

WOMEN BODY FITNESS

Article 84 - Introduction

Women Body Fitness was officially recognized as a new sport discipline by the IFBB Executive Council and IFBB Congress on October 27, 2002 (Cairo, Egypt).

84.1 General:

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

84.2 Rules:

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

Article 85 – Responsibilities of Organizers to Athletes and Delegates

85.1 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 and 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, one male fitness and two female bikini 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.

2. In Senior Women's Body Fitness, each National Federation may enter an "A" team of up to a maximum of four competitors.

3. Juniors and Masters Bodybuilding, Fitness & Body Fitness World 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 twenty one competitors in "A"-Team (one female junior bodybuilder, two male junior bodybuilders, two female junior fitness, one male junior fitness, two female junior body fitness, one male junior classic bodybuilder, one female master bodybuilder, seven male master bodybuilders, two male master classic bodybuilders, one female master body fitness, one male wheelchair bodybuilder) 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, additional categories may be opened for competition.

4. In Junior Women's Body Fitness, each National Federation may enter an "A" team of up to a maximum of two competitors, with a maximum of two competitors allowed to compete in any one category.

5. In Master Women's Body Fitness, each National Federation may enter an "A" team of up to a maximum of one competitor.

6. The rules governing "B" teams may be found in article 9.5.

Article 86 – Categories

86.1 Categories:

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

1. There are four categories in senior women's body fitness world-level competitions, currently as follows:

- a. Class A: Up to and incl 158 cm
- b. Class B: Up to and incl 163 cm
- c. Class C: Up to and incl 168 cm
- d. Class D: Over 168 cm

2. There are two categories in junior women's body fitness world-level competitions, currently as follows:

- a. Class A: Up to and incl 163 cm
- b. Class B: Over 163 cm

3. There is one open category in master women's body fitness world-level competitions.

Article 87 – Rounds

87.1 Rounds:

Body Fitness will consist of the following two rounds:

1. Prejudging – Round 1 (Quarter Turns in Black Bikini)
2. Finals – Round 2 (Quarter Turns in Bikini).

Article 88 – Prejudging: Elimination Round

88.1 General:

A time-table for prejudging in each category should be published after the Official Registration. 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.

88.2 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 eight 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 89 – Prejudging: Attire for Elimination Round and Round 1 (Two-Piece Bikini)

89.1 Attire for Elimination Round and Round 1 (Two-Piece Bikini):

The attire for the Elimination Round and Round 1 (Two-Piece Bikini) will conform to the following criteria:

1. The bikini will be plain opaque two-piece in style.
2. The bikini will be solid black in colour.
3. The bikini fabric will be cloth in material (no plastic, rubberized or similar material).
4. The bikini will be matt in texture (no shiny material).
5. The bikini will contain no ornamentation, frills, lacework edges or borders.
6. The bikini bottom will cover a minimum of ½ of the gluteus maximus and all of the frontal area.

89.2 High-heels will be worn during this round. Shoe style must be black, classic stiletto pump, with a closed toe and heel. Sole thickness will be no greater than 7 millimeters; stiletto height will be no greater than 120 millimeters. Platform high-heels will be strictly prohibited.

89.3 The hair may be styled.

89.4 Except for a wedding ring and/or small stud-type earrings, jewellery will not be worn.

89.5 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 90 – Prejudging: Scoring of the Elimination Round

90.1 Scoring of the Elimination Round.

1. At this time, the judges will be assessing the overall physique for the degree of athleticism, proportion 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 91 – Prejudging: Presentation of Round 1 (Two-Piece Bikini)

91.1 Presentation of Round 1 (Two-Piece Bikini):

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

1. The entire category will be called onstage, in a single line and in numerical order.

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 eight 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. All judges will be asked now to submit individual propositions for comparisons to the IFBB Chief Judge. The number of athletes to be compared will be determined by the Chief Judge but no less than three and no more than five competitors will be compared at any one time. Chief Judge and his assistant will analyze propositions submitted by the panel judges and, based on them, they will form the first comparison with competitors most often proposed by the panel judges. Then the second comparison and the next, till all competitors will be called out one time at least.

6. All individual comparisons will be carried out center-stage.

7. The total number of comparisons will be as decided by the Chief Judge.
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 92 – Prejudging: Scoring of Round 1 (Two-Piece Bikini)

92.1 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 “PREJUDGING SCORE”, the tie will be broken using the “Relative Placement” method applied to the athlete’s Round 1 scores.

Article 93– Prejudging: Assessment of Round 1 (Two-Piece Bikini)

93.1 Assessment of Round 1 (Two-Piece Bikini):

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

1. The judge should first assess the overall athletic appearance of the physique. This 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 athletic development of the musculature; the presentation of a balanced, symmetrically developed 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 muscle tone, achieved through athletic endeavours. The muscle groups should have a round and firm appearance with a small amount of body fat. The physique should neither be excessively muscular nor excessively lean and should be free from deep muscle separation and/or striations. Physiques that are considered either too muscular 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 Body Fitness competitor must be viewed with the emphasis on a “healthy, fit, athletic” physique, in an attractively presented “Total Package”.
5. Judges are reminded that this is not a bodybuilding contest. The competitors should have shape to their muscle but not the size, definition or vascularity that is seen at

bodybuilding competitions. Any competitor who exhibits these features is to be marked down. More details in **Appendix 9**.

Article 94 – Finals: Attire for Round 2 (Two-Piece Bikini)

94.1 Attire for Round 2 (Two-Piece Bikini):

The attire for Round 2 (Two-Piece Bikini) will conform to the following criteria:

1. Two-piece bikini.
2. Colour, material, texture at the discretion of the competitor.
3. The bikini will cover a minimum of ½ 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; stiletto height will be no greater than 120 millimeters. Platform high-heels will be strictly prohibited.
5. The hair may be styled.
6. Jewellery may be worn, within limits.
7. 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 95 – Finals: Presentation of Round 2 (Two-Piece Bikini)

95.1 Presentation of Round 2 (Two-Piece Bikini):

The procedures for Round 2 (Two-Piece Bikini) will 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 to 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 at 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, have the group perform the quarter turns at center-stage in numerical order and then in the reverse order
4. The entire line-up will be asked to exit the stage.

Article 96 – Finals: Scoring of Round 2 (Two-Piece Bikini)

96.1 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 to produce a “FINAL SCORE” and “FINAL PLACE”.

3. Should a tie occur in the “FINAL SCORE”, 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 97 – Finals: Assessment of Round 2 (Two-Piece Bikini)

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

The same criteria used in judging Round 1 will be used in this round. However, the judges must be mindful of the fact that a competitor may present a different “Total Package” while wearing a two-piece bikini of her own choosing. Therefore, 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 98 – Finals: The Award Ceremony

98.1 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 99 – Overall Category and Award

99.1 The Overall Category will proceed as follows:

1. Immediately following the Award Ceremony for the last fitness category, the four 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 1st to 4th.
 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 Federation.
- Teams Classification Results and Award – according to **Article 38**.
 - Publication of Results – according to **Article 39**.

APPENDIX 9

DESCRIPTION OF THE FOUR QUARTER TURNS

INTRODUCTION:

Judges are strongly reminded that they are judging a women’s BODY FITNESS competition and not a women’s BODYBUILDING competition. The type of muscularity, vascularity, muscular definition, and/or dieted leanness displayed by a female bodybuilder will not be considered acceptable if displayed by a fitness competitor and therefore, must be marked down.

GENERAL PRESENTATION:

Judges are reminded that the competitor’s posture and bearing, at all times while onstage, is to be considered. The overall image displayed should demonstrate poise and self-confidence. This is especially true at all times when the competitor is standing relaxed in the line-up and during the comparisons of the quarter turns.

When standing relaxed in the line-up the competitors shall be warned against adopting a tense pose, with arms flexed and out to the side in a display of muscularity.

A relaxed stance in the line-up means that the competitor will:

- stand erect, front to the judges, with arms hanging at the side and feet together, or
- stand with the body slightly turned, left side to the judges, so the start number of a competitor will be clearly visible, left hand resting on the hip and left leg slightly moved forward and to the side.

Head and eyes towards the front, shoulders back, chest out, stomach in.

QUARTER TURNS

Quarter Turn Right:

Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out,

shoulders back, left arm kept slightly back from the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, right arm kept slightly front of the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the left, with the left shoulder lowered and the right shoulder raised. This is normal and must not be exaggerated.

Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

Quarter Turn Back:

Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms kept at the side along the centerline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and hold about 10 cm out of the body, hands slightly cupped.

Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

Quarter Turn Right:

Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, right arm kept slightly back from the centerline of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, left arm kept slightly front of the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the right, with the right shoulder lowered and the left shoulder raised. This is normal and must not be exaggerated.

Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

Quarter Turn Front:

Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms kept at the side along the centerline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and hold about 10 cm out of the body, hands slightly cupped.

Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

ASSESSMENT OF THE PHYSIQUE IN QUARTER TURNS

In all rounds, the competitors are brought onstage, in numerical order and in a single line. They are directed through the comparisons of the quarter turns in groups of no more than 5 competitors (semifinals) or 6 competitors (finals) at a time. Each judge is expected to watch all of the comparisons and not just those that a specific judge has requested. Throughout the comparisons, a judge must not lose sight of the fact that he or she is judging the athlete as a "Total Package".

The judge should first assess the overall athletic appearance of the physique. This 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 athletic development of the musculature; the presentation of a

balanced, symmetrically developed physique; the condition of the skin and the skin tone; and the athlete's ability to present herself with confidence, poise and grace. The physique should be assessed as to its level of overall muscle tone, achieved through athletic endeavours. The muscle groups should have a round and firm appearance with a small amount of body fat. The physique should neither be excessively muscular nor excessively lean and should be free from deep muscle separation and/or striations. Physiques that are considered either too muscular or too lean must be marked down. 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. 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 fitness competitor must be viewed with the emphasis on a "healthy, fit, athletic" physique, in an attractively presented "Total Package".