

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 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 nine competitors is permitted in the A team (two female bodybuilders, two female fitness, four female body fitness and one male 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. 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 nineteen 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, one male master classic bodybuilder, one female master body fitness) 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.

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

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

7. 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 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 body fitness world-level competitions.

Article 87 – Rounds

87.1 Rounds:

Body Fitness will consist of the following three rounds:

1. Prejudging – Round 1 (Quarter Turns in Black Bikini)
2. Prejudging – Round 2 (Quarter Turns in One-Piece Swimsuit)
3. Finals – Round 3 (Quarter Turns in Bikini).

Article 88 – Prejudging: Elimination Round

88.1 General:

The Prejudging, which is open to the general public, will take place the day after the Official Athlete Registration. A time-table for prejudging each category should be published. 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 five competitors at a time, each group is directed to the center-stage area to perform the four quarter turns.
4. The IFBB Chief Judge will direct the competitors through the four quarter turns, which are:
 - b. Quarter Turn Right
 - c. Quarter Turn Back
 - d. Quarter Turn Right
 - e. 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 6.35 millimeters (1/4"); stiletto height will be no greater than 127 millimeters (5"). 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 judge's 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 five 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. Judges may now submit individual requests for comparisons to the IFBB Chief Judge or Stage Director. No less than three and no more than five competitors will be compared at any one time. The IFBB Chief Judge or Stage Director will have the discretion to discard or amend a judge's individual request for comparisons if warranted.
6. All individual comparisons will be carried out center-stage and in the order, from left to right, as requested by the judge.
7. The total number of comparisons will be as decided by the Chief Judge or Stage Director.
8. All competitors will undergo at least one comparison.
9. Upon completion of the last comparison, all competitors will return to a single line-up, 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. Ties in the "Round 1 Subscore" need not be immediately broken as the "Round 1 Subscore" will be added to the "Round 2 Subscore" to produce a "PREJUDGING

SCORE”.

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 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 – Prejudging: Attire for Round 2 (One-Piece Swimsuit)

52.1 Attire for Round 2 (One-Piece Swimsuit):

The attire for Round 2 will conform to the following criteria:

1. One-piece swimsuit.
2. Colour, material, texture at the discretion of the competitor.
3. The swimsuit will cover all of the front abdomen and a minimum of ½ of the gluteus maximus.
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.
8. Competitors may wear sponsorship logos on their routine attire, the dimensions of which will not exceed 4 cm X 8 cm.

Article 95 – Prejudging: Presentation of Round 2 (One-Piece Swimsuit)

95.1 Presentation of Round 2 (One-Piece Swimsuit):

The procedures for Round 2 shall 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 five 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. Judges may now submit individual requests for comparisons to the IFBB Chief Judge or Stage Director. No less than three and no more than five competitors will be compared at any one time. The IFBB Chief Judge or Stage Director will have the discretion to discard or amend a judge's individual request for comparisons if warranted.
6. All individual comparisons will be carried out center-stage and in the order, from left to right, as requested by the judge.
7. All judges will be given the opportunity to submit at least one request for comparisons. Any additional requests will be at the discretion of the IFBB Chief Judge or Stage Director.
8. All competitors will undergo at least one comparison.
9. Upon completion of the last comparison, all competitors will return to a single line-up, in numerical order before exiting the stage.

Article 96 – Prejudging: Scoring of Round 2 (One-Piece Swimsuit)

96.1 Scoring of Round 2 (One-Piece Swimsuit):

The scoring for Round 2 (One-Piece Swimsuit) will proceed as follows:

1. Using Form #3, entitled "Judge's Individual Placings (Prejudging)", each judge will award each competitor an individual placing, ensuring that no two or more

competitors receive the same placing.

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 2 Subscore”. This subscore will then be added to the “Round 1 Subscore” to produce a “PREJUDGING SCORE” and a “PREJUDGING PLACE”. Ties in the “Round 2 Subscore” need not be immediately broken as the “Round 2 Subscore” must be added to the “Round 1 Subscore” to produce a “PREJUDGING SCORE”.

3. Should a tie occur in the “PREJUDGING SCORE”, the tie will be broken using the “Round 1 Subscore” first. If a tie still exists it will be broken using the “Relative Placement” method applied to the athlete’s Round 1 scores.

4. The top 6 finalists from the Prejudging will advance to the Finals.

Article 97 – Prejudging: Assessment of Round 2 (One-Piece Swimsuit)

97.1 Assessment of Round 2 (One-Piece Swimsuit):

Round 2 will be assessed using the same criteria like for Round 1 (Article 51); however the judges must be mindful of the fact that a competitor may look different while wearing a swimsuit covering all of the front abdomen with high-heels as opposed to a bikini with high-heels. Therefore, judges must ensure that this round is judged from a “fresh” perspective, ensuring that all competitors receive a fair assessment based upon their attire in this round. More details in **Appendix 9**.

Article 98 – Finals: Attire for Round 3 (Two-Piece Bikini)

98.1 Attire for Round 3 (Two-Piece Bikini):

The attire for Round 3 (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 99 – Finals: Presentation of Round 3 (Two-Piece Bikini)

99.1 Presentation of Round 3 (Two-Piece Bikini):

The procedures for Round 3 (Two-Piece Bikini) will be as follows:

1. The top 6 finalists will be called onstage, in a single line and in numerical order.

2. In numerical order, each competitor will be introduced by number, name and country.
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 100 – Finals: Scoring of Round 3 (Two-Piece Bikini)

100.1 Scoring of Round 3 (Two-Piece Bikini):

The scoring for Round 3 (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, and will write the total under the column marked “Round 3 Subscore”.
3. The statisticians will then add the “Prejudging Score” to the “Round 3 Subscore” to produce a “FINAL SCORE” and “FINAL PLACE”.
4. Should a tie occur in the “Round 3 Subscore”, the tie need not be immediately broken as the “Round 3 Subscore” must be added to the “PREJUDGING SCORE” to produce a “FINAL SCORE”. Should a tie occur in the “FINAL SCORE”, the tie will be broken using “Round 3 Subscore” first. If a tie still exists, the “Relative Placement” method applied to the athlete’s “Round 3 subscore” will be used.
5. The judges use Form #6; the Statisticians use Form #5.

Article 101 – Finals: Assessment of Round 3 (Two-Piece Bikini)

101.1 Assessment of Round 3 (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 102 – Finals: The Award Ceremony

102.1 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 103 – Overall Category and Award

103.1 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

Quarter Turn Right:

Relaxed 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 hanging relaxed and 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 hanging relaxed and 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. This position is a relaxed stance. Flexing of the muscles is prohibited. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

Quarter Turn Back:

Relaxed 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 hanging relaxed and at the side along the centerline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and held about 10 cm out from the body, hands slightly cupped. This position is a relaxed stance. Flexing of the muscles is prohibited. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

Quarter Turn Right:

Relaxed 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 hanging relaxed and 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 hanging relaxed and 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. This position is a relaxed stance. Flexing of the muscles is prohibited. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

Quarter Turn Front:

Relaxed 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 hanging relaxed and at the side along the centerline of the body, elbows slightly bent, thumbs and fingers together, palms

facing the body and held about 10 cm out from the body, hands slightly cupped. This position is a relaxed stance. Flexing of the muscles is prohibited. 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 top 15 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 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".