



NSABBA BIKINI DIVISION

COMPETITOR RULES:

- Competitors will compete in a two-piece suit of any color and pattern. The bikini bottom must cover a minimum of 1/3 of the gluteus maximus and bottom part of the frontal area. Strings and thongs are strictly prohibited. All swimsuits must be in good taste. Athletes will be warned about improper suits and are advised to bring two (2) suits to check in. Athletes will be scored down if the suit is not up to standard
- Competitors must wear high heels (any style or color), platform high-heels will be strictly prohibited - keep soles to a MAXIMUM of ½ inch.
- Competitors may wear jewellery provided it is good taste.
- Hair may be styled
- Athletes are expected to have a natural and healthy looking tan. Staining, removable bronzers are strictly prohibited.
- The NSABBA Chief Official, or delegated representative, will have the right to determine if a competitor's attire meets an acceptable standard of taste and decency. If these standards are not met, the official has the right to remove the competitor from stage and have them change attire.
- **NSABBA contests do not permit competitors to cross over into Bodybuilding, Figure, Fitness, Physique or Bikini at the same event.**

HEIGHT CLASSES:

Contests with two (2) classes:

- Up to and including 5'4"
- Over 5'4"

Contests with three (3) classes:

- Up to and including 5'4"
- Over 5'4" and up to and including 5'6"
- Over 5'6"

Contests with four (4) classes:

- Up to and including 5'2"
- Over 5'2" and up to and including 5'4"
- Over 5'4" and up to and including 5'6"
- Over 5'6"

CHECK-INS:

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

COMPETITION JUDGING:

Presentation:

- Competitors will walk onstage alone and perform their Model Walk (personal preference)
- The Model Walk consists of the following:

Walk to the center of the stage, stop and do a front stance – hand(s) on hip front pose - then a full turn and do a back stance – hand(s) on hip back pose - then turn to the front again – hands on hip - and face the judges as directed then proceed to the side of the stage, standing on angle to back of stage. No lewd acts are permitted. Length of time allowed is for center-stage free posing is 10 seconds.

Comparison Round, Two-Piece Swimsuit:

- 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 a full front and back stance.
- Judges will have the opportunity to compare competitors against each other in half turns. (No side judging permitted, front and back only.)

Scoring:

Judges will be scoring competitors using the following criteria:

- Balance and Shape
- Overall physical appearance including complexion, skin tone, poise and overall presentation.

At all times, the Bikini competitor must be viewed with the emphasis on a "healthy and fit" physique, in an attractively presented "Total Package". Judges are reminded that this is not a Figure contest. The competitors should have shape to their muscle but not the separation, definition, very low body-fat level or hardness that is seen at figure competitions. Any competitor who exhibits these features is to be marked down.

FINALS

Presentation:

- Competitors will walk to the center of the stage alone and perform their Model Walk (personal preference), 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, and directed to do a full front and back stance, then leave stage, continue until all athletes compared and leave stage.
- Top finalists, 5 or less return to stage performing their Model Walk, personal routines, then moved to side of stage, stage marshal directed.
- Top finalists, 5 or less who are recalled onto stage, line up in a single line, directed to do a full front and back stance, then moved 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.

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

NATIONAL QUALIFICATION:

- Competitors that place top three (3) in each class qualify for the subsequent Canadian Nationals.
- 1st place competitors in each class qualify for the next TWO Canadian Nationals.