

Women's Physique

The Women's Physique category is aimed at women who prefer to develop a less muscular, yet athletic and aesthetically pleasing physique, unlike former women's bodybuilders.

I. Categories

There are two categories in Women's Physique competitions currently as follows:

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

II. Rounds

Women Physique will consist of the following four rounds:

- a. Prejudging – Elimination Round (4 Mandatory Poses)
- b. Prejudging – Round 1 (4 Mandatory Poses, comparisons in Quarter Turns and Mandatory Poses)
- c. Finals – Round 2 (Quarter Turns, Mandatory Poses and Posedown)
- d. Finals – Round 3 (Posing Routine – 30 sec.)

III. Prejudging: Elimination Round

A time-table for prejudging in each category should be published after the Official Athlete 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 45 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.

IV. Elimination Round Procedures:

An elimination round will be held when there are more than 15 competitors in a category. IFBB Chief Judge decides if the Elimination Round will be necessary. The elimination round will be carried out as follows:

- a. The entire line-up is brought onstage, in numerical order and in a single line or two lines, if necessary.
- b. 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.

c. In numerical order, and in groups of not more than ten competitors at a time, each group is directed to the center-stage area to perform the four mandatory poses.

d. The IFBB Chief Judge or Stage Director will direct the competitors through the four mandatory poses, which are:

1. Front Double Bicep Pose/open handed

2. Side Chest

3. Back Double Bicep Pose/open handed

4. Side triceps

e. At the completion of the mandatory poses, the entire category will be reformed into a single line, in numerical order, before exiting the stage.

Note 1: Competitors will not chew gum or any other products while onstage.

Note 2: Competitors will not drink any liquids while onstage.

V. Attire

a. The bikini will be opaque two-piece in style.

b. The color, fabric, texture, ornamentation and style of the bikini as well as the color and style of the high-heels will be left to the competitor's discretion, except as indicated in the below.

c. No footwear.

d. The bikini bottom will cover a minimum of 1/3 of the gluteus maximus and all of the frontal area. The bikini must be in good taste. Strings are strictly prohibited.

e. The attire will be inspected during the Official Athlete Registration.

f. The hair may be styled.

g. Except for a wedding ring, bracelets and earrings, jewelry will not be worn. Competitors will not wear glasses, watches, wigs or artificial aids to the figure, except breast implants. Implants or fluid injections causing the change of the natural shape of any other parts or muscles of the body are strictly prohibited and may result in disqualification of the competitor.

h. The use of tans and bronzers that can be wiped off is not allowed. If the tan comes off by simply wiping, the athlete will not be allowed to enter the stage. Artificial body coloring and self-tanning products may be used provided that it is applied at least twenty-four hours prior to the Prejudging. Professional competition tanning methods (airbrush tanning, cabin spray tanning) may be used if applied by the professional companies and qualified personnel. Sparkles, glitter, shiny metallic pearls or gold coloring are prohibited whether applied as part of a tanning lotion and/or cream or applied separately, regardless of who applied them on the competitor's body.

i. The excessive application of oil on the body is strictly prohibited; however, body oils and moisturizers may be used in moderation.

j. The IFBB Chief Judge, or a delegated by him official, will have the right to make decision if a competitor's attire meets the criteria established in the Rules and an acceptable standard of aesthetics. The athlete may be disqualified if the attire doesn't meet them.

VI. Judging Criteria

a. The assessment, with the athlete doing 4 quarter turns under the direction of the IFBB Chief Judge, should look at the overall physique detailing the degree of overall athletic development of the musculature, proportion, symmetry, balance shape, muscle size, muscle separation and skin tone. Judges must keep in mind that this is not Women's Bodybuilding and excessive muscularity must be voted down.

VII. Scoring of the Elimination Round

a. At this time, the judges will be assessing the overall physique for the degree of overall athletic development of the musculature, proportion, symmetry, balance shape and skin tone. The scoring for the Elimination Round will proceed as follows:

b. 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)". IFBB Chief Judge decides if the Elimination Round will be necessary.

c. 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.

d. If there is a tie between two or more athletes fighting to enter the top 15, the tied athletes will be brought back onstage, and the judges will perform a reassessment of the four quarter turns to break the tie.

e. Only the top 15 competitors will advance to Round 1.

VIII. Prejudging: Presentation of Round 1

Judging panels will consist of 7 or 9 Judges.

a. The entire line-up is brought onstage, in numerical order and in a single line. If time permits, each semifinalist will be introduced by number, name, and country. Decision will be made by the Chief Judge, who will inform the Master of Ceremony or the Announcer.

b. 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.

c. 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 and the four mandatory poses.

d. This initial grouping of competitors, and performance of the mandatory poses, is intended to assist the judges in determining which competitors will take part in the comparisons that follow.

e. All judges submit their individual propositions for the first comparison of the top five athletes to the IFBB Chief Judge. Based on them, the Chief Judge will form the first comparison. The number of athletes to be compared will be determined by the Chief Judge but no less than three and no more than eight competitors will be compared at any one time. Then the judges may be asked to submit individual propositions for the second comparison of the next five athletes, included competitors placing in the middle of the group. The IFBB Chief Judge will form the second and the next comparisons till all competitors will be compared at least once. The total number of comparisons will be determined by the Head Judge.

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

g. In Round 1 individual comparisons competitors, formulated by the IFBB Chief Judge, are directed to perform the following four Quarter Turns, followed by four Mandatory Poses:

1. Quarter Turn Right
2. Quarter Turn Back
3. Quarter Turn Right
4. Quarter Turn Front
5. Front Double Biceps/open handed

6. Side Chest

7. Back Double Bicep/open handed

8. Side Triceps

i. If nine judges, two highs and two lows are eliminated, if seven judges one high and one low are eliminated. The competitor with the lowest score is awarded 1st place while the competitor with the highest score is awarded 15th place.

j. Should a tie occur in the "Round 1 score" in determining the top 6, the tie will be broken by adding in the eliminated highs and lows. If a tie still exists, the two athletes will be brought out on stage and the judges will decide between the two.

k. The top 6 competitors from the Prejudging will advance to the Finals and will start the Finals with zero points.

IX. ROUND 2--POSING

a. The attire for Round 2 will conform to the same criteria as for Round 1. Competitors may use a different costume than in Round 1; however, it must still conform to the standards of taste and decency as described as describe for Round 1.

b. The top 6 finalists will be called on stage, one by one, in numerical order. The competitor will walk to the center of the stage, will stop and perform her 60 second posing routine choreographed to the music of her choice. All music must be submitted to Officials during

the Competitors Meeting and must be in the form of a CD. At the completion of the routine, the Athlete will exit the stage to the same side she entered from.

ROUND III--Posedown

- a. The top 6 finalists will be directed to the center of the stage, in a single line and in numerical order.
- b. The IFBB Chief Judge or Stage Director will direct the competitors, as a group, through the four quarter turns in numerical order and then in the reverse order. Performing each turn, competitors will stand motionless.
- c. The top 6 finalists will perform the four quarter turns and four mandatory poses, as a group and at the same time, in the middle of the stage. After the 4th pose, the Chief Judge will reverse the order of the competitors and will repeat the four quarter turns and the four mandatory poses once again.
- d. As soon as the mandatory poses are completed, the IFBB Chief Judge will call for a 30- to 60-second Posedown to music of the Organizer's choice.
- e. After the Posedown, the top 6 finalists are reformed into a single line, in numerical order, before exiting the stage.
- f. The judges, using the same criteria for judging as used during previous rounds and will place the athletes from 1st to 6th, giving no two athletes the same placing. Judging criteria will be the same with the elimination of highs and lows.