

# WOMEN BIKINI FITNESS

*(updated July 2011)*

## **Article 125 - Introduction**

Women Bikini Fitness category was officially recognized as a new sport discipline by the IFBB Executive Council and IFBB Congress on November 07, 2010 (Baku, Azerbaijan).

### 125.1 General:

The IFBB Rules for Bikini Fitness consist of regulations, policies, directives and decisions intended to guide the IFBB and its Members in the administration of the sport of Bikini Fitness.

### 125.2 Rules:

Certain administrative and technical rules that appear in the General Rules section are the same for Bikini Fitness and therefore, are not repeated in this section.

## **Article 126 – Responsibilities of Organizers to Athletes and Delegates**

### 126.1 Responsibilities:

The Organizer of the World Championships will undertake to cover the cost of double-occupancy accommodations and meals (breakfast, lunch and dinner) for competitors and delegates as follows:

1. Women's World Bodybuilding, Fitness, Body Fitness , Bikini Fitness & Men's Fitness Championships:

For four days (three nights) according to the following scale:

- a. Three or more competitors - Two delegates
- b. One or two competitors - One delegate

*Note 1: The maximum allowable number of A-team competitors per National Federation may not exceed the number of categories open at these Championships, with a maximum of two competitors allowed to compete in any one category.*

*Note 2: A maximum allowable number of A-team competitors per National Federation in any one discipline may not exceed the number of categories in that discipline.*

*Note 3: A maximum of eleven competitors is permitted in the A team (two female bodybuilders, two female fitness, four female body fitness, two female bikini fitness and one male fitness) and will be accepted per National Federation with a maximum of two competitors allowed to compete in any one category.*

*Note 4: Delegates without athletes will be responsible for the full cost of their participation at the event.*

*Note 5: Upon agreement between the IFBB and the Organizer, one additional category may be opened for competition.*

## **Article 127 – Categories**

### 127.1 Categories:

Bikini Fitness competition at the World Championships is open in the following categories:

1. There are two categories in senior women's bikini fitness world-level competitions, currently as follows:
  - a. Class A: Up to and incl. 163 cm
  - b. Class B: Over 163 cm

## **Article 128 – Rounds**

### 128.1 Rounds:

Bikini Fitness will consist of the following two rounds:

1. Prejudging – Round 1 (Quarter Turns in Bikini)
2. Finals – Round 2 (T-walking plus Quarter Turns in Bikini).

### **Article 129 – Prejudging: Elimination Round**

#### 129.1 General:

The Prejudging, which is open to the general public, will take place the day after the Official Athlete Registration. A time-table for prejudging each category should be published. In order to give themselves time to warm up and change into their posing attire, competitors should be in the backstage warm-up area at least 30 minutes prior to the start time of the judging of their category. All competitors will be solely responsible for ensuring that they are present and prepared to compete when their category is called onstage failing which they may be eliminated from the competition.

#### 129.2 Elimination Round Procedures:

An elimination round will be held when there are more than 15 competitors in a category. The elimination round will be carried out as follows:

1. The entire line-up is brought onstage, in numerical order and in a single line or two lines, if necessary.
2. The line-up is divided into two equal-size groups and is positioned onstage so that one group is to the left of the stage; the other group is to the right of the stage. The center portion of the stage is left open for comparison purposes.
3. In numerical order, and in groups of not more than five competitors at a time, each group is directed to the center-stage area to perform the four quarter turns.
4. The IFBB Stage Director will direct the competitors through the four quarter turns, which are:
  - a. Quarter Turn Right
  - b. Quarter Turn Back
  - c. Quarter Turn Right
  - d. Quarter Turn Front
5. At the completion of the quarter turns, the entire category will be reformed into a single line, in numerical order, before exiting the stage.

*Note: Competitors will not chew gum or candy while onstage.*

### **Article 130 – Prejudging and Finals: Attire for all Rounds (Two-Piece Bikini)**

#### 130.1 Attire for Elimination Round and all other Rounds (Two-Piece Bikini):

The attire for the Elimination Round and all other Rounds (Two-Piece Bikini) will conform to the following criteria:

1. The bikini will be two-piece in style.
2. The bikini will be of any color and pattern.
3. The bikini must be in good taste.
4. The bikini bottom will cover a minimum of 1/3 of the gluteus maximus and bottom part of the frontal area. Strings are strictly prohibited.

130.2 High-heels of any style and color will be worn during this round. Platform high-heels will be strictly prohibited.

130.3 The hair may be styled.

130.4 Athletes are expected to have a natural and healthy tan. Staining, removable bronzers are strictly prohibited.

130.5 Jewellery may be worn provided it will be in a good taste.

130.6 The IFBB Chief Official, or a delegated representative, will have the right to determine if a competitor's attire meets an acceptable standard of taste and decency.

### **Article 131 – Prejudging: Scoring of the Elimination Round**

### 131.1 Scoring of the Elimination Round.

1. At this time, the judges will be assessing the overall physique for the degree of proportion, symmetry, balance, shape and skin tone. The scoring for the Elimination Round will proceed as follows:
2. If there are more than 15 competitors, the judges will select the top 15 by placing an "X" beside their numbers, using Form #1, entitled "Elimination Round (Judges)".
3. Using Form #2, entitled "Elimination Round (Statisticians)", the statisticians will transcribe the judge's selections onto this sheet and will then tally the judge's scores to select the top 15 competitors.
4. If there is a tie between two or more athletes at the 15th place, the tied athletes will be brought back onstage, and the judges will perform a reassessment of the four quarter turns.
5. Only the top 15 competitors will advance to Round 1.

### **Article 132 – Prejudging: Presentation of Round 1 (Two-Piece Bikini)**

#### 132.1 Presentation of Round 1 (Two-Piece Bikini):

The procedures for Round 1 (Two-Piece Bikini) will be as follows:

1. The entire line-up is brought onstage, in numerical order and in a single line.
2. The line-up will be divided into two equal-size groups and will be positioned onstage so that one group is to the left of the stage; the other group is to the right of the stage. The center portion of the stage will be left open for comparison purposes.
3. In numerical order, and in groups of no more than five competitors at a time, each group will be directed to center-stage area to perform the four quarter turns.
4. This initial grouping of competitors, and performance of the quarter turns, is intended to assist the judges in determining which competitors will take part in the comparisons that follow.
5. Judges may now submit individual requests for comparisons to the IFBB Chief Judge or Stage Director. No less than three and no more than five competitors will be compared at any one time. The IFBB Chief Judge or Stage Director will have the discretion to discard or amend a judge's individual request for comparisons if warranted.
6. All individual comparisons will be carried out center-stage and in the order, from left to right, as requested by the judge. This comparisons will be done in the following manner:
  - Front stance: competitors will stand with one hand resting on the hip and one leg slightly moved forward and to the side.
  - Quarter turn right: competitors will perform the first quarter turn to the right. They will stand left side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Left hand resting on the left hip, feet placed freely but not together.
  - Quarter turn back: competitors will perform the next quarter turn to the right and will stand back to the judges. Feet not more than 30 cm apart. One hand resting on the hip, other arm hanging relaxed at the side of the body. Competitors are not allowed to turn their upper body towards the judges and should face the back of the stage at all time during the comparison.
  - Quarter turn right: competitors will do the next quarter turn to the right and will stand their right side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Right hand resting on the right hip, feet placed freely but not together.
  - Quarter turn front: competitors will do the last quarter turn to the right and will perform front stance.

7. The total number of comparisons will be as decided by the Chief Judge or Stage Director.
8. All competitors will undergo at least one comparison.
9. Upon completion of the last comparison, all competitors will return to a single lineup, in numerical order, before exiting the stage.

### **Article 133 – Prejudging: Scoring of Round 1 (Two-Piece Bikini)**

#### 133.1 Scoring of Round 1 (Two-Piece Bikini):

The scoring for Round 1 (Two-Piece Bikini) will proceed as follows:

1. Using Form #3, entitled “Judge’s Individual Placings (Prejudging)”, each judge will award each competitor an individual placing from 1 to 15, ensuring that no two or more competitors receive the same placing. The judges may use Form #4, entitled “Judge’s Personal Notes” to record their assessment about each competitor.
2. Using Form #5, entitled “Score Sheet (Statisticians)”, with nine judges, two high and two low scores will be discarded. The remaining scores will be added to produce a “Round 1 Subscore” and a “RD1 PLACE”.
3. Should a tie occur in the “Round 1 Subscore”, the tie will be broken using the “Relative Placement” method for the athlete’s “Round 1 Subscores”.

### **Article 134 – Prejudging: Assessment of Round 1 (Two-Piece Bikini)**

#### 134.1 Assessment of Round 1 (Two-Piece Bikini):

Round 1 (Two-Piece Bikini) will be assessed using the following criteria:

1. The assessment should take the whole physique into account. The assessment, beginning with a general impression of the physique, should take into consideration the hair and facial beauty; the overall body development and shape; the presentation of a balanced, symmetrically developed, complete physique; the condition of the skin and the skin tone; and the athlete’s ability to present herself with confidence, poise and grace.
2. The physique should be assessed as to its level of overall body tone, achieved through athletic endeavors and diet. The body parts should have a nice and firm appearance with a decreased amount of body fat. The physique should neither be excessively muscular nor excessively lean and should be free from muscle separation and/or striations. Physiques that are considered too muscular, too hard or too lean must be marked down.
3. The assessment should also take into consideration the tightness and tone of the skin. The skin tone should be smooth and healthy in appearance, and without cellulite. The face, hair and makeup should complement the “Total Package” presented by the athlete.
4. The judge’s assessment of the athlete’s physique should include the athlete’s entire presentation, from the moment she walks onstage until the moment she walks offstage. At all times, the Bikini-fitness competitor must be viewed with the emphasis on a “healthy and fit” physique, in an attractively presented “Total Package”.
5. Judges are reminded that this is not a bodyfitness contest. The competitors should have shape to their muscle but not the separation, definition, very low bodyfat level or hardness that are seen at bodyfitness competitions. Any competitor who exhibits these features is to be marked down.

### **Article 135 – Prejudging: Attire for Round 2 (Two-Piece Bikini)**

#### 135.1 Attire for Round 2 (Two-Piece Bikini):

The attire for Round 2 will conform to the same criteria as for Round 1.

## **Article 136 – Finals: Presentation of Round 2 (Two-Piece Bikini)**

### 136.1 Presentation of Round 2 (Two-Piece Bikini):

The procedures for Round 2 shall be as follows:

1. The top 6 finalists will be called on stage, one by one, in numerical order and will perform the T-walking:

- The competitor will walk to the center of the stage, will stop and perform front stance.
- The competitor will then turn to her right and walk 5 steps towards the side of the stage, will stop and perform front and back stance.
- The competitor will then turn top her right, walk 10 steps to the other side of the stage, will stop and perform front and back stance.
- The competitor will then walk to the line-up in the rear part of the stage.

2. The top 6 finalists will be directed to the center of the stage, in a single line and in numerical order.

3. The IFBB Chief Judge or Stage Director may, at his/her discretion, at center-stage in numerical order and then in the reverse order. These quarter turns will be done in the following way:

- Front stance: competitors will stand with one hand resting on the hip and one leg slightly moved forward and to the side.
- Quarter turn right: competitors will perform the first quarter turn to the right. They will stand left side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Left hand resting on the left hip, feet placed freely but not together.
- Quarter turn back: competitors will perform the next quarter turn to the right and will stand back to the judges. Feet not more than 30cm apart. One hand resting on the hip, other arm hanging relaxed at the side of the body. Competitors are not allowed to turn their upper body towards the judges and should face the back of the stage at all time during the comparison.
- Three steps forward: following a command given by the Stage Director, competitors will walk 3 steps forward, toward the back of the stage and then they will stop and perform the back stance.
- Quarter turn right: competitors will do the next quarter turn to the right and will stand their right side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Right hand resting on the right hip, feet placed freely but not together.
- Quarter turn front: competitors will do the last quarter turn to the right and will perform front stance.
- Three steps forward: following a command given by the Stage Director, competitors will walk 3 steps forward, toward the front of the stage and then they will stop and perform the front stance.

4. The entire line-up will be asked to exit the stage.

## **Article 137 – Finals: Scoring of Round 3 (Two-Piece Bikini)**

### 137.1 Scoring of Round 2 (Two-Piece Bikini):

The scoring for Round 2 (Two-Piece Bikini) will proceed as follows:

1. The judges, using Form #6, entitled “Judge’s Individual Placings (Finals)”, and using the same criteria for judging as used during the Prejudging, will place the competitors from 1st to 6th, giving no two athletes the same placing.

2. The statisticians will collect Form #6 from the judges and will then transcribe the judge’s placings onto Form #5, entitled “Score Sheet (Statisticians)”. They will discard

two high and two low scores; will add the remaining five scores, and will write the total under the column marked "Round 2 Subscore".

3. Should a tie occur in the "Round 2 Subscore", the tie will be broken using the "Relative Placement" method applied to the athlete's "Round 2 Subscore".

4. The judges use Form #6; the Statisticians use Form #5.

### **Article 138 – Finals: Assessment of Round 2 (Two-Piece Bikini)**

138.1 Assessment of Round 2 (Two-Piece Bikini):

The same criteria used in judging Round 1 will be used in this round.

The judges must ensure that this round is judged from a "fresh" perspective, ensuring that all competitors receive fair assessment based upon their attire in this round.

### **Article 139 – Finals: The Award Ceremony**

139.1 The Award Ceremony

The procedures for the Award Ceremony will be as follows:

1. The top 6 finalists will be called onstage to take part in the award ceremony.
  2. The Master of Ceremonies, using Form #7, entitled "Top 6 Finalists (for MC)", will announce the number, name and country of the competitor in 6th place and that competitor will stand to the right side (when viewed from the front) of the victory pedestal and shall receive his or her award. The Master of Ceremonies will then announce the number, name and country of the competitor in 5th place and that competitor will stand to the right side of the victory pedestal and shall receive his or her award. The Master of Ceremonies will then announce the number, name and country of the competitor in 4th place and that competitor will stand to the left side of the victory pedestal and will receive his or her award. The Master of Ceremonies will continue to announce the results from 3rd, 2nd and finally, the winner.
  3. The President of the IFBB, or the top IFBB official at the contests, accompanied by the other officials invited by him to take part in this Ceremony, will present the IFBB Medals and/or trophies to the winners.
  4. The national anthem of the country of the 1st-place winner will be played immediately following his or her receipt of the 1st-place award(s).
  5. After the national anthem and flag-raising ceremony is complete, the finalists may be asked to remain onstage for a brief period of time for photographic purposes.
- More detailed description of the Award Ceremony is available in **Article 36**.
  - Teams Classification Results and Award – according to **Article 38**.
  - Publication of Results – according to **Article 39**.

### **Article 140 – Overall Category and Award**

140.1 The Overall Category will proceed as follows:

1. Immediately following the Award Ceremony for the last bikini fitness category, the two category winners will be brought onstage in numerical order and in a single line, wearing their two-piece bikini and high heels.
  2. The IFBB Chief Judge will direct the competitors through the quarter turns at the center of the stage, in numerical order and then in the opposite order.
  3. The judges will use Form #6, entitled "Judge's Individual Placings (Finals)", to place athletes from 1<sup>st</sup> to 2<sup>nd</sup>.
  4. The statisticians, using Form #5, entitled "Score Sheet (Statisticians)", will tally the scores and determine the final places of the competitors.
  5. The "Overall Champion" will be announced and the IFBB competitor's overall Gold Medal and trophy will be presented to her by the IFBB President or top IFBB official at the contest. The medal and trophy will be supplied by the organizing National
- Teams Classification Results and Award – according to **Article 38**.
  - Publication of Results – according to **Article 39**.

