



NSABBA FIGURE DIVISION

COMPETITOR RULES:

- Competitors will compete in a two-piece suit of any color and pattern. The bikini bottom must cover a minimum of 1/2 of the gluteus maximus and all 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
- Figure will not have a routine round.
- Competitors must wear high heels with a sole of ¼ inch maximum.
- 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:

Figure 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 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.

Comparison Round – Two Piece Swimsuit:

- Competitors will be judged wearing a two-piece swimsuit and high heels with a platform of ¼ inch maximum (no high platforms)
- 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

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 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 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.