





IBFF Worldwide™ © Divisions

Female

- Female Development
- Bikini 16 to 21
- Wellness
- Wellness 40+
- Bikini under 166
- Bikini over 166
- Bikini Fitness under 166
- Bikini Fitness over 166
- Bikini 35+
- Sports Model (Sneakers)
- Ms Fitness (Routine/specific discipline)
Push-up
High kick
Straddle hold
Side Split
Routine 70%
Physique 30%
- Physique
- Physique 40+
- Ladies Bodybuilding

Male

- Development under 75kg
- Development over 75kg
- Men's Juniors 16 to 18 (natural)
- Men's Juniors 18 to 23
- Men's Bodybuilding 40 +
- Muscle Model
- Men's Bodybuilding 50 +
- Mr Model (1 Round boxers)
- Mr Physique under 177
- Mr Physique over 177
- Mr Physique 40+
- Classic Physique under 177 (+9)
- Classic Physique over 177 (+11)
- Bodybuilding under 70kg
- Bodybuilding under 80kg
- Bodybuilding under 90kg
- Bodybuilding under 100kg
- Bodybuilding 100kg +

General notes for athletes:

The following pages of this manual contain the Criteria of each division, this has been approved and signed off by the IBFF Worldwide [™] Committee. Each lineup will be judged accordingly

Some points to keep in mind

- To compete in your best condition, to the best of your ability.
- Respect fellow competitors, always have good sportsmanship.
- To respect the IBFF Worldwide [™]'s Constitution and Rules.
- Accept the decisions of the Judges, if you are unclear or unhappy follow the procedures by coming in contact with the Chief Judge and give him time to review your query, request, or unhappiness.
- Always act as an Ambassador for the IBFF Worldwide [™] Federation.
- Work for the Federation and not against the Federation.
- You represent the Federation as we the officials represent you.



·Conduct yourself in a manner that reflects positively upon the image of the sport and the Federation.

Female Development (BIKINI)

This division is a Development category and when judging this will be kept in mind, these athletes should remind you of a beach ready body. This competitor keeps her body in shape by staying fit and eating healthy – this is a lifestyle to her. The competitor's body must be toned, with the emphasis being placed on a curvy physique. The Judges do not want a competitor that looks as if she over diets. She must however appear fit with no or little excess weight. The competitor should look naturally healthy. No abdominal muscles should be visible, however needs to be flat. An hour-glass figure is normally seen as the perfect physique. This is exactly what the Judges will be looking for. The judges will take into consideration the competitor's proportions which need to be balanced. The competitor will exhibit a natural, healthy appearance with soft lines; Even though this is a natural look, the skin should be clear of cellulite; The upper and lower body should be balanced, and the competitor should present herself in a healthy and feminine way. The whole body will be considered. The competitor's hair, beauty and stage presence plays a big role in this Division and will be considered as well. Her body should not be muscular or lean. No separation and no striations should be visible and will be marked down.

Take the following into consideration:

Overall presentation.

Curvy feminine look.

Hair and makeup should be done with taste and class.

Poise and grace.

While we will take into consideration that this is a Development Category and will be more lenient in this regard, The competitor should be confident. Confidence and personality have a huge influence in this Division.

A key element of how personality impacts sports performances is confidence – a competitor who believes they will succeed is more likely to do so than one who is wracked with self-doubt.

The following will explain each body type and what a competitor should think about. This however is to show that girls from any body type could compete as a Bikini competitor.

- **The Apple Shape:** Apple shaped women gain weight in the midsection, rear and face. They usually have a large upper body, complete with large shoulders, bust and waist. Their hips are slender with lean legs.
- **The Pear Shape:** Pear shapes usually gain weight in the rear or thighs. These women have wider hips and thighs, but usually have a small bust and waist.
- **The Wedge Shape:** The wedge or inverted triangle shaped women gain weight around the shoulders and bust. These women have a full upper body complete with broad shoulders and a large bust. However, they have a small waist and narrow hips.
- **The Hourglass:** Hourglass shapes gain weight proportionally in the hips, thighs and chest. The bust and hips are similar in proportion and the waist is tapered, creating noticeable curves.

Taking this into consideration, there should be balance in the Bikini competitor's body.



Categories available:

One Lineup (Development)

Attire Bikini Round:

- The competitor should wear a two-piece bikini.
- The colour and fabric as well as ornamentation and style of the bikini is left to the competitor. Make sure the bikini is not only linked together with crystal ornamentation as this could break on stage and will put the competitor in an embarrassing position. Should you have crystal links binding the two-piece bikini bottom be sure to add fabric that will hold the bikini bottom in place should the crystal link break for whatever reason. The same applies for the bikini top.
- The bikini should be in good taste and reflect the personality of the competitor.
- Use Body-tape (hair spray works as well but is not as effective) to make sure the bikini bottom and the bikini top does not move when you do your quarter turns.

- Hair and makeup should be stylish and tasteful.

- Should the competitor's torso be longer than average do not choose a small bikini bottom as this will give the appearance of lengthening the torso making it appear even longer.

- Smaller bikini bottoms will be great with competitors with short torsos. Should the competitor have shorter legs, choose a bikini bottom which has straps that sit higher on the hips. This will give the appearance of longer legs.

- Jewellery may be worn but should be tasteful and not take the attention away from the competitor, avoid belly rings as this takes the attention away from the physique.

- Shoes may compliment the bikini and the competitor – ladies should remember that straps over the ankle will cut the body and she might appear shorter (unless it is see through straps).

- Platforms give the illusion of length however the competitor should be able to walk in the shoes with poise and grace – heels can make or break placing decisions because it messes up a competitor's stage presence if the competitor is unable to walk in them.

- No glitter (actual glitter, oils, spray, creams, or balms) – as beautiful as competitor's think it looks, it takes away the overall look from the body and the judge might miss or not view your condition in the right way.

What to expect on stage:

The entire group will be called onto the stage.

The competitors will walk in numerical order in a relaxed position.

Should it be a big line-up the Chief Judge will divide them in two equal groups. One will be at the back and the other in front of the stage. Competitors at the back should know that they will still be judged and should remain feminine.

Listen to the Chief Judge who will instruct you on the execution of (quarter turns, T walk, call outs).

Typically, Bikini competitors don't get a choice of music when they have their individual stage time. You would perform a T-walk to the house music. A normal T-walk should occur with all competitors remaining on stage at the back line. Competitors should execute a side pose facing toward the middle of the stage when posing on the outside posing spots. At the middle spot competitors should perform a front pose, back pose and turn back to a front pose before walking to the next outside spot.

Poses should not be held for more than 3 seconds each

Presentation should be completed in 30 seconds. The T-Walk is the competitor's opportunity to show grace, poise, and confidence. Competitors should execute the T walk in a tasteful, confident manner. Over exaggerated posing or performance outside the Bikini division (bodybuilding poses, gymnastic moves, etc.) are not allowed.

Round 1:

QUARTER TURNS

Front Position: Competitors will stand upright, head and eyes facing the judges. One hand resting on the hip and one leg slightly moved to the side. Second hand hanging down the body, slightly out to the side, with open palm and relaxed fingers. Knees unbent, stomach in, chest out, shoulders back.

Quarter turn right (left side to the judges): With her upper body slightly turned toward the judges and face looking at the judges. Right hand resting on the right hip, left arm hanging down. With an open palm and relaxed hand. Left hip slightly raised, left leg (nearest the judges) slightly bent in the knee, left foot moved forward a couple of centimetres, resting on the toes.

Quarter turn back: Competitors will perform the next quarter turn to the right and face the back of the stage. Competitors with long hair should move her hair to one side for the judges to see the competitor's back. They will stand straight, not leaning the upper body forward. Both arms bent and hands in front of hips or slightly touching the hips. Knees unbent, stomach in, chest straight, head up. Competitors are not allowed to turn their upper body towards the judges and should face the back of the stage at all times during the comparison.

Quarter turn right (right side to the judges): Competitors will do the next quarter turn to the right. Remember to flick hair back. They will stand right side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Left hand resting on the left hip, right arm down and slightly hanging from the body, with an open palm and relaxed hand. Right hip slightly raised, right leg (nearest the judges) slightly bent in the knee, right foot moved forward a couple of centimetres, resting on the toes.

Round 2:

T-WALK

The competitor will do a T-walk:

A normal T-walk will occur with all competitors remaining on stage at the back line. Competitors should execute a side pose facing toward the middle of the stage when posing on the outside posing spots. At the middle spot competitors should perform a front pose, back pose, and turn back to a front pose before walking to the next outside spot. Poses should not be held for more than 3 seconds each, and the entire individual presentation should be completed in 30 seconds.

The competitor should not extend her time doing the T-walk to impress the Judges. Keep to the 30 seconds as the Judge already judged your body. Extra time will not change the Judges view

of you – he or she would have already seen if you have stage presence and personality. This could also appear as if you don't know what to do on stage. Be confident and swift.

The T-Walk is the competitor's opportunity to show grace, poise, and confidence. Competitors should execute the T-walk in a tasteful, confident manner. Over exaggerated posing or performance outside the Bikini division (bodybuilding poses, gymnastic moves, etc.) are not allowed.

BIKINI

This division has a junior and open category, these athletes should remind you of a Young Natural beach ready body especially the Junior division as Natural is a main focus. This competitor keeps her body in shape by staying fit and eating healthy in a all-Natural way – this is a lifestyle to her. The competitor's body must be toned, with the emphasis being placed on a curvy physique. The Judges do not want a contestant that looks as if she over diets. She must however appear fit with no or little excess weight. The competitor should look naturally healthy. No abdominal muscles should be visible, however needs to be flat. An hour-glass figure is normally seen as the perfect physique. This is exactly what the Judges will be looking for. The judges will take into consideration the competitor's proportions which need to be balanced. The competitor will exhibit a natural, healthy appearance with soft lines; Even though this is a natural look, the skin should be clear of cellulite; The upper and lower body should be balanced, and the competitor should present herself in a healthy and feminine way. The whole body will be considered. The competitor's hair, beauty and stage presence plays a big role in this Division and will be considered as well. Her body should not be muscular or lean. No separation and no striations should be visible and will be marked down. Judging this division includes evaluation of physical fitness and looks for commitment to a healthy lifestyle.

Take the following into consideration:

Natural Look

Overall presentation.

healthy feminine look.

Hair and makeup should be done with taste and class.

Poise and grace.

Junior: While we will take into consideration that this is a Junior Category and will be more lenient in this regard, The competitor should be confident. Confidence and personality have a huge influence in this Division.

A key element of how personality impacts presentation is confidence – a competitor who believes they will succeed is more likely to do so than one who is wracked with self-doubt.

The following will explain each body type and what a competitor should think about. This however is to show that girls from any body type could compete as a Bikini competitor.

- **The Apple Shape:** Apple shaped women gain weight in the midsection, rear and face. They usually have a large upper body, complete with large shoulders, bust and waist. Their hips are slender with lean legs.
- **The Pear Shape:** Pear shapes usually gain weight in the rear or thighs. These women have wider hips and thighs, but usually have a small bust and waist.
- **The Wedge Shape:** The wedge or inverted triangle shaped women gain weight around the shoulders and bust. These women have a full upper body complete with broad shoulders and a large bust. However, they have a flat waist and narrow hips.
- **The Hourglass:** Hourglass shapes gain weight proportionally in the hips, thighs and chest. The bust and hips are similar in proportion and the waist is tapered, creating noticeable curves.



Taking this into consideration, there should be balance in the Bikini competitor's body.

Categories available:

One Line up (Junior 16-21)

Bikini under 166cm

Attire Bikini Round:

- The competitor should wear a two-piece bikini.
- The colour and fabric as well as ornamentation and style of the bikini is left to the competitor. Make sure the bikini is not only linked together with crystal ornamentation as this could break on stage and will put the competitor in an embarrassing position. Should you have crystal links binding the two-piece bikini bottom be sure to add fabric that will hold the bikini bottom in place should the crystal link break for whatever reason. The same applies for the bikini top.
- The bikini should be in good taste and reflect the personality of the competitor.
- Use Body-tape (hair spray works as well but is not as effective) to make sure the bikini bottom and the bikini top does not move when you do your quarter turns.
- Hair and makeup should be stylish and tasteful.
- Should the competitor's torso be longer than average do not choose a small bikini bottom as this will give the appearance of lengthening the torso making it appear even longer.
- Smaller bikini bottoms will be great with competitors with short torsos. Should the competitor have shorter legs, choose a bikini bottom which has straps that sit higher on the hips. This will give the appearance of longer legs.
- Jewellery may be worn but should be tasteful and not take the attention away from the competitor, avoid belly rings as this takes the attention away from the physique.
- Shoes may compliment the bikini and the competitor – ladies should remember that straps over the ankle will cut the body and she might appear shorter (unless it is see through straps).
- Platforms give the illusion of length however the competitor should be able to walk in the shoes with poise and grace – heels can make or break placing decisions because it detracts from the competitor's stage presence if the competitor is unable to walk in them.
- No glitter (actual glitter, oils, spray, creams, or balms) – as beautiful as competitor's think it looks, it takes away the overall look from the body and the judge might miss or not view your condition in the right way.

What to expect on stage:

The entire group will be called onto the stage.

The competitors will walk in numerical order in a relaxed position.

Should it be a big line-up the Chief Judge will divide them in two equal groups. One will be at the back and the other in front of the stage. Competitors at the back should know that they will still be judged and should remain feminine.

Listen to the Chief Judge who will instruct you to do what he wants you to do on stage (quarter turns, T walk, call outs).

Typically, Bikini competitors don't get a choice of music when they have their individual stage time. You would perform a T-walk to the house music. A normal T-walk should occur with all competitors remaining on stage at the back line. Competitors should execute a side pose facing toward the middle of the stage when posing on the outside posing spots. At the middle spot competitors should perform a front pose, back pose and turn back to a front pose before walking to the next outside spot.

Poses should not be held for more than 3 seconds each, and the entire individual.

presentation should be completed in 30 seconds. The T-Walk is the competitors. opportunity to show grace, poise, and confidence. Competitors should execute the T walk in a tasteful, confident manner. Over exaggerated posing or performance outside the Bikini division (bodybuilding poses, gymnastic moves, etc.) are not allowed.

Round 1:

QUARTER TURNS

Front Position: Competitors will stand upright, head and eyes facing the judges. One hand resting on the hip and one leg slightly moved to the side. Second hand hanging down the body, slightly out to the side, with open palm and relaxed fingers. Knees unbent, stomach in, chest out, shoulders back.

Quarter turn right (left side to the judges): With her upper body slightly turned toward the judges and face looking at the judges. Right hand resting on the right hip, left arm hanging down. With an open palm and relaxed hand. Left hip slightly raised, left leg (nearest the judges) slightly bent in the knee, left foot moved forward a couple of centimetres, resting on the toes.

Quarter turn back: Competitors will perform the next quarter turn to the right and face the back of the stage. Competitors with long hair should move her hair to one side for the judges to see the competitor's back. They will stand straight, not leaning the upper body forward. Both arms bent and hands in front of hips or slightly touching the hips. Knees unbent, stomach in, chest straight, head up. Competitors are not allowed to turn their upper body towards the judges and should face the back of the stage at all times during the comparison.

Quarter turn right (right side to the judges): Competitors will do the next quarter turn to the right. Remember to flick hair back. They will stand right side to the judges, with upper body

slightly turned toward the judges and face looking at the judges. Left hand resting on the left hip, right arm down and slightly hanging from the body, with an open palm and relaxed hand. Right hip slightly raised, right leg (nearest the judges) slightly bent in the knee, right foot moved forward a couple of centimetres, resting on the toes.

Round 2:

T-WALK

The competitor will do a T-walk:

A normal T-walk will occur with all competitors remaining on stage at the back line. Competitors should execute a side pose facing toward the middle of the stage when posing on the outside posing spots. At the middle spot competitors should perform a front pose, back pose, and turn back to a front pose before walking to the next outside spot. Poses should not be held for more than 3 seconds each, and the entire individual presentation should be completed in 30 seconds.

The competitor should not extend her time doing the T-walk to impress the Judges. Keep to the 30 seconds as the Judge already judged your body. Extra time will not change the Judges view of you – he or she would have already seen if you have stage presence and personality. This could also appear as if you don't know what to do on stage. Be confident and swift.

The T-Walk is the competitor's opportunity to show grace, poise, and confidence. Competitors should execute the T-walk in a tasteful, confident manner. Over exaggerated posing or performance outside the Bikini division (bodybuilding poses, gymnastic moves, etc.) are not allowed.



MISS WELNESS

This division should remind you of a Brazilian looking girl with emphasis on bigger glutes and legs. The whole physique should be considered. Take into consideration the hair, the overall development, and shape, the presentation of a balanced and symmetrically developed competitor, and a healthy-looking physique. The condition of the skin tone should be taken into consideration and the competitor should present herself with poise and grace.

Participating in a sport where you're judged almost solely on your appearance can be rough on the psyche. It's important to attend to your spirit and mind in addition to your physical body. It should be visible that the overall body tone is achieved through training and diet. The body parts should have a firm appearance with a decreased amount of body fat. This physique should not be muscular and should not have muscle separation and or striations. A competitor considered too muscular or too hard will be marked down.



Note! that this is not a soft fuller look rather, think shape and definition.

Categories available:

- Open Class
- Wellness over 40

The attire: The competitor should wear a two-piece bikini.

- The colour and fabric as well as ornamentation and style of the bikini is left to the competitor. Make sure the bikini is not only linked together with crystal ornamentation as this could break on stage and will put the competitor in an embarrassing position. Should you have crystal links binding the two-piece bikini bottom be sure to add fabric that will hold the bikini bottom in place should the crystal link break for whatever reason. The same applies for the bikini top.
- The bikini should be in good taste and reflect the personality of the competitor.
- Use Body-tape (hair spray works as well but is not as effective) to make sure the bikini bottom and the bikini top does not move when you do your quarter turns.
- Hair and makeup should be stylish and tasteful.
- Should the competitor's torso be longer than average do not choose a small bikini bottom as this will give the appearance of lengthening the torso making it appear even longer. Smaller bikini bottoms will be great with competitors with short torsos. Should the competitor have shorter legs, choose a bikini bottom which has straps that sit higher on the hips. This will give the appearance of longer legs.
- Jewellery may be worn but should be tasteful and not take the attention away from the competitor, avoid belly rings as this takes the attention away from the physique.
- Shoes may compliment the bikini and the competitor – ladies should remember that straps over the ankle will cut the body and she might appear shorter (unless it is see through straps).
- Platforms give the illusion of length however the competitor should be able to walk in the shoes with poise and grace – heels can make or break placing decisions because it messes up a competitor's stage presence if the competitor is unable to walk in them.
- No glitter (actual glitter, oils, spray, creams, or balms) – as beautiful as competitor's think it looks, it takes away the overall look from the body and the judge might miss or not view your condition in the right way.

What to expect on stage:

The entire group will be called onto the stage; The competitors will walk in numerical order and stand in a relaxed position; Should it be a big line-up the Chief Judge will divide them in two equal groups. One will be at the back and the other in front of the stage. Competitors at the back should know that they will still be judged and should remain feminine; Listen to the Chief Judge who will instruct you to do what he wants you to do on stage (quarter turns, T walk, callouts); Typically, Miss Wellness competitors don't get a choice of music when they have their individual stage time. You would perform a T-walk to house music. A normal T walk should occur with all competitors remaining on stage at the backline. Competitors should execute a side pose facing toward the middle of the stage when posing on the outside posing spots. At the middle spot, competitors should perform a front pose, back pose, and turn back to a front pose before walking to the next outside spot. Poses should not be held for more than 3 seconds each, and the entire individual presentation should be completed in 30 seconds (the Chief Judge may allow more time depending on the size of the stage and the number of competitors). The T-Walk is the competitor's opportunity to show grace, poise, and confidence. Competitors should execute the T-walk in a tasteful, confident manner.

Round 1:

QUARTER TURNS

Front Position: Competitors will stand upright, head and eyes facing the judges. One hand resting on the hip and one leg slightly moved to the side. Second hand hanging down the body, slightly out to the side, with an open palm and relaxed fingers. Knees unbent, stomach in, chest out, shoulders back.

Quarter turn right With her upper body slightly turned toward the judges and face looking at the judges. Right hand resting on the right hip, left arm hanging down. With an open palm and relaxed hand. Left hip slightly raised, left leg (nearest the judges) slightly bent in the knee, left foot moved forward a couple of centimetres, resting on the toes.

Quarter turn back: Competitors will perform the next quarter turn to the right and face the back of the stage. Competitors with long hair should move her hair to one side for the judges to see the competitor's back. They will stand straight, not leaning the upper body forward. Both arms bent and hands in front of hips or slightly touching the hips. Knees unbent, stomach in, chest straight, head up. Competitors are not allowed to turn their upper body towards the judges and should face the back of the stage at all times during the comparison.

Quarter turn right: Competitors will do the next quarter turn to the right. Remember to flick hair back. They will stand right side to the judges, with their upper body slightly turned toward

the judges and face looking at the judges. Left hand resting on the left hip, right arm down and slightly hanging from the body, with an open palm and relaxed hand. Right hip slightly raised, right leg (nearest the judges)

slightly bent in the knee, right foot moved forward a couple of centimetres, resting on the toes.

Round 2:

T Walk:

The competitor will do a T-walk:

A normal T-walk will occur with all competitors remaining on stage at the backline. Competitors should execute a side pose facing toward the middle of the stage when posing on the outside posing spots. At the middle spot competitors should perform a front pose, back pose, and turn back to a front pose before walking to the next outside spot. Poses should not be held for more than 3 seconds each, and the entire individual presentation should be completed in 30 seconds. The competitor should not extend her time doing the T-walk to impress the Judges. Keep to the 30 seconds as the Judge already judged your body. Extra time will not change the Judge's view of you – he or she would have already seen if you have stage presence and personality. This could also appear as if you don't know what to do on stage. Be confident and swift. The T-Walk is the competitor's opportunity to show grace, poise, and confidence. Competitors should execute the T-walk in a tasteful, confident manner. Over exaggerated posing or performance outside the Miss Wellness division (bodybuilding poses, gymnastic moves, etc.) are not allowed.

Judges Assessment of the two rounds:

The competitor should have balance and shape; Overall physical appearance; No excess defined muscles and or separation and striations; Low body fat; Symmetry; Her hair and makeup should be done in good taste; The competitor should still present herself as confident, with poise and grace. Ladies should be feminine, Confidence, personality, and overall presentation.

QUARTER TURNS

Front Position: Competitors will stand upright, head and eyes facing the judges. One hand resting on the hip and one leg slightly moved to the side. Second hand hanging down the body, slightly out to the side, with an open palm and relaxed fingers. Knees unbent, stomach in, chest out, shoulders back.

Quarter turn right: With her upper body slightly turned toward the judges and face looking at the judges. Right hand resting on the right hip, left arm hanging down. With an open palm and relaxed hand. Left hip slightly raised, left leg (nearest the judges) slightly bent in the knee, left foot moved forward a couple of centimetres, resting on the toes.

Quarter turn back: Competitors will perform the next quarter turn to the right and face the back of the stage. Competitors with long hair should move her hair to one side for the judges to see the competitor's back. They will stand straight, not leaning the upper body forward. Both arms bent and hands in front of hips or slightly touching the hips. Knees unbent, stomach in, chest straight, head up. Competitors are not allowed to turn their upper body towards the judges and should face the back of the stage at all times during the comparison.

Quarter turn right: Competitors will do the next quarter turn to the right. Remember to flick hair back.

They will stand right side to the judges, with their upper body slightly turned toward the judges and face looking at the judges. Left hand resting on the left hip, right arm down and slightly hanging from the body, with an open palm and relaxed hand. Right hip slightly raised, right leg (nearest the judges) slightly bent in the knee, right foot moved forward a couple of centimetres, resting on the toes.

Judges assessment of quarter turns

The competitor should have balance and shape.

Overall physical appearance.

No excess defined muscles and or separation and striations.

Low body fat.

No visible cellulite.

Her hair and makeup should be done in good taste.

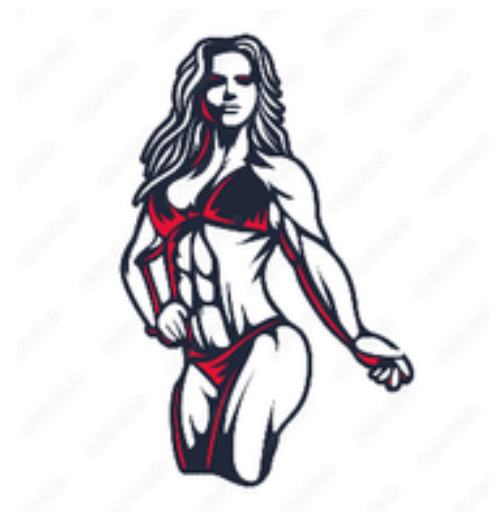
The competitor should still present herself as confident, with poise and grace. Ladies should still be feminine, Confidence, personality, and overall presentation.

BIKINI FITNESS

This division is not a Beach or Natural Bikini look rather a more Fitness physique with slight striations, round shoulder caps with clear indication that this is a athlete that works out and has definition in her abdominal wall and overall physique. A good balance between fitness and beauty, Participating in a sport where you're judged almost solely on your appearance can be rough on the psyche. It's important to attend to your spirit and mind in addition to your physical body. The upper and lower body should be balanced, and the competitor should present herself in a healthy and feminine package. The whole body should be considered. The competitor's hair and beauty should be taken into account as well. No cellulite should be visible. Her body should be balanced and in symmetry. The competitor's body tone should be achieved through training and diet. Her body should have a firm appearance with a low amount of body fat. Her body should not be excessively muscular but definition will be looked at slight separation and /or striations should be visible. Should the competitor be too muscular,

too hard or too lean she must be marked down. we look for commitment to a long-term healthy lifestyle, including good nutrition and physical activity.

Take the following into consideration:



Overall presentation.

Figure tone.

Femininity.

Hair and makeup should be done with taste and class.

Poise and grace.

The competitor should be confident.

Categories available:

Up to 1.68cm;

Over 1.68cm;

Attire Bikini Round:

The competitor should wear a two-piece bikini; The colour and fabric as well as ornamentation and style of the bikini is left to the competitor's choice. Make sure the bikini is not only linked together with crystal ornamentation as this could break on stage and will put the competitor in an embarrassing position. Should you have crystal links binding the two-piece bikini bottom be sure to add fabric that will hold the bikini bottom in place should the crystal link break for whatever reason. The same applies for the bikini top; The bikini should be in good taste and reflect the personality of the competitor; Use Body-tape (hair spray works as well but is not as effective) to make sure the bikini bottom and the bikini top does not move when you do your quarter turns; Hair and makeup should be stylish, tasteful and feminine; The competitor should have a healthy, fit and toned body; Should the competitor's torso be longer than average do not choose a very small bikini bottom as this will give the appearance of lengthening the torso making it appear even longer. Smaller bikini bottoms will be great with competitors with short

torsos. Should the competitor have shorter legs, choose a bikini bottom which has straps that sit higher on the hips. This will give the appearance of longer legs; Shoes may compliment the bikini and the competitor – ladies should remember that straps over the ankle will cut the body and she might appear shorter (unless it is see through straps); Platforms give the illusion of length however the competitor should be able to walk in the shoes with poise and grace – heels can make or break placing decisions because it detracts from the competitor's stage presence if the competitor is unable to walk in them;

No glitter (actual glitter, oils, spray, creams or balms) – as beautiful as competitor's think it looks, it takes away the overall look from the body and the judge might miss or not view your condition in the right way.

Attire Evening Gown Round:

It's hard to nail down the most popular type of dress because fashion trends and body types influence it. Even though beautiful, is advisable not to wear a Ballgown because you still need to see the body to a certain degree.

Pick a gown that focuses attention on your body. An ideal gown accentuates your best features and camouflages your flaws.

Aspects of the gown such as fabric and design can help draw the eye to the features you feel most confident about. Try on gowns that are best for your specific body type. ·If you have a short body type, wear vertical lines and solid colours. Avoid skirts, hip sashes, and contrasting solids. ·If you have wide hips and thighs, wear flowing, tailored, or flared skirts. Avoid low waistlines and mermaid gowns. ·If you're thin, wear a fitted waist, a draped style, or a fishtail gown style. Avoid dark, strapless gowns. ·Go for a straight gown or V-shape waistlines if you have a thick waist. Avoid wearing belts or hip sashes.



Choose a dress that conveys your personality. The evening gown is an important part of this round. You should try your best to make the evening gown convey who you are to the best of your ability. Are you a loud and flamboyant or classy and conservative type? A red, sequin dress would show that you're flamboyant. A black or white dress in a simple style would show that you're classy.

Types of gowns:

Cocktail dresses: A cocktail dress is a dress suitable at semi-formal occasions, these are shorter in length and are more fitting; A-line dress: Fits at the hips and gradually flares out towards the hem, which makes the dress look like an “A” shape. This style is suited for pear-shaped bodies as it shows off your lovely shoulders & adds a feminine touch to the lower half.

Mermaid gown: Resembling a mermaid, this gown is an epitome of class and beauty. It is form-fitting till the area of the lower knee. It extends further to form a long-gathered skirt.

Empire gown: Empire silhouette, Empire line, Empire waist or just Empire is a style in clothing in which the dress has a fitted bodice ending just below the bust, giving a high-waisted appearance, and a gathered skirt which is long and loosely fitting but skims the body.

Halter Dress: Featuring a strapless or sleeveless upper half, with a “tie around the neck” look. Some halter necks don’t have a bow but fabric secured around the neck. This style of dress is most flattering for those who wish to show off their ample shoulders.

Strapless Dress: Show off those gorgeous shoulders with the help of a strapless dress. As the name suggests, this style has no sleeves or straps, and it sits just above the bust, relying on your body’s contour to keep up.

Shoes may compliment the gown and the competitor; Platforms give the illusion of length however the competitor should be able to walk in the shoes with poise and grace – heels can make or break placing decisions because it detracts from the competitor’s stage presence if the competitor is unable to walk in them (remember to take this into consideration when wearing a long evening gown – do not trip).

What to expect on stage:

The entire group will be called onto the stage; The competitors will walk in numerical order in a relaxed position; Should it be a big line-up the Chief Judge will divide them in two equal groups. One will be at the back and the other in front of the stage. Competitors at the back should know that they will still be judged and should remain feminine; Listen to the Chief Judge who will instruct you to do what he wants you to do on stage (quarter turns, T walk, call outs); Typically, Fitness Model competitors don’t get a choice of music when they have their individual stage time. You would perform a T-walk to house music. A normal T walk should occur with all competitors remaining on stage at the back line. Competitors should execute a side pose facing toward the middle of the stage when posing on the outside posing spots. At the middle spot competitors should perform a front pose, back pose, and turn back to a front pose before walking to the next outside spot. Poses should not be held for more than 3 seconds each, and the entire individual presentation should be completed in 30 seconds (the Chief Judge may allow more time depending on the size of the stage and the number of competitors). The T-Walk is the competitor’s opportunity to show grace, poise, and confidence. Competitors should execute the T-walk in a tasteful, confident manner. Over exaggerated posing or performance outside the Fitness division (bodybuilding poses, gymnastic moves, etc.) are not allowed.

Round 1 – Evening Wear:

QUARTER TURNS

Front Position: Competitors will stand upright, head and eyes facing the same direction as the body. One hand resting on the hip and one leg slightly moved to the side. Second hand hanging down the body, slightly out to the side, with open palm and relaxed fingers. Knees unbent, stomach in, chest out, shoulders back.

Quarter Turn Right face to the right: Competitors will perform the first quarter turn to the right. They will stand left side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Right hand resting on the right hip, left arm hold down and slightly back from the centreline of the body, with open palm and relaxed hand. Left hip slightly raised, left leg (nearest the judges) slightly bent in the knee, left foot moved forward a couple of centimetres, resting on the toes.

Quarter turn back: Competitors will perform the next quarter turn to the right and face the back of the stage. Competitor s with long hair should move her hair to one side for the judges to see the competitor's back. They will stand straight, not leaning the upper body forward. Both arms bent and hands in front of hips or slightly touching the hips. Knees unbent, stomach in, chest straight, head up. Competitors are not allowed to turn their upper body towards the judges and should face the back of the stage at all time during the comparison.

Quarter turn right face the left: Competitors will do the next quarter turn to the right. Remember to flick hair back. They will stand right side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Left hand resting on the left hip, right arm down and slightly back from the centreline of the body, with open palm and relaxed hand. Right hip slightly raised, right leg (nearest the judges) slightly bent in the knee, right foot moved forward a couple of centimetres, resting on the toes.

Round 2: Bikini round

Front Position: Competitors will stand upright, head and eyes facing the same direction as the body. One hand resting on the hip and one leg slightly moved to the side. Second hand hanging down the body, slightly out to the side, with open palm and relaxed fingers. Knees unbent, stomach in, chest out, shoulders back.

Quarter turn right Competitors will perform the first quarter turn to the right. They will stand left side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Right hand resting on the right hip, left arm hold down and slightly back from the centreline of the body, with open palm and relaxed hand. Left hip slightly raised, left leg (nearest the judges) slightly bent in the knee, left foot moved forward a couple of centimetres, resting on the toes.

Quarter turn back: Competitors will perform the next quarter turn to the right and face the back of the stage. Competitors with long hair should move her hair to one side for the judges to see the competitor's back. They will stand straight, not leaning the upper body forward. Both arms bent and hands in front of hips or slightly touching the hips. Knees unbent, stomach in, chest straight, head up. Competitors are not allowed to turn their upper body towards the judges and should face the back of the stage at all times during the comparison.

Quarter turn right: Competitors will do the next quarter turn to the right. Remember to flick hair back. The competitor will stand right side to the judges, with upper body slightly turned toward the judges and face looking at the judges.

Left hand resting on the left hip, right arm down and slightly back from the centreline of the body, with open palm and relaxed hand. Right hip slightly raised, right leg (nearest the judges) slightly bent in the knee, right foot moved forward a couple of centimetres, resting on the toes.

Round 3 – T Walk:

A normal T-walk will occur with all competitors remaining on stage at the back line. Competitors should execute a side pose facing toward the middle of the stage when posing on the outside posing spots. At the middle spot competitors should perform a front pose, back pose, and turn back to a front pose before walking to the next outside spot. Poses should not be held for more than 3 seconds each, and the entire individual presentation should be completed in 30 seconds.



The competitor should not extend her time doing the T-walk to impress the Judges. Keep to the 30 seconds as the Judge already judged your body. Extra time will not change the Judges view of you – he or she would have already seen if you have stage presence and personality. This could also appear as if you don't know what to do on stage. Be confident and swift. The T-Walk is the competitor's opportunity to show grace, poise, and confidence. Competitors should execute the T-walk in a tasteful, confident manner. Over exaggerated posing or performance outside the Miss Fitness division (bodybuilding poses, gymnastic moves, etc.) are not allowed.

Judges Assessment of the three rounds:

- Overall appearance.
- No excess defined muscles and slight separation and striations.
- Low body fat.

-Symmetry.

-Her complexion and skin tone – no cellulite; Her hair and makeup should be done in good taste; The competitor should still present herself as confident, with poise and grace. Ladies should still be feminine; Confidence, personality, and overall presentation.

SPORTS MODEL

The competitor will not have compulsory poses but will perform the quarter turns and T walk. Participating in a sport where you're judged almost solely on your appearance can be rough on the psyche. It's important to attend to your spirit and mind in addition to your physical body. Emphasis is placed on aesthetics. The competitor will be assessed on the level of muscle tone. The shoulder area must have a V-taper into the waist with good development of the thighs. No deep separation and striation should be visible. Judges will assess the body on the overall level of muscle tone. The competitor must not be too muscular or too skinny.

The competitor's abdominal wall must be visible. All muscle groups should be in proportion. No over development of one area. Balance between upper and lower body. Flowing proportion and the physique should be pleasing to the eye. The Judge will look at each athlete's proportion – which should be balanced within the muscle groups; Judges will assess the overall athletic appearance of the competitor. Start at the head and extend to the feet. Hair and facial beauty will also be assessed. Condition is defined as muscle tone which is revealed by a level of body fat that could be achieved by fat loss through nutrition and weight training. The competitor will display a more refined muscle tone as to the Figure competitor.

The competitor's physique will have longer, leaner, and slender muscles. The tightness and tone of skin should be taken into consideration, without cellulite. The complete package - hair, makeup and tan should complement the competitor. The competitor will show a full abdominal wall. Separation between the biceps, triceps and deltoids should be visible as lean muscles. Thighs and quads will have separation but no obvious striations. The calf will be balanced with the thigh. Separation in the upper back should be visible. The competitor should still present herself as confident, with poise and grace. Ladies should be feminine. The judge's assessment of the athlete's physique should include the athlete's entire presentation, from the time she walks onstage until the moment she walks offstage. A sports model must be viewed with the emphasis on a healthy, fit athletic physique. The competitor must not be too muscular or too skinny. Calves need to be in proportion to the thighs. The muscle groups should have a round and firm appearance.



The competitor should have definition. Athletes should be feminine on stage and not execute any bodybuilding poses.

Categories available:

One line-up

Attire:

Competitors must wear specific fitness attire and sneakers

(PIC)

No G-strings are permitted.

No Props may be used.

Competitors should be careful that a bikini bottom might slip between the buttocks and might appear like a G-string during her routine.

Round 1 – Quarter turns:

Quarter turn instructions:

Front Position: Competitors will stand upright, head and eyes facing the same direction as the body. One hand resting on the hip and one leg slightly moved to the side. Second hand hanging down the body, slightly out to the side, with open palm and relaxed fingers. Knees unbent, stomach in, chest out, shoulders back.

Quarter turn right Competitors will perform the first quarter turn to the right. They will stand left side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Right hand resting on the right hip, left arm hold down and slightly back from the centreline of the body, with open palm and relaxed hand. Left hip slightly raised, left leg (nearest the judges) slightly bent in the knee, left foot moved forward a couple of centimetres, resting on the toes.

Quarter turn back: Competitors will perform the next quarter turn to the right and face the back of the stage. Competitors with long hair should move her hair to one side for the judges to see the competitor's back.

They will stand straight, not leaning the upper body forward. Both arms bent and hands in front of hips or slightly touching the hips. Knees unbent, stomach in, chest straight, head up. Competitors are not allowed to turn their upper body towards the judges and should face the back of the stage at all times during the comparison.

Quarter turn right: Competitors will do the next quarter turn to the right. Remember to flick hair back. The competitor will stand right side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Left hand resting on the left hip, right arm down and slightly back from the centreline of the body, with open palm and relaxed hand. Right hip slightly raised, right leg (nearest the judges) slightly bent in the knee, right foot moved forward a couple of centimetres, resting on the toes.

NO ROUTINE FOR THIS DIVISION

Round 2 – T Walk:

A normal T-walk will occur with all competitors remaining on stage at the back line. Competitors should execute a side pose facing toward the middle of the stage when posing on the outside posing spots. At the middle spot competitors should perform a front pose, back pose, and turn back to a front pose before walking to the next outside spot. Poses should not be held for more than 3 seconds each, and the entire individual presentation should be completed in 30 seconds.

The competitor should not extend her time doing the T-walk to impress the Judges. Keep to the 30 seconds as the Judge already judged your body. Extra time will not change the Judges view of you – he or she would have already seen if you have stage presence and personality. This could also appear as if you don't know what to do on stage. Be confident and swift. The T-Walk is the competitor's opportunity to show grace, poise, and confidence. Competitors should execute the T-walk in a tasteful, confident manner. Over exaggerated posing or performance outside the Miss Fitness division (bodybuilding poses, gymnastic moves, etc.) are not allowed.

Judges Assessment of the three rounds:

- The competitor should have balance and shape.
- The judge will assess the overall athletic appearance of the physique.
- No excess defined muscles and slight separation and striations.
- Low body fat.
- Symmetry.
- no cellulite; Her hair and makeup should be done in good taste; The competitor should still present herself as confident, with poise and grace. Ladies should still be feminine; Confidence, personality, and overall presentation.

MISS FITNESS

This division will be judged in two categories and will be combined in her overall scoring

- Routine (Round 1) 70%
- Physique (round 2) 30%

In regards to the Physique Emphasis is placed on aesthetics. The competitor will be assessed on the level of muscle tone. The shoulder area must have a V-taper into the waist with good development of the thighs. No deep separation and striation should be visible.

Judges will assess the body on the overall level of muscle tone. The competitor must not be too muscular or too skinny.

The competitor's abdominal wall must be visible. Her shoulders should have a V tape into her waist.

The thighs and calves should be in proportion, as well as the thigh and hamstrings should be in proportion. No over development of one area. Balance between upper and lower body.

Flowing proportion and the physique should be pleasing to the eye. The Judge will look at each competitor's proportion – which should be balanced within the muscle groups.

In regards to the **Routine** the athletes should show an athletic and overall fitness qualities adhering to compulsory Choreographed/moves.

The competitor should still present herself as confident, with poise and grace. Ladies should be feminine. The judge's assessment of the athlete's should include the athlete's entire presentation (physique and routine), from the time she walks onstage until the moment she walks offstage. Miss Fitness must be viewed with the emphasis on a healthy, fit athletic competitor.

The competitor should have shape in her muscles and not size. The Judge will look at each competitor's proportion. The presentation of a balanced symmetrically developed physique and the athlete's ability to present with confidence, poise, and grace while having the movements and athleticism of a gymnast. Ladies should be very feminine on stage and not carry out any bodybuilding stances.

Categories available:

One line-up

Attire: Themed and props allowed

What to expect on stage:

Round 1:



Competitor will come out with an individual routine of 90 seconds, in which all 4 of the compulsory Choreographed moves must be performed, athletes will be required to create and present a routine and Choreography based on a song of their choice.

Moves:

- Push up
- High kick
- Straddle hold
- Side Split

Round 2:

All competitors will step on stage in numerical order, in a single line; Should it be a big line-up the Chief Judge will divide them in two equal groups. One will be at the back and the other in front of the stage. Competitors at the back should know that they will still be judged and should remain feminine.

The competitors will perform their quarter turns Typically, Miss Fitness competitors gets a choice of music when they have their individual routine time.

Quarter turn instructions:

Quarter Turn Right face to the right: The competitor's head and eyes should face the same direction as her body. Heels and knees together, stomach in, chest out, and shoulders back. Her left arm is slightly back from the body with a bend in the elbow, thumb, and fingers together, palm facing the direction of the body, hand curved inwards, right arm hanging from the centreline of the body with a bend at the elbow. The positioning of the arms will cause the upper body to twist slightly to the left with her shoulder lowered and the right shoulder raised. This should however not be over-emphasized.

Quarter Turn Back: Stand up straight with the head and eyes facing the same direction as the body. Competitors with long hair should move her hair to one side for the judges to see the competitor's back. Heels and knees together. Stomach in, chest out, and shoulders back. Both

arms hanging at the side, elbows slightly bent, thumbs and fingers together, palms facing the body, and hold this position about 10 cm out of the body with hands slightly curved inwards.

Quarter Turn Right face to the left: The competitor's head and eyes should face the same direction as her body. Remember to flick hair back. Heels and knees together, stomach in, chest out, and shoulders back. Her right arm is slightly back from the body with a bend in the elbow, thumb, and fingers together, palm facing the direction of the body, hand slightly curved, left arm hanging from the centreline of the body with a bend at the elbow. The positioning of the arms will cause the upper body to twist slightly to the right with her shoulder lowered and the left shoulder raised. This should however not be over-emphasized.

Quarter Turn face the Front: Stand up straight with the head and eyes facing the same direction as the body. Heels and knees together. Stomach in, chest out, and shoulders back. Both arms hanging at the side, elbows slightly bent, thumbs and fingers together, palms facing the body, and hold this position about 10 cm out of the body with hands slightly curved inwards.

MISS PHYSIQUE

Note that this is not a Bodybuilding category. Female Bodybuilding was aimed at extreme muscular development and dryness. This division is for ladies who prefer a less muscular yet athletic and aesthetically striking physique.

This division is a blend of bodybuilding and fitness. The X factor is very important. Well-formed shoulders and upper back, small waist and shapely glutes and quads are important. Visible muscle separation but no visible striations are desired.

With Miss physique the emphasis is placed on the beauty and athletic physique of the competitor.

Judges will assess the body on the overall level of muscle tone. Muscularity refers to muscle size and development relative to the competitor's frame, including shape and size. The shape and contour of the developed muscle and muscle groups should be considered.

Physique competitors should display:

- A degree of muscularity greater than Ms Fitness is sought after but excessive mass is not desired.
- Well-defined muscles that flow evenly.
- Round, full delts that flow into the biceps and triceps.
- Lats that taper in flowing into the oblique with lines into the sweep of the upper thigh.
- Full, round, firm glutes.
- Visible quad development.
- Visible hamstring development.

Her shoulders should have a V-tape into her waist. Shoulder caps should be visible but not over developed.

The competitor should not have too deep separation and striation.

No over development of one area.

Symmetry refers to the evenness of development of the competitor's physique and how well the parts of the physique flow together. It includes the balance and proportion of the competitor from side to side, top to bottom and front to back. Symmetry is a measurement of evenness of development between all muscle groups and proportion when viewed from all sides. No body part or muscle group should stand out from the rest.

Flowing proportion and the physique should be striking to the eye.

Condition refers to the level of differentiation between adjacent muscles or fibres within the same muscle group and the degree of firmness (hardness) of muscle tone. Leanness is important.

In general, the Miss physique should demonstrate visible muscle separation and conditioning without striations including:

- Visible separation between delts, biceps and triceps.
- Visible abdominal separation.
- Round, firm glutes with visible tie-in to hamstrings.
- Visible quad/hamstring separation.
- These words can be helpful to assess what should NOT be descriptive to the ideal physiques in this division: Ripped, shredded, peeled, striated, dry, diced, hard, vascular, grainy.

Note: Miss Physique competitors should not display deeply drawn-in faces or stringy looking muscularity (an abnormally thin look).

The tightness and tone of skin should be taken into consideration. The skin tone should be smooth without cellulite.

The complete package (hair, makeup and tan should complement the competitor).

The competitor should still present herself as confident, with poise and grace. Ladies should be feminine.

The competitor should have shape in her muscles and should not be too big.

Categories:

- **Open Class**
- **Physique over 40**

Attire:

The attire is a two-piece bikini with a cross at the back:

·The bikini should complement the competitor's skin tone and hair colour – the choice of the competitor. Make sure the bikini is not only linked together with crystal ornamentation as this could break on stage and will put the competitor in an embarrassing position. Should you have crystal links binding the two-piece bikini bottom be sure to add fabric that will hold the bikini bottom in place should the crystal link break for whatever reason. The same applies for the bikini top.

·By using crystals and ornaments in good taste, it will be attractive and will help showing the ladies beauty and personality.

·Use Body-tape (hair spray works as well but is not as effective) to make sure the bikini bottom and the bikini top does not move when you do your quarter turns and compulsory poses.

·Should the competitor's torso be longer than average do not choose a small bikini bottom as this will give the appearance of lengthening the torso making it appear even longer. Smaller bikini bottoms will be great with competitors with short torsos. Should the competitor have shorter legs, choose a bikini bottom which has straps that sit higher on the hips. This will give the appearance of longer legs.

·Jewellery may be worn but should be tasteful and not take the attention away from the competitor, avoid belly rings as this takes the attention away from the physique.

·Shoes may compliment the bikini and the competitor – ladies should remember that straps over the ankle will cut the body and she might appear shorter (unless it is see through straps);

·Platforms give the illusion of length however the competitor should be able to walk in the shoes with poise and grace – heels can make or break placing decisions because it messes up their stage presence so badly if they are unable to walk in them.

·No glitter – as beautiful as competitor's think it looks, it takes away the overall look from the body and the judge might miss or not view your condition in the right way.

What to expect on stage:

The entire group will be called onto the stage.

The competitors will walk in numerical order in a relaxed position; Should it be a big line-up the Chief Judge will divide them in two equal groups. One will be at the back and the other in front of the stage. Competitors at the back should know that they will still be judged and should remain feminine.

Listen to the Chief Judge who will instruct you in the Execution of (quarter turns, compulsory poses, T walk, call outs).

Typically, Miss Figure competitors don't get a choice of music when they have their individual stage time. You would perform a T-walk to house music. A normal T-walk should occur with all competitors remaining on stage at the back line. Competitors should execute a side pose facing toward the middle of the stage when posing on the outside posing spots. At the middle spot competitors should perform a front pose, back pose, and turn back to a front pose before walking to the next outside spot.

Poses should not be held for more than 3 seconds each, and the entire individual presentation should be completed in 30 seconds (the Chief Judge may allow more time depending on the size of the stage and the number of competitors). The T-Walk is the competitor's opportunity

to show grace, poise, and confidence. Competitors should execute the T walk in a tasteful, confident manner. Over exaggerated posing or performance outside the Miss Figure division (bodybuilding poses, gymnastic moves, etc.) are not allowed.

Quarter Turns as directed by the Chief Judge:

Round one:

Quarter turn instructions:

Competitors should be able to transition between poses quickly and smoothly.

Quarter Turn Right: The competitor's head and eyes should face the same direction as her body. Heels and knees together, stomach in, chest out and shoulders back. Her left arm slightly back from the body with a bend in the elbow, thumb, and fingers together yet relaxed, palm facing the direction of the body, hand curved inwards. Right arm hanging from the centre line of the body with a bend at the elbow. The positioning of the arms will cause the upper body to twist slightly to the left with her left shoulder lowered and the right shoulder raised. This should however not be over emphasized.

Quarter Turn Back: Stand up straight with the head and eyes facing the same direction as the body. Competitors with long hair should move her hair to one side for the judges to see the competitor's back. Heels and knees together. Stomach in, chest out and shoulders back. Both arms hanging at the side, elbows slightly bent, thumbs and fingers together, palms facing the body and hold this position about 10 cm out of the body with hands slightly curved inwards.

Quarter Turn Right: The competitor's head and eyes should face the same direction as her body. Remember to flick hair back. Heels and knees together, stomach in, chest out and shoulders back. Her left arm slightly back from the body with a bend in the elbow, thumb, and fingers together, palm facing the direction of the body, hand slightly curved.

Right arm hanging from the centre line of the body with a bend at the elbow. The positioning of the arms will cause the upper body to twist slightly to the right with her right shoulder lowered and the left shoulder raised. This should however not be over emphasized.

Quarter Turn face the Front: Stand up straight with the head and eyes facing the same direction as the body. Heels and knees together. Stomach in, chest out and shoulders back. Both arms hanging at the side, elbows slightly bent, thumbs and fingers together, palms facing the body and hold this position about 10 cm out of the body with hands slightly curved inwards.



Judges have the opportunity to submit at least one comparison.

Round 2: Compulsory poses:

Front Double Bicep pose.

Side Chest pose.

Back Bicep pose.

Side Tricep pose.

Front Double Bicep pose with an open hand: Facing the judges, the competitor will raise both arms to her shoulder level and bend the arms at the elbows. Hands should be open. With legs apart, standing on her right leg slightly bent, placing her weight on her right leg. The left leg extended to the left is also slightly bent.

OR, the competitor could choose to stand on her left leg, placing her weight on her right leg. The right leg extended to the right is also slightly bent. The competitor should attempt to contract as many other muscles as possible as the judge will assess the competitor from head to toe.

Side Chest: The competitor should display her stronger / better arm. The competitor will stand with her chosen side towards the judges and will bend her arms to an angle position, with her hands open, her left palm on her right palm (or vice versa). The leg facing the judges will be bent. The competitor will expand her chest by upward pressure of the front bent arm and contract the biceps. The competitor should contract as many muscles as possible and extra attention is given to the calf muscles. The judge will be able to assess the thigh and quad development.

Back Bicep pose with an open hand: The back is made up of many muscles and this pose is meant to show this. Competitors with long hair should move her hair to one side for the judges to see the competitor's back. Facing the back of the stage the competitor will bend her arms with open hands. She will place one foot back, resting her body on the other leg. The competitor will contract her arm muscles as well as her shoulder muscles. The competitor will be able to showcase her upper and lower back, thighs, and calf muscles as well. The judge needs to assess the competitor's arms and then the rest of her body.

This pose will help the judge assess the quality of the competitor's muscle maturity, balance, definition, and symmetry.

Side Triceps: This pose focuses on the triceps muscles. The competitor should choose her stronger / better arm. She will stand with chosen side towards the judges and will place both arms behind her back OR with the better arm flexed beside her body with an open hand. The competitor will flex tricep causing the muscles to contract. This position will focus on the calf and thigh muscles as well. The competitor must be sure to keep her abs flexed.

Ladies Bodybuilding

Female Bodybuilding is aimed at extreme muscular development and dryness. This division is for ladies who prefer more muscular and full appearance.

This division is a blend of bodybuilding and fitness. The X factor is very important. Well-formed shoulders and upper back, small waist and shapely glutes and quads are important. Visible muscle separation with visible striations is desired.

With Female body building the emphasis is placed on the Muscularity and density while still showing balance and great conditioning.

Judges will assess the body on the overall level of muscle tone. Muscularity refers to muscle size and development relative to the competitor's frame, including shape and size. The level of muscularity is determined by the extent of development in relation to the size of the competitor's skeletal structure. The shape and contour of the developed muscle and muscle groups should be considered.

Female Bodybuilding competitors should display:

- A degree of muscularity greater than physique is sought after with maturity and density being a key factor.
- Well-defined muscles that flow evenly.
- Round, full delts that flow into the biceps and triceps.
- Lats that taper in flowing into the oblique with lines into the sweep of the upper thigh.



- Full, round, firm glutes.
- Visible quad development.

- Visible hamstring development.

Her shoulders should have a V-tape into her waist. Shoulder caps should be visible well developed.

The competitor should have deep separation and striation, older ladies may however appear drier than younger ladies.

No over development of one area.

Symmetry refers to the evenness of development of the competitor's physique and how well the parts of the physique flow together. It includes the balance and proportion of the competitor from side to side, top to bottom and front to back. Symmetry is a measurement of evenness of development between all muscle groups and proportion when viewed from all sides. No body part or muscle group should stand out from the rest.

Flowing proportion and the physique should be striking to the eye.

Condition is defined as muscle tone which is revealed by a level of body fat that could be achieved by fat loss through diet and weight training. Condition refers to the level of differentiation between adjacent muscles or fibres within the same muscle group and the degree of firmness (hardness) of muscle tone. Leanness is important. An overly dieted appearance is neither important nor desirable.

In general, the Female bodybuilder should demonstrate visible muscle separation and conditioning with striations including:

- Visible separation between delts, biceps and triceps.

- Visible abdominal separation.

- Round, firm glutes with visible tie-in to hamstrings.

- Visible quad/hamstring separation.

- These words can be helpful to assess what should NOT be descriptive to the ideal physiques in this division: Ripped, shredded, peeled, striated, dry, diced, hard, vascular, grainy, massive, thick, dense.

Note: Female bodybuilder competitors should not display deeply drawn-in faces or stringy looking muscularity (an abnormally thin look). This could however happen with older competitors.

The tightness and tone of skin should be taken into consideration. The skin tone should be smooth without cellulite.

The complete package (hair, makeup and tan should complement the competitor).

The competitor should still present herself as confident, with poise and grace. Ladies should be feminine.

Categories:

- **One line up**

Attire: No Shoes

The attire is a two-piece bikini with a cross at the back:

- The bikini should complement the competitor's skin tone and hair colour – the choice of the competitor. Make sure the bikini is not only linked together with crystal ornamentation as this could break on stage and will put the competitor in an embarrassing position. Should you have crystal links binding the two-piece bikini bottom be sure to add fabric that will hold the bikini bottom in place should the crystal link break for whatever reason. The same applies for the bikini top.
- By using crystals and ornaments in good taste, it will be attractive and will help showing the ladies beauty and personality.
- Use Body-tape (hair spray works as well but is not as effective) to make sure the bikini bottom and the bikini top does not move when you do your quarter turns and compulsory poses.
- Should the competitor's torso be longer than average do not choose a small bikini bottom as this will give the appearance of lengthening the torso making it appear even longer.
- Smaller bikini bottoms will be great with competitors with short torsos. Should the competitor have shorter legs, choose a bikini bottom which has straps that sit higher on the hips. This will give the appearance of longer legs.
- Jewellery may be worn but should be tasteful and not take the attention away from the competitor, avoid belly rings as this takes the attention away from the physique.
- No glitter – as beautiful as competitor's think it looks, it takes away the overall look from the body and the judge might miss or not view your condition in the right way.

What to expect on stage:

The entire group will be called onto the stage.

The competitors will walk in numerical order in a relaxed position; Should it be a big line-up the Chief Judge will divide them in two equal groups. One will be at the back and the other in front of the stage. Competitors at the back should know that they will still be judged and should remain feminine.

Listen to the Chief Judge who will instruct you what to do on stage. (quarter turns, compulsory poses, call outs).

Quarter Turns as directed by the Chief Judge:

Round one:

Quarter turn instructions:

Competitors should be able to transition between poses quickly and smoothly.

Quarter Turn Right: The competitor's head and eyes should face the same direction as her body. Heels and knees together, stomach in, chest out and shoulders back.

Her left arm slightly back from the body with a bend in the elbow, thumb, and fingers together yet relaxed, palm facing the direction of the body, hand curved inwards. Right arm hanging from the centre line of the body with a bend at the elbow. The positioning of the arms will cause the upper body to twist slightly to the left with her left shoulder lowered and the right shoulder raised. This should however not be over emphasized.

Quarter Turn Back: Stand up straight with the head and eyes facing the same direction as the body. Competitors with long hair should move her hair to one side for the judges to see the competitor's back.

Heels and knees together. Stomach in, chest out and shoulders back. Both arms hanging at the side, elbows slightly bent, thumbs and fingers together, palms facing the body and hold this position about 10 cm out of the body with hands slightly curved inwards.

Quarter Turn Right: The competitor's head and eyes should face the same direction as her body. Remember to flick hair back. Heels and knees together, stomach in, chest out and shoulders back. Her left arm slightly back from the body with a bend in the elbow, thumb, and fingers together, palm facing the direction of the body, hand slightly curved.

Right arm hanging from the centre line of the body with a bend at the elbow. The positioning of the arms will cause the upper body to twist slightly to the right with her right shoulder lowered and the left shoulder raised. This should however not be over emphasized.

Quarter Turn face the Front: Stand up straight with the head and eyes facing the same direction as the body. Heels and knees together. Stomach in, chest out and shoulders back. Both arms hanging at the side, elbows slightly bent, thumbs and fingers together, palms facing the body and hold this position about 10 cm out of the body with hands slightly curved inwards. Judges have the opportunity to submit at comparison.

Round 2:Compulsory poses:

Front Double Bicep pose.

Side Chest pose.

Back Bicep pose.

Side Tricep pose.

Front Double Bicep pose with an open hand: Facing the judges, the competitor will raise both arms to her shoulder level and bend the arms at the elbows. Hands should be open. With legs apart, standing on her right leg slightly bent, placing her weight on her right leg. The left leg extended to the left is also slightly bent. OR the competitor could choose the stand on her left leg, placing her weight on her right leg.

The right leg extended to the right is also slightly bent. The competitor should attempt to contract as many other muscles as possible as the judge will assess the competitor from head to toe.

Side Chest: The competitor should display her stronger / better arm. The competitor will stand with her chosen side towards the judges and will bend her arms to a 9 degree position, with her hands open, her left palm on her right palm (or vice versa). The leg facing the judges will be bent. The competitor will expand her chest by upward pressure of the front bent arm and

contract the biceps. The competitor should contract as many muscles as possible and extra attention is given to the calf muscles. The judge will be able to assess the thigh and quad development.

Back Bicep pose with an open hand: The back is made up of many muscles and this pose is meant to show this. Competitors with long hair should move her hair to one side for the judges to see the competitor's back. Facing the back of the stage the

competitor will bend her arms with open hands. She will place one foot back, resting her body on the other leg. The competitor will contract her arm muscles as well as her shoulder muscles.

The competitor will be able to showcase her upper and lower back, thighs, and calf muscles as well. The judge needs to assess the competitor's arms and then the rest of her body. This pose will help the judge assess the quality of the competitor's muscle maturity, balance, definition, and symmetry.

Side Triceps: This pose focuses on the triceps muscles. The competitor should choose her stronger / better arm. She will stand with chosen side towards the judges and will place both arms behind her back OR with the better arm flexed beside her body with an open hand. The competitor will put pressure against her tricep causing the muscles to contract. This position will focus on the calf and thigh muscles as well. The competitor must be sure to keep her abs flexed.

MR MUSCLE MODEL

This competitor carries fuller and rounder muscles but is not as dry as a Bodybuilder. This competitor wants to develop a fuller physique. This competitor looks like a Bodybuilder without the waterdrop – a crisp dry looks it not what this division is about and will be marked down. Rather think Muscular Cover model.

Balance

There must be a balance between the arms and shoulders. No muscle group should overpower the other and there should be balance between the muscle groups. There should be balance and proportion between all the muscle groups. This might sound a lot like symmetry, but they are not the same thing. Proportion is the relative size of one part of the physique when compared to another. Proportion suggests an even balance of muscular development in each muscle group. A “strong body part” can be just as unwelcome as a “weak body part,” depending on the proportion and will be marked down. Judges are looking for a well-proportioned and well-balanced look.

Separation

The physique will have separation between the muscle groups. This competitor's back will have development of various muscle groups with the same thickness of a Bodybuilder but not as crisp and dry. The lat will flair into a small waist. The competitor's abdominal muscles being

thick in development. There should be balance and proportion between the muscle groups. No muscle group should overpower the next. Muscularity is the number of visible muscles that are present in the competitor's body. The judges want to see a balanced physique on stage. While you must have muscle mass, looking like a Bodybuilder will be marked down.

Symmetry

Is one side bigger than the other? Judges are not only looking into your muscle definition and mass, but they are also looking to see how symmetrical your physique is.

Definition

Muscle definition is simply the combination of developed muscles with a low percentage of body fat, while gaining more muscle and losing fat, your muscle definition increases. Well defined muscularity is vital in showcasing the development of the physique. The definition is valuable when it allows well-developed muscles to be displayed. The competitor's back will have development of various muscle groups with thickness but not as dry as a Bodybuilder.

Judges are NOT looking for a vascular competitor. The competitor should be full of size however should cut the "waterdrop" before competing in order to look full without being vascular. Judges will mark a vascular physique down.

Tattoos

Take into consideration the hair and facial features and the overall appearance on stage should be of clean-cut lines. Having a dull stage presence will not impress the judges. To build a good stage presence, competitors must be charismatic and confident. Competitors must be well-groomed with excellent poise and present themselves in a classy and manly way. Competitors should smile at their audience and be charming and welcoming.

To display his physique in the best possible light, an effective stage presence is necessary. Be warm and confident.

Grooming

Long hair and facial hair are acceptable as long as it doesn't distract from the physique. It is advisable to pull hair back (in a ponytail) in order not to take away from the shoulder width.

Attire

The attire for this division is boxer type shorts: The material and colour can be of the competitor's personal choice. No jewellery other than a wedding band permitted.

What to expect on stage?

All competitors will step on stage in numerical order, in a single line. Should it be a big line-up the Chief Judge will divide them in two equal groups. One will be at the back and the other in front of the stage. Competitors at the back should know that they will still be judged and should remain manly.

Quarter Turns:

Quarter turn Right: Competitors will perform the first quarter turn to the right. The competitor will stand with his left side to the judges, with upper body slightly turned towards the judges and face looking at them. Left hand resting on the left hip, right arm hanging, elbow slightly bent, with open palm and straight, relaxed fingers. Left leg (nearest the judges) slightly bent in the knee, resting flat on the floor. Right leg (farthest to the judges) bent in the knee, with foot moved back and resting on the toes.

Quarter turn Back: Stand up straight, head facing the same direction as the body, one hand resting on the hip. Second hand slightly hanging down beside the body. Elbow slightly bent, with an open palm and straight, relaxed fingers. Legs apart.

Quarter turn Right: Competitor will stand with his right side to the judges, with upper body slightly turned toward the judges and face looking at them. Right hand resting on the right hip, left arm hanging down his body, elbow slightly bent, with open palm and straight, relaxed fingers. Right leg (nearest the judges) slightly bent in the knee, resting flat on the floor. Left leg (farthest to the judges) bent in the knee, with foot moved back and resting on the toes.

Quarter turn Front: Stand up straight, head facing the Judges. One hand resting on the hip (four fingers to the front of the body). Legs apart. Second hand hanging down beside the body, elbow slightly bent, with an open palm and straight, relaxed fingers. Knees unbent, abdominal and latissimus dorsi muscles slightly contracted. No image available yet:

Assessing Round 1:

Assess the overall athletic appearance of the physique. This should begin at the head and extend downwards, taking the whole physique into account. The competitor should not be vascular and will be marked down. Stage presence and personality. Competitors should smile at their audience and be charming and welcoming. Effective stage presence is necessary.

Warm and confident, not cold, awkward, and aloof competitor.

7 compulsory poses:

- FRONT DOUBLE BICEP
- FRONT LAT SPREAD
- BEST SIDE CHEST POSE
- BEST SIDE TRICEP POSE
- REAR LAT SPREAD
- ABDOMINAL & THIGH POSES
- MOST MUSCULAR

MR FITNESS MODEL

This category is for competitors who prefer a less muscular, more athletic physique. This competitor does not carry as much muscle as a Mr Physique or Bodybuilder. Becoming a Fitness Model is an increasingly popular, and very competitive. Many Fitness Models also have a healthy glow, great skin, shiny hair, and a beautiful smile. Competitors will be expected to show off their physical attributes that project a fit and healthy lifestyle. A lean, well-proportioned toned and healthy-looking body is the look that is wanted. There must be a level of muscularity. Muscularity is the number of visible muscles that are present in the competitor's body. This doesn't mean the competitor should train to get bigger muscles, this will be to the competitor's disadvantage. The body must be kept lean, muscular, and well-toned. The judges want to see a balanced competitor on stage. While you must have muscle mass, having an excess of it will be marked down. There should be balance and proportion between the muscle groups. No muscle group should overpower the next. This might sound a lot like symmetry, but they are not the same thing. Proportion is the relative size of one part of the physique when compared to another. Proportion suggests an even balance of muscular development in each muscle group. A "strong body part" can be just as bad as a "weak body part," depending on the proportion and will be marked down. Judges are looking for a well-proportioned and well-balanced look. Symmetry is the relative proportion of the left side of the body to the right side of the body. Is one side bigger than the other.

Judges are not only looking into your muscle definition and mass; they are also looking to see how symmetrical your physique is. How defined are your muscles? Muscle definition is simply the combination of developed muscles with a low percentage of body fat, your muscle definition increases. Well defined muscularity is vital in completely showing the development of the physique. The definition is valuable when it allows well-developed muscles to be displayed. The physique will have separation between the muscle groups. This competitor's back will have development of various muscle groups but not the same thickness of a Mr. Physique or Bodybuilder.

The lat will taper into a small waist. The intercostal and serratus muscles will stand out with the competitor's abdominal muscles. Take into consideration the hair and facial features and the overall appearance on stage should be of clean-cut lines. This category should remind you of a Fitness magazine cover, a fit physique and not a muscular physique; Having a dull stage presence will not impress the judges. To build a good stage presence, competitors must be charismatic and confident. Competitors must be well-groomed with excellent poise and present themselves in a classy and manly way. Competitors should smile at their audience and be charming and welcoming. To display his physique in the best possible light, an effective stage presence is necessary. Be warm and confident. The Judges will look for a healthy physique.

Categories:

One line up

Grooming:

Long hair and facial hair is acceptable as long as it doesn't distract from the physique. Remember that long and or very bushy hair could make the shoulders appear narrow and will take away from the upper body V-taper appearance. It is advisable to pull long hair back (in a ponytail) in order not to take away from the shoulder width.

Attire:

The competitor will wear black posing trunks, covering 100% of his glutes. The side of the trunk should be 20cm in width. No promotional encryptions, patterns or images are allowed. The

competitor may only wear a wedding band. No other jewellery is allowed.

What to expect on stage

All competitors will step on stage in numerical order, in a single line; Should it be a big line-up the Chief Judge will divide them in two equal groups.

One will be at the back and the other in front of the stage; Competitors at the back should know that they will still be judged and should remain elegant.

The competitors will perform their quarter turns and then there I or T-walk:

Round 1: Quarter Turns:

Quarter turn Right: The competitor will stand with his left side to the judges, his upper body slightly turned toward the judges and looking at them. Left hand resting on the left hip. The right arm hanging down the body. The elbow slightly bent, with an open palm and straight, relaxed fingers. Left leg (nearest the judges) slightly bent in the knee, resting flat on the floor. Right leg (farthest to the judges) bent in the knee, with foot moved back and resting on the toes.

Quarter turn Back: Stand up straight, head facing the same direction as the body. One hand resting on the hip, with four fingers in front of the waist or hip, second hand hanging down beside the body. Elbow slightly bent, with an open palm and straight, relaxed fingers. One leg slightly moved back and to the side, resting on the toes. Latissimus dorsi muscles slightly contracted, head up.

Quarter turn Right: The competitor will stand with his right side to the judges, his upper body slightly turned toward the judges and looking at them. Right hand resting on the right hip. The left arm hanging down the body. The elbow slightly bent, with an open palm and straight, relaxed fingers. Right leg (nearest the judges) slightly bent in the knee, resting flat on the floor. Left leg (farthest to the judges) bent in the knee, with foot moved back and resting on the toes.

Quarter turn Front: Stand up straight, head the same direction as the body. With one hand resting on the hip (four fingers at the front of the body). One leg moved to the side. Second hand hanging down beside the body, elbow slightly bent, with open palm and straight, relaxed fingers. Knees unbent, abdominal and latissimus dorsi muscles slightly contracted, head up.

Judges Assessment:

Overall presentation; Fit physique; Hair and overall look done with taste and class; The competitor should be confident as if a Model on a runway; Masculine Style, marketable, stage presence, how the competitor displays his character, style, confidence, healthy lifestyle, lean, well proportioned.



MR PHYSIQUE

This category is for competitors who prefer a less muscular, yet athletic physique. This competitor carries less muscles than the Classic. This competitor wants to develop a fuller physique. There must be a balance between the arms and shoulders. While good developed Calves muscles are a must. No muscle group should overpower the other and there should be balance and proportion between the muscle groups. This might sound a lot like symmetry, but they are not the same thing but they are not the same thing. Proportion is the relative size of one part of the physique when compared to another. Proportion suggests an even balance of muscular development in each muscle group. A “strong body part” can be just as unwelcome as a “weak body part,” depending on the proportion and will be marked down. The physique will have separation between the muscle groups.

The competitor’s back will have development of various muscle groups but not the same thickness of a Classic Athlete. The lat will taper into a small waist. The intercostal and serratus muscles will stand out. The competitor’s abdominal muscles being thick in development. Take into consideration the hair and facial features and the overall appearance on stage should be of clean-cut lines. There must be a good level of muscularity. Muscularity is the number of visible muscles that are present in the competitor’s body. The judges want to see a balanced competitor on stage. Symmetry is the relative proportion of the left side of the body to the

right side of the body. Is one side bigger than the other. Judges are not only looking into your muscle definition and mass; they are also looking to see how symmetrical your physique is. How defined are your muscles? What is the muscle to lean ratio? Muscle definition is simply the combination of developed muscles with a low percentage of body fat, while gaining more muscle and losing fat, your muscle definition increases. Well defined muscularity is vital in showcasing the development of the physique. The definition is valuable when it allows well-developed muscles to be displayed.



Having a dull stage presence will not impress the judges. To build a good stage presence, competitors should be charismatic and confident. Competitors must be well-groomed with excellent poise and present themselves in a classy and manly way. Competitors should smile at their audience and be charming and welcoming. The competitor must pay close attention to his posing. To display his physique in the best possible light, an effective stage presence is necessary. Be warm and confident, not cold, awkward, and aloof.

Categories:

Up to 1.77cm;

Over 1.77cm

Over 40's.

Grooming:

Removal of body hair is expected however not enforced. Long hair and facial hair is acceptable as long as it doesn't distract from the physique.

Remember that long and or very bushy hair could make the shoulders appear narrow and will take away from the upper body V-taper appearance. It is advisable to pull hair back (in a ponytail) in order not to take away from the shoulder width.

Attire:

The attire for this division is board shorts: The material and colour can be of the competitor's personal choice; No tight, Lycra style shorts are allowed; Personal Sponsors logos are not permitted, however, Logo's like Nike Adidas etc, are acceptable; Less detail on the boardshorts is better as it doesn't distract the eye from the physique, hence be careful of too many images and or patterns on the board shorts; No jewellery other than a wedding band is permitted.

- Board shorts should not be shorter than 4 fingers above the knee

What to expect on stage:

All competitors will step on stage in numerical order, in a single line; Should it be a big line-up the Chief Judge will divide them into two equal groups. One will be at the back and the other in front of the stage. Competitors at the back should know that they will still be judged and should remain elegant; The competitors will perform their quarter turns and then there I or T-walk:

Round 1:

Quarter Turns:

Quarter turn Right: Competitors will perform the first quarter turn to the right. The competitor will stand with his left side to the judges, with upper body slightly turned towards the judges and face looking at them. Left hand resting on the left hip, right arm hanging, elbow slightly bent, with open palm and straight, relaxed fingers. Left leg (nearest the judges) slightly bent in the knee, resting flat on the floor. Right leg (farthest to the judges) bent in the knee, with foot moved back and resting on the toes.

Quarter turn Back: Stand up straight, head facing the same direction as the body, one hand resting on the hip. Second hand slightly hanging down beside the body. Elbow slightly bent, with an open palm and straight, relaxed fingers. Legs apart.

Quarter turn Right: The competitor will stand with his right side to the judges, with upper body slightly turned toward the judges and face looking at them. Right hand resting on the right hip, left arm hanging down his body, elbow slightly bent, with open palm and straight, relaxed fingers. Right leg (nearest the judges) slightly bent in the knee, resting flat on the floor. Left leg (furthest to the judges) bent in the knee, with foot moved back and resting on the toes.

Quarter turn Front: Stand up straight, head facing the Judges. One hand resting on the hip (four fingers to the front of the body). Legs apart. Second hand hanging down beside the body, elbow slightly bent, with an open palm and straight, relaxed fingers. Knees unbent, abdominal and latissimus dorsi muscles slightly contracted. No image available yet:

CLASSIC PHYSIQUE

What the Judges will look for in a Classic Physique contestant: The whole physique will be taken in account. This is not a Bodybuilding division however the competitor needs to have

good, developed muscles. The Judges need to accurately assess the shape, symmetry, and conditioning. Larger muscles have more visible separation and striations (visible muscle fibres). Muscles should be well developed but in the right proportions. Quads paired with underdeveloped calves will not look good and will be marked down. The muscle must be all round substantial but not as thick as a Bodybuilder. Competitors want to come in at a low body fat percentage — to allow the Judges to see the visible muscle fibres of the actual muscle, as well as vascularity. Getting one's body fat down requires months of rigorous dieting and training. Closer to competition, some competitors will begin to manipulate their water and carbohydrate intake (and in some cases even take diuretics) to drain as much water as possible from between the muscles and skin. Do not attempt to work this out on your own. Seek professional help from a good coach. Definition indicates the degree of muscularity brought about by the absence of subcutaneous body fat. Defined muscularity is necessary to fully display the development of the physique.

While size and definition are important factors, an unbalanced body will be marked down. Overpowering legs, underdeveloped biceps, or mismatched deltoids can all obstruct a Mr Fitness's overall appealing look. Symmetry can be achieved through training. Although, in its strictest definition, symmetry indicate equal development of muscularity on both right and left sides of the physique.

Proportion implies an even balance of muscular development in comparison to each muscle group. Theoretically, a "strong body part" can be just as damaging as a "weak body part". Competitors must strive for equal development between all muscle groups. Stage presence and posing includes the quarter turns, compulsory posing routine and individual posing routine. Judges will look at the general appearance such as skin tone, grooming, charisma, and poise. Effective stage presentation is essential to display the physique to its maximum potential. Mr classic physique posing needs to be practiced as much as the other components of the competitor's competition plan.



Holding the poses on stage is exhausting – the competitor should be “posing fit”. It immediately becomes obvious which competitors haven't practiced, as they soon become out of breath and unable to hold the poses for long periods. Competitors must be able to rotate every pose slightly so the Judges sitting on each end of the judging table can see them from the front on. Stage heights will vary but most are around one meter, when a Judge is seated their eye-level will be somewhere around the level of your toes. Direct your poses downward toward the Judges and audience but not so far forward that you lose the lighting and you become lost in shadow. When performing rear poses (back to the Judges), arch your lower back and lean backward slightly, again not too far to distort the pose or lose the light.

- Up to 1.77cm
- Over 1.77cm
- Over 40

A Black colour Classic posing trunk: fabric and texture will be the competitor's preference; The trunks will cover at least $\frac{3}{4}$ of the glutes. The side of the trunk should be at least 1cm in width.

What to expect on stage

Competitors will enter the stage in numerical order; The competitor will stand hard facing the judges; The Chief Judge will decide whether the athletes will line up in a single line-up or two equal size groups; Judges are given an opportunity to request a comparison.

Round 1:

Quarter Turns:

Quarter Turn Right: Relaxed stance, head and eyes facing the same direction as the body, heels together, knees together and unbent, stomach in, chest out, shoulders back, left arm hanging relaxed and slightly back from the centreline of the body with a slight bend at the elbow. Thumbs and fingers together, palm facing the body and hand slightly curved inwards. The position of the arms will cause the upper body to twist slightly to the left, with the left shoulder lowered and the right shoulder raised.

Quarter Turn Back: Relaxed stance, head and eyes facing the same direction as the body, heels together, feet inclined outward, knees together and unbent, stomach in, chest out, shoulders back, both arms hanging relaxed at the side of the body, elbows slightly bent, thumbs and fingers together and palms facing the body.

Quarter Turn Right: Relaxed stance, head and eyes facing the same direction as the body, heels together, knees together and unbent, stomach in, chest out, shoulders back, right arm hanging relaxed and slightly back from the centreline of the body with a slight bend at the elbow. Thumbs and fingers together, palm facing the body and hand slightly curved inwards. The position of the arms will cause the upper body to twist slightly to the right, with the right shoulder lowered and the left shoulder raised.

Quarter Turn Front: Relaxed stance, head and eyes facing the same direction as the body, heels together, feet inclined outward, knees together and unbent, stomach in, chest out, shoulders back, both arms hanging relaxed at the side of the body, elbows slightly bent, thumbs and fingers together and palms facing the body, hands slightly curved inwards, tips of fingers resting lightly on the hips.

Round 2:



There are eight compulsory poses for the Men's Bodybuilding division:

- Front Double Bicep.
- Front Lat Spread.
- Side Tricep.
- Back Double Bicep.
- Back Lat Spread.
- Side Chest.
- Abdominals and Thigh.
- Best Classic Pose

-Front Double Bicep: Facing the Judges, the competitor will raise both arms to his shoulder level and bend the arms at the elbows. Clench the hands and turn downward to cause contraction of the biceps and forearms muscles, this is what the Judges will be judging. One leg slightly outwards, contracting the quadricep muscles. The competitors should however attempt to contract as many other muscles as well as the Judge will assess the competitor from head to toe. There should be full development in the muscle and a defined split between the anterior and posterior section of the biceps. The Judges will look for muscle density, definition, and overall balance.

-Front Lat Spread: Facing the Judges, the competitor should place his open hands or clenched fist, against or gripping his lower waist or obliques and will expand the latissimus muscles. One leg slightly outwards, contracting the quadricep muscles. The competitor should however attempt to contract as many other muscles as well. The Judges should see if the competitor can spread the latissimus muscles creating a V shaped torso.

Shoulders should be wider than hips. At no stage should the competitor pull his posing trunk to show the inside of the quadriceps. The focus is on the latissimus muscles however the Judges will look at various muscle groups.

-Side Chest: The competitor should display his stronger / better arm. The competitor will stand with his chosen side towards the Judges and will bend his arm to an angle position, with his fist clenched and with his other hand he will grip his wrist.

Raise the heel that is closest to the Judges and place the toes in the arch of your rear foot. Sit down slightly and tighten the legs, pressing the front toes into the floor.

The leg facing the Judges will be bent. The competitor will expand his chest by upward pressure of the front bent arm and contract the biceps. Lean slightly toward the Judges. The competitor should contract as many muscles as possible and extra attention is given to the calf muscles. The Judge will be able to assess the thigh and quad development.

-Back Double Bicep: “Competitions are won from the back”. The back is made up of many muscles and this pose is meant to show this. Facing the back of the stage the competitor will bend his arms and wrists as in the Front Double bicep pose. He will place one foot back, resting on his toes. The competitor will contract his arm muscles as well as his shoulder muscles. The competitor will be able to showcase his upper and lower back, thigh, and calf muscles as well. The Judge needs to assess the competitor’s arms and then the rest of his body. This pose will help the Judge assess the quality of the competitor’s muscle density, definition, and balance. Don't squeeze your shoulder blades together. Spread your lats as wide as possible.

-Back Lat Spread: Facing the back of the stage, the competitor will place his hands on his waist with one leg slightly to the side. The competitor will contract the latissimus dorsi as wide as possible. This is a chance for the competitor to flex his calves again. The competitor should not pull his posing trunks to show his gluteus muscles. The Judges will look for muscle density and a full body assessment. Fill your chest with air to make your back as wide as possible.

-Side Tricep: This pose focuses on the tricep muscles and how the chest and shoulder tie into one another. The competitor should choose his better arm. He will stand with chosen side towards the Judges and will place both arms behind his back. The competitor could link his fingers or grasp the front arm by the wrist or his other hand. The competitor will flex his front arm causing the triceps muscles to contract. One leg slightly outwards, contracting the quadricep muscles. The competitor should attempt to contract as many other muscles as possible as the Judge will assess the competitor from head to toe. Sit down slightly on the other leg. This position will focus on the calf and thigh muscles as well.

The competitor must be sure to keep their abs flexed and controlled. Rotate as much as possible for the Judges furthest at the table to see this pose as well.

-Front Abdominal and Thigh: This pose emphasizes lat width and the contestant’s V-taper. The competitor will place his hand behind his head, fingers interlocked, or hands slightly turned inwards. The competitor will crunch his abdomen, extending one leg facing forward. The competitor will contract the thigh muscles. Remember to blow out as much air as possible. Keep the appraised elbow in close to the head.

-Best Classic Pose/Vacuum: this pose is a throwback to the classic bodybuilders of the past, a competitor can display any one of his favourite Classic Physique poses.

A competitor may also Display a vacuum pose as this is seen as a Skill in the Classic Physique Category.

What the Judges should take note of:

- Too lean looking competitor.
- Lack of definition.
- Disproportioned or smooth muscles.
- Too thick or big muscles – like a Bodybuilder should be marked down.
- The competitor should not display body parts that are dominant over each other.
- A streaking tan is a sign of excess water, or the competitor is not posing fit, however should he struggle, it should not be ignored, and water should be offered and a medic should be close by;
- Gynecomastia, the swollen breast tissue caused by steroids, will be marked down.
- Synthol injections will be marked down. And handled by Chief Judge
- Palumboism, a steroid gut (Bubble Gut), will be marked down.



- Overall flow and Stage presence should be that of a Classic Athlete

BODYBUILDING

Bodybuilding is unlike any sport in that it may just be the most subjective and, therefore, the hardest to Judge. Bodybuilding is comprised of the largest and most conditioned athletes.

Size rules in this division.

What the Judges will look for in a Bodybuilder:

Muscle Mass: The competitor needs to have good, developed muscles. Otherwise, Judges can't accurately assess the shape, symmetry, and conditioning. Large muscles have more visible separation and striations (visible muscle fibres). Competitors must ensure that the muscles are large but in the right proportions. Big quads paired with underdeveloped calves

will not look good and will be marked down. The muscle must be all round substantial. The perception of muscular size is the foundation for Bodybuilding.

Definition: A ton of smooth, soft muscle mass isn't going to win or place well. A winning physique is a sculpted physique. Competitors want to come in at a low body fat percentage — to allow the Judges to see the visible muscle fibres of the actual muscle, as well as vascularity.

Getting one's body fat down requires months of rigorous dieting and training. Closer to competition, some competitors will begin to manipulate their water and carbohydrate intake (and in some cases even take diuretics) to drain as much water as possible from between the muscles and skin. Do not attempt to work this out on your own. Seek professional help from a good Bodybuilding coach. Definition indicates the degree of muscularity brought about by the absence of subcutaneous body fat. Defined muscularity is necessary to fully display the development of the physique. Definition is only of value when it allows massively developed muscles to be displayed.

Symmetry and Balance:

While size and definition are important factors, an unbalanced body will be marked down. Overpowering legs, underdeveloped biceps, or mismatched deltoids can all obstruct a Bodybuilder's overall aesthetic. Symmetry can be achieved through training. Although, in its strictest definition, symmetry indicate equal development of muscularity on both right and left sides of the physique.

Proportion: Implies an even balance of muscular development in comparison to each muscle group. Theoretically, a "strong body part" can be just as damaging as a "weak body part". Competitors must strive for equal development between all muscle groups. Stage Presence and Posing: This includes the quarter turns, compulsory posing routine and individual posing routine. Judges will look at the general appearance such as skin tone, grooming, charisma, and poise. Effective stage presentation is essential to display the physique to its maximum potential. Bodybuilding posing needs to be practiced as much as the other components of the competitor's competition plan. Holding the poses on stage is exhausting — the competitor should be "posing fit". It immediately becomes obvious which competitors haven't practiced. They soon become out of breath and unable to hold the poses for long periods. Competitors must be able to rotate every pose slightly so the Judges sitting on each end of the judging table can see them from the front on. Stage heights will vary but most are around one meter, when a Judge is seated their eye-level will be somewhere around the level of your toes. Direct your poses downward toward the Judges and audience but not so far forward that you lose the lighting, and you become lost in shadow.

When performing rear poses (back to the Judges), arch your lower back and lean backward slightly, again not too far to distort the pose or lose the light.

The following divisions are available for Men's Bodybuilding:

- Men's Bodybuilding Under 75kg.
- Men's Bodybuilding Over 75kg.
- Juniors Men's Bodybuilding 16 up to 18 (natural).
- Juniors Men's Bodybuilding 18+ to 23.
- Master's Over 40 Bodybuilding.
- Master's Over 50 Bodybuilding.
- Men's Bodybuilding Lightweight - up to including 70kg.

- Men's Bodybuilding Middleweight - up to including 80kg.
- Men's Bodybuilding Light Heavyweight - up to including 90kg.
- Men's Bodybuilding Heavyweight – up to including 100kg.
- Men's Bodybuilding Super Heavyweight - over 100kg.

The competitor should focus on developing a physique that can weigh in close to the limit of his chosen weight category.

Attire:

A one colour posing trunk, no patterns or imprints allowed (the focus is not to distract the Judge) Colour, fabric and texture will be the competitor's preference; The trunks will cover at least $\frac{3}{4}$ of the glutes. The side of the trunk should be at least 1cm in width.

No jewellery other than a wedding band permitted.

Stepping on stage:

Competitors will enter the stage in numerical order; The competitor will "stand hard" facing the Judges; The Chief Judge will decide whether the athletes will line up in a single line-up or two equal size groups.

Round 1:

Quarter Turn instructions:

Quarter Turn Right: Relaxed stance, head and eyes facing the same direction as the body, heels together, knees together and unbent, stomach in, chest out, shoulders back, left arm hanging relaxed and slightly back from the centreline of the body with a slight bend at the elbow. Thumbs and fingers together, palm facing the body and hand slightly curved inwards. The position of the arms will cause the upper body to twist slightly to the left, with the left shoulder lowered and the right shoulder raised.

Quarter Turn Back: Relaxed stance, head and eyes facing the same direction as the body, heels together, feet inclined outward, knees together and unbent, stomach in, chest out, shoulders back, both arms hanging relaxed at the side of the body, elbows slightly bent, thumbs and fingers together and palms facing the body.

Quarter Turn Right: Relaxed stance, head and eyes facing the same direction as the body, heels together, knees together and unbent, stomach in, chest out, shoulders back, right arm hanging relaxed and slightly back from the centreline of the body with a slight bend at the elbow. Thumbs and fingers together, palm facing the body and hand slightly curved inwards. The position of the arms will cause the upper body to twist slightly to the right, with the right shoulder lowered and the left shoulder raised.

Quarter Turn Front: Relaxed stance, head and eyes facing the same direction as the body, heels together, feet inclined outward, knees together and unbent, stomach in, chest out, shoulders back, both arms hanging relaxed at the side of the body, elbows slightly bent, thumbs and fingers together and palms facing the body, hands slightly curved inwards, tips of fingers resting lightly on the hips.

Round 2:



Eight compulsory poses for the Bodybuilding division:

- Front Double Bicep.
- Front Lat Spread.
- Side Tricep.
- Back Double Bicep.
- Back Lat Spread.
- Side Chest.
- Abdominals and Thigh.

·Most muscular.

Description of the eight compulsory poses:

-Front Double Bicep: Facing the Judges, the competitor will raise both arms to his shoulder level and bend the arms at the elbows. Clench the hand and turn downward to cause contraction of the biceps and forearms muscles, this is what the Judges will be judging. The competitors should however attempt to contract as many other muscles as possible as the Judge will assess the competitor from head to toe. There should be full development in the muscle and a defined split between the anterior and posterior section of the biceps. The Judges will look for muscle density, definition, and overall balance.

-Front Lat Spread: Facing the Judges, the competitor should place his open hands or clenched fist, against or gripping his lower waist or obliques and will expand the latissimus muscles. The competitor should however attempt to contract as many other muscles as possible. The Judges should see if the competitor can spread the latissimus muscles creating a V-shaped torso. Shoulders should be wider than hips.

At no stage should the competitor pull his posing trunk to show the inside of the quadriceps. The focus is on the latissimus muscles however the Judges will look at various muscle groups.

-Side Chest: The competitor should display his stronger / better arm. The competitor will stand with his chosen side towards the Judges and will bend his arm to an angle position, with his fist clenched and with his other hand he will grip his wrist. Raise the heel that is closest to the Judges and place the toes in the arch of your rear foot. Sit down slightly and tighten the legs, pressing the front toes into the floor. The leg facing the Judges will be bent. The competitor will expand his chest by upward pressure of the front bent arm and contract the biceps. Lean slightly toward the Judges. The competitor should contract as many muscles as possible and extra attention is given to the calf muscles. The Judge will be able to assess the thigh and quad development.

-Rear Double Bicep: "Competitions are won from the back". The back is made up of many muscles and this pose is meant to show this. Facing the back of the stage the competitor will bend his arms and wrists as in the Front Double bicep pose. He will place one foot back, resting on his toes. The competitor will contract his arm muscles as well as his shoulder muscles. The competitor will be able to showcase his upper and lower back, thigh, and calf muscles as well. The Judge needs to assess the competitor's arms and then the rest of his body. This pose will help the Judge assess the quality of the competitor's muscle density, definition, and balance. Don't squeeze your shoulder blades together. Spread your lats as wide as possible.

-Back Lat Spread: Facing the back of the stage, the competitor will place his hands on his waist with his legs apart. The competitor will contract the latissimus dorsi as wide as possible. This is a chance for the competitor to flex his calves again. The competitor should not pull his posing trunks to show his gluteus muscles. The Judges will look for muscle density and a full body assessment. Fill your chest with air to make your back as wide as possible.

-Side Tricep: This pose focuses on the triceps muscles and how the chest and shoulder tie into one another. The competitor should choose his better arm. He will stand with chosen side towards the Judges and will place both arms behind his back. The competitor could link his fingers or grasp the front arm by the wrist or his other hand. The competitor will put pressure against his front arm causing the triceps muscles to contract.

The competitor should however attempt to contract as many other muscles as possible as the Judge will assess the competitor from head to toe. Sit down slightly and tighten the legs.

This position will focus on the calf and thigh muscles as well. The competitor must be sure to keep their abs flexed and controlled. Rotate as much as possible for the Judges furthest at the table to see this pose as well.

-Abdominal and Thigh: This pose emphasizes lat width and the competitor's V taper. The competitor will place his hand behind his head, fingers interlocked, or hands slightly turned inwards. The competitor will crunch his abdomen, extending one leg facing forward and pull the toes back. The competitor will contract the thigh muscles of his legs. Remember to blow out as much air as possible. Keep the appraised elbow in close to the head.

-Most Muscular: The competitor should face the Judges with legs slightly apart. All front-facing muscles should be showcased.

There are three options when the Chief Judge calls for the Most Muscular pose.

The aim is to flex as much of your body as possible. Your choice will depend on what body parts you wish to accentuate.

- 1.The first option is the hands-on hips Most Muscular pose.
- 2.The second posing option is the hands clasped Most Muscular.
- 3.The third Most Muscular option is the crab.

This manual and criteria acts as a guide for Judges and Athletes to better understand the Division's and Criteria's.

Our goal is to give all IBFF Worldwide™ Tm Members and athletes a clear Understanding of the Criteria's and Divisions.

Should there be any uncertainty or questions pertaining to this manual feel free to contact the Chief Judge.



Chief Judge

Nico Koster

Cell: 0711734628

Email: nico.koster26@gmail.com

Or

Marko Prinsloo

Cell: 0838249656

Email: info@nexilent.co.za

Above Manual has been vetted, approved, and signed off by

Nico KosterArnie Williams

Chief Judge South AfricaWorld President

Marko PrinslooAlan Griezel

Chief Judge South AfricaAll Africa President

CRITERIA MANUAL 2025

IBFF Worldwide™ - Divisions.....

General Notes for Athletes.....Female
Division Criteria.....

Female Development

(Bikini).....6351484236302317575433116543

CO

CONTENTS

Miss

Wellness.....Bikini.....
.....

Miss Fitness.....Sports
Model.....Bikini
Fitness.....

Ladies Bodybuilding.....Miss
Physique.....

Mr Muscle Model.....Mr Fitness
Model.....

Classic Physique.....Mr
Physique.....

Bodybuilding.....
.....

Female Division Criteria