

## **NSABBA Attire Rules (excerpts from IFBB Rulebook)**

### **Women's Bodybuilding & Physique (pre-judging):**

*24.1.9* During the Prejudging, the hair will be worn off the shoulders so as not to hide the musculature of the shoulders and upper back. The hair may be styled for the Finals.

### **Women's Figure (pre-judging):**

*89.4* Except for a wedding ring and/or small stud-type earrings, jewellery will not be worn, the hair may be styled

### **Women's Figure (finals at night):**

*94.1* Attire for 2 piece bikini round:

1. Two-piece bikini.
2. Colour, material, texture at the discretion of the competitor.
3. The bikini will cover a minimum of  $\frac{1}{2}$  of the gluteus maximus and all of the lower abdomen area.
4. High-heels will be worn during this round. Shoe style and colour may be at the competitor's discretion. Sole thickness will be no greater than 7.00 millimeters (~1/4 inch); stiletto height will be no greater than 120 millimeters (~5 inches). Platform high-heels will be strictly prohibited.
5. The hair may be styled.
6. Jewellery may be worn, within limits.

### **Women's Bikini (pre-judging & finals):**

*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  $\frac{1}{3}$  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