entered
- Date of your contest
- Your height class and final placing

ONE YEAR QUALIFICATION FOR THE TOP FIVE (5) PLACES IN EACH CLASS AT NATIONAL LEVEL CONTESTS PREVIOUSLY LISTED.

QUALIFYING FOR IFBB PROFESSIONAL STATUS:

- **ARNOLD AMATEUR CLASSIC**
- **CBBF BIKINI, FIGURE AND FITNESS CHAMPIONSHIPS**
- **CBBF NATURAL PHYSIQUE CHAMPIONSHIPS**
- **IFBB NORTH AMERICAN CHAMPIONSHIPS**
- **IFBB AMATEUR WOMEN'S WORLD CHAMPIONSHIPS**
- **IFBB AMATEUR JUNIOR AND MASTER WORLD CHAMPIONSHIPS**