



INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS (IFBB)

IFBB RULES SECTION 4: WOMEN'S FITNESS

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Article 1 – Introduction

Women's Fitness was officially recognized as a new sport discipline by the IFBB Executive Council and IFBB Congress on December 03, 1995 (Guam, USA).

1.1 General:

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

1.2 Rules:

Certain administrative and technical rules that appear in Section 1: General Rules are the same for Women's Fitness and therefore, are not repeated in this section.

Article 2 – Responsibilities of Organizers to Athletes and Delegates

2.1 Responsibilities:

The Organizer of the World Championships will undertake to cover the cost of double-occupancy accommodations and meals (breakfast, lunch and dinner) for competitors and delegates as follows:

1. World Fitness Championships (included Women's and Men's Fitness, Women's Physique, Women's Bodyfitness, Women's Bikini Fitness, Women's Wellness Fitness, Mixed Pairs):

For four days (three nights) according to the following scale:

- a. Three or more competitors - Two delegates
- b. One or two competitors - One delegate

Note 1: *A maximum allowable number of participating competitors per National Federation is unlimited.*

Note 2: *Delegates without athletes, extra delegates and supporters will have to pay for the Full Package Special Rate.*

Note 3: *Upon agreement between the IFBB and the Organizer, one additional category may be opened for competition.*

2. World Junior Bodybuilding and Fitness Championships:

For four days (three nights) according to the following scale:

- a. Three or more competitors - Two delegates
- b. One or two competitors - One delegate

Note 1: *A maximum allowable number of participating competitors per National Federation is unlimited.*

Note 2: *Delegates without athletes, extra delegates and supporters will have to pay for the Full Package Special Rate.*

Note 3: *Upon agreement between the IFBB and the Organizer, one additional category may be opened for competition.*

5. The Children Fitness rules are available in Section 10.

Article 3 – Categories

3.1 Categories:

Women's Fitness competition at the World Championships is open in the following categories:

- 1. There are two categories in Women's Fitness world-level competitions, currently as follows:
 - a. Class A: Up to and incl. 163 cm
 - b. Class B: Over 163 cm

2. There are three categories in Junior Women's Fitness world-level competitions, currently as follows:

- 16 to 20 years of age inclusive:
 - a. One open category
- 21 to 23 years of age inclusive:
 - a. Class A: Up to and incl. 163 cm
 - b. Class C: Over 163 cm

3. A category can only be run if there are not less than 5 athletes. If less than 5 athletes, the category will be combined with the next taller class, wherever possible.

In case of categories with less than 5 competitors, no titles and medals will be awarded and no points to the IFBB World Ranking will be counted (*more details in General Rules, Art. 11.33*).

Article 4 – Rounds

4.1 Rounds:

Women's Fitness will consist of the following five rounds:

1. Prejudging: Elimination Round (Quarter Turns)
2. Prejudging: Round 1 (Fitness Routines)
3. Prejudging: Round 2 (Quarter Turns, Comparisons in Quarter Turns)
4. Finals: Round 3 (Fitness Routines)
5. Finals: Round 4 (Quarter Turns x 2)

Article 5 – Prejudging: Elimination Round

5.1 General:

A time-table for prejudging in each category should be published after the Official Athlete Registration. In order to give themselves time to warm up and change into their posing attire, competitors should be in the backstage warm-up area at least 45 minutes prior to the start time of the judging of their category. All competitors will be solely responsible for ensuring that they are present and prepared to compete when their category is called onstage failing which they may be eliminated from the competition.

5.2 Elimination Round Procedures:

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

1. The entire line-up is brought onstage, in numerical order and in a single line or two lines, if necessary.
2. The line-up is divided into two equal-size groups and is positioned onstage so that one group is to the left of the stage; the other group is to the right of the stage. The center portion of the stage is left open for comparison purposes.
3. In numerical order, and in groups of not more than eight competitors at a time, each group is directed to the center-stage area to perform the four quarter turns.
4. The IFBB Chief Judge or Stage Director will direct the competitors through the four quarter turns, which are:
 - a. Quarter Turn Right
 - b. Quarter Turn Back
 - c. Quarter Turn Right
 - d. Quarter Turn Front

Note 1: Detailed description of the Women's Fitness quarter turns provided in **Appendix 1** to this Section.

Note 2: Competitors will not chew gum or any other products while onstage.

Note 3: Competitors will not drink any liquids while onstage.

5. On completion of the quarter turns, the entire line-up is reformed into a single line, in numerical order, before exiting the stage.

Article 6 – Prejudging: Attire for Elimination Round, Round 2 and Round 4

6.1 Attire for Elimination Round, Round 2 and Round 4:

The attire for Elimination Round, Round 2 and Round 4 (Two-Piece Bikini) will conform to the following criteria:

1. The bikini will be opaque two-piece in style.
2. The colour, fabric, texture, ornamentation and style of the bikini as well as the colour and style of the high-heels will be left to the competitor's discretion, except as indicated in the below.
3. Platform shoes are no longer allowed. Sole thickness of the high-heels may have maximum of 1 cm and stiletto height may have maximum of 12 cm.
4. The bikini bottom will cover a minimum of ½ of the gluteus maximus and all of the frontal area. The bikini must be in good taste. Strings are strictly prohibited.
5. The attire will be inspected during the Official Athlete Registration.

6.2 The hair may be styled.

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

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

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

Article 7 – Prejudging: Scoring of the Elimination Round

7.1 Scoring of the Elimination Round

1. At this time, the judges will be assessing the overall physique for the degree of athleticism, proportions and skin tone. The scoring for the Elimination Round will proceed as follows:

2. If there are more than 15 competitors, the judges will select the top 15 by placing an "X" beside their numbers, using Form 1, entitled "Elimination Round (Judges)". IFBB Chief Judge decides if the Elimination Round will be necessary.

3. Using Form 2, entitled "Elimination Round (Statisticians)", the statisticians will transcribe the judge's selections onto this sheet and will then tally the judge's scores to select the top 15 competitors.

4. If there is a tie between two or more athletes fighting to enter the top 15,

the tied athletes will be brought back onstage, and the judges will perform a reassessment of the four quarter turns to break the tie.

5. Only the top 15 competitors will advance to Round 1, if the Chief Judge didn't decide to allow more competitors to enter the Semifinals.

Article 8 - Attire for Round 1 and Round 3 (Fitness Routine)

8.1 Attire for Round 1 and Round 3:

The attire for Round 1 and Round 3 will conform to the following criteria:

1. Competitors may dress as they deem appropriate in order to perform their routines, except as detailed below.

2. G-strings are strictly prohibited. G-strings cannot be worn on top of leotards, fishnet stockings, or tights. Also, G-strings cannot be worn underneath a skirt or other type of outerwear so as to reveal the buttocks while the competitor is moving around onstage. The bikini bottom must cover a minimum of ½ of the buttocks during the whole routine.

3. Sport footwear may be worn, at the discretion of the competitor.

8.2 Provided Point 2 is respected, a competitor may remove an article of clothing (e.g. coat, jacket, shirt, pants) if the removal of said article is performed in a tasteful manner.

8.3 The routine attire will be inspected during the Official Athlete Registration and backstage before the competitor is allowed onstage. If the routine attire does not meet IFBB standards, the competitor will be given five (5) minutes to comply, failing which the competitor will be disqualified.

8.4 National Federations and head delegates are responsible for making sure that their fitness athletes are fully aware of the IFBB Rules as detailed in this Section.

8.5 Any questions concerning posing attire must be brought to the attention of the IFBB Chief Official or IFBB Chief Judge during the Official Athlete Registration.

Article 9 – Prejudging: Presentation of Round 1

Round 1 may not be held if there are 6 or less competitors in a category. Decision will be made by the Chief Judge and will be announced after the Official Athlete Registration and will be included in the Running Order.

9.1 Round 1 procedure:

Round 1 will proceed as follows:

1. Each competitor will be called onstage in numerical order to perform a fitness routine to music of her own choice, the length of which will be up to a maximum of 90 seconds.

2. Each competitor will be introduced by number, name and country.

3. For safety reasons, the use of body oil in the routine round is strictly prohibited.

4. The use of props is limited*.

**Note 1: Except as otherwise noted herein, a competitor, and/or other person or persons, shall not carry or otherwise transport any object, device or item onstage or offstage, whether before, during or after a routine. A competitor shall be allowed a small item, either worn or handheld, that will be considered part of the competitor's costume e.g. hat, ball, cane, ribbon, umbrella. Any item that is discarded during the routine must be removed by the competitor as she exits the stage without causing any delay in the competition. Competitors must declare all props at the Official Registration.*

5. No competitor will use any device that would leave material on the stage platform that would 1) presented a safety hazard to other competitors, and/or 2) require that the stage platform be cleaned or repaired before further use.

6. A competitor must enter and exit the stage to perform the routine without the

assistance of any other person or persons e.g. cannot be carried onstage.

Article 10 - Prejudging: Scoring of Round 1

10.1 Scoring of Round 1:

The scoring for Round 1 will proceed as follows:

1. Using Form 3, entitled "Judge's Individual Placings (Prejudging)", each judge will place the athletes from 1st to 15th, ensuring that no two or more competitors receive the same placing. The judges may use Form 4, entitled "Judge's Personal Notes" to record their assessment about each competitor and to write notes about the athletes.
2. The statisticians will collect Form 3 from the judges and will then transcribe the judge's placings onto Form 5, entitled "Score Sheet (Statisticians)", under Round 1. They will then discard two highest and two lowest scores (if nine judges) or one highest and one lowest (if less than nine judges) for each competitor and will add up the remaining five scores to produce a "Round 1 Subscore".
3. Should a tie occur in the "Round 1 Subscore", the tie need not be immediately broken since the "Round 1 Subscore" must be added to the "Round 2 Subscore" to produce a "PREJUDGING SCORE".

Article 11 - Prejudging: Assessing Round 1

11.1 Assessing of Round 1:

Round 1 will be assessed using the following criteria:

1. Each judge will assess the routine with a view towards tempo, strength, flexibility, style, personality, athletic coordination and overall performance. Judges will also look for competitors who perform strength and flexibility moves, as well as gymnastic moves. The routine may include aerobics, dance, gymnastics or other demonstrations of athletic talent. There are no required moves.
2. The judges are reminded that, during this round, they are judging ONLY the fitness routine and NOT the physique. More details in **Appendix 2** to this Section.

Article 12 – Prejudging: Presentation of Round 2 (Quarter Turns)

Round 2 may not be held if there are 6 or less competitors in a category. Decision will be made by the Chief Judge and will be announced after the Official Athlete Registration and will be included in the Running Order.

12.1 Presentation of Round 2:

The procedures for Round 2 will be as follows:

1. The entire line-up is brought onstage, in numerical order and in a single line. Each semifinalist will be introduced by number, name, and country. Decision will be made by the Chief Judge, who will inform the Master of Ceremony or the Announcer.
2. The line-up will be divided into two equal-size groups and will be positioned onstage so that one group is to the left of the stage; the other group is to the right of the stage. The center portion of the stage will be left open for comparison purposes.
3. In numerical order, and in groups of no more than ten competitors at a time, each group will be directed to center-stage area to perform the four quarter turns. Detailed description of the Women's Fitness quarter turns provided in **Appendix 1** to this Section.
4. This initial grouping of competitors and performance of the quarter turns is intended to assist the judges in determining which competitors will take part in the comparisons that follow.

5. All judges submit their individual propositions for the first comparison of the top five athletes to the IFBB Chief Judge. Based on them, the Chief Judge will form the first comparison. The number of athletes to be compared will be determined by the Chief Judge but no less than three and no more than ten competitors will be compared at any one time. Then the judges may be asked to submit individual propositions for the second comparison of the next five athletes, included competitors placing in the middle of the group. The IFBB Chief Judge will form the second and the next comparisons till all competitors will be compared at least once. The total number of comparisons will be decided by the IFBB Chief Judge.
6. All individual comparisons will be carried out center-stage.
7. Upon completion of the last comparison, all competitors will return to a single lineup, in numerical order, before exiting the stage.

Article 13 – Prejudging: Scoring of Round 2

13.1 Scoring of Round 2:

The scoring for Round 2 will proceed as follows:

1. Using Form 3, entitled “Judge’s Individual Placings (Prejudging)”, each judge will award each competitor an individual placing from 1st to the last, ensuring that no two or more competitors receive the same placing. The judges may use Form 4, entitled “Judge’s Personal Notes” to record their assessment about each competitor.
2. The statisticians will collect Form 3 from the judges and will then transcribe the judge’s placings onto Form 5, entitled “Score Sheet (Statisticians)”. They will then discard two highest and two lowest scores (if nine judges) or one highest and one lowest (if less than nine judges) for each competitor, will add up the remaining five scores to produce a “Round 2 Subscore” and a “Round 2 Place”. The competitor with the lowest subscore is awarded 1st place while the competitor with the highest subscore is awarded the last place.
3. Ties in the “Round 2 Subscore” need not be immediately broken as the “Round 2 Subscore” will be added to the “Round 1 Subscore” to produce a “PREJUDGING SCORE” and “PREJUDGING PLACE”.
4. Should a tie occur in the “PREJUDGING SCORE”, the tie will be broken using the “Round 2 Subscore” first. If a tie still exists, it will be broken using the “Relative Placement Method” and the athlete’s Round 2 Subscores.

Note 1: *The Relative Placement Method procedure:*

Each individual judge’s scores for the tied athletes will be compared on a column-by column basis with a dot being placed on top of the number for the athlete with better placing. All nine regular panel judge’s scores (except alternative judges) will be included in the tie breaking calculations. The number of dots will be tallied for each of the tied athletes. The athlete with the greater number of dots will be declared the winner of the tie and will then receive the better placing.

5. The scores for the Prejudging will be used to place the top 15 competitors from 1st place to the last place. The top 6 competitors from the Prejudging will advance to the Finals and will start the Finals with zero points.
6. The top 6 finalists will be announced just after the Prejudging.

Article 14 – Prejudging: Assessment of Round 2

14.1 Assessment of Round 2:

In general, the assessment of women’s physique in Women’s Fitness are based on the same criteria like in Women’s Bodyfitness:

1. The judge should first assess the overall athletic appearance of the physique. This assessment should begin at the head and extend downwards, take the whole physique into account. The assessment, beginning with a general impression of the physique, should take into consideration the hair and makeup, the overall athletic development of the musculature; the presentation of a balanced, proportionally and symmetrically developed physique; the condition of the skin and the skin tone; and the athlete's ability to present herself with confidence, poise and grace.
2. The physique should be assessed as to its level of overall muscle tone, achieved through athletic endeavours and diet. The muscle groups should have a round and firm appearance with a small amount of body fat. The physique should neither be excessively muscular nor excessively lean and should be free from deep muscle separation and/or striations. Physiques that are considered either too muscular or too lean must be marked down.
3. The assessment should also take into consideration the tightness and tone of the skin. The skin tone should be smooth and healthy in appearance, and without cellulite. The hair and makeup should complement the "Total Package" presented by the athlete.
4. The judge's assessment of the athlete's physique should include the athlete's entire presentation, from the moment she walks onstage until the moment she walks offstage. At all times, the female fitness competitor must be viewed with the emphasis on a "healthy, fit, athletic looking" physique, in an attractively presented "Total Package".
5. Judges are reminded that this is not a Women's Physique contest. The competitors should have shape to their muscle but not extreme in size, definition or vascularity. Any competitor who exhibits these features is to be marked down. More details in **Appendix 1** to this Section.

Article 15 – Finals

15.1 Procedures:

The top six athletes from the Prejudging advance to the Finals, which consists of two rounds as follows:

1. Round 3: Fitness Routine.
2. Round 4: Quarter Turns.

Article 16 - Finals: Attire for Round 3 (Fitness Routine)

16.1 The attire for Round 3 must conform to the same criteria as described in Article 8. **Note:** *Competitors may use a different costume that in Round 1; however, it must still conform to the standards of taste and decency as described in Article 8.*

Article 17 - Finals: Presentation of Round 3

17.1 The procedures for conducting Round 3 are as follows:

1. The top 6 finalists, wearing their fitness routine attire, will be called onstage, individually and in numerical order, to perform their individual fitness routines to their own choice of music, the length of which shall be up to a maximum of 90 seconds.
2. Each competitor is to be introduced by number, name and country.
3. Assessing of Round 3 (Fitness Routines) according to Article 11; however, the judges must be mindful of the fact that a competitor may present a different condition in the finals compared to the Prejudging. Therefore, judges must ensure that this round is judged from a "fresh" perspective, ensuring that all competitors receive fair assessment based upon their presentation in this round.
More details in **Appendix 2** to this Section.

Article 18 - Finals: Scoring of Round 3

18.1 The scoring of Round 3 is carried out as follows:

1. The judges, using Form 6, entitled "Judge's Individual Placings (Finals)", and using the same criteria for judging as used during the Prejudging Round 1, will place the competitors from 1st to 6th, giving no two athletes the same placing.
2. The statisticians will collect Form 6 from the judges and will then transcribe the judge's placings onto Form 5, entitled "Score Sheet (Statisticians)". They will then discard two highest and two lowest scores (if nine judges) or one highest and one lowest (if less than nine judges) for each competitor, and will add up the remaining five scores and will write the total under the column marked "Round 3 Subscore". Points from the Prejudging (Round 1 and Round 2) are not taken into consideration in the Finals. Each competitor begins the Finals with "zero points".
3. Should a tie occur in the "Round 3 Subscore", the tie need not be immediately broken as the "Round 3 Subscore" must be added to the "Round 4 Subscore" to produce a "FINAL SCORE".

Article 19 - Finals: Attire for Round 4 (Quarter Turns)

19.1 The attire for Round 4 must conform to the same criteria as described in Article 6. **Note:** *Competitors may use a different costume that in Round 2; however, it must still conform to the standards of taste and decency as described in Article 6.*

Article 20 - Finals: Presentation of Round 4

20.1 The procedure for conducting Round 4 is as follows:

1. The top six finalists are called onstage, in numerical order and in a single line formed in the center of the stage.
2. In numerical order, each competitor will be introduced by number, name and country.
3. The IFBB Chief Judge or Stage Director will direct the competitors, as a group, through the four quarter turns in numerical order and then in the reverse order.
4. On completion of the quarter turns, the competitors exit the stage.

Article 21 - Finals: Scoring of Round 4

21.1 The scoring of Round 4 is carried out as follows:

1. The judges, using Form 6, entitled "Judge's Individual Placings (Finals)", and using the same criteria for judging as used during the Prejudging, will place the competitors from 1st to 6th, giving no two athletes the same placing.
2. The statisticians will collect Form 6 from the judges and will then transcribe the judge's placings onto Form 5, entitled "Score Sheet (Statisticians)". They will then discard two highest and two lowest scores (if nine judges) or one highest and one lowest (if less than nine judges) for each competitor, and will add up the remaining five scores and will write the total under the column marked "Round 4 Subscore". Points from the Prejudging (Round 1 and Round 2) are not taken into consideration in the Finals. Each competitor begins the Finals with "zero points".
3. The statisticians will then add the "Round 3 Subscore" to "Round 4 Subscore" to produce a "FINAL SCORE" and "FINAL PLACE". Points from the Prejudging (Round 1 and Round 2) are not taken into consideration in the Finals. Each competitor begins the Finals with "zero points". The competitor with the lowest "FINAL SCORE" is awarded 1st place while the competitor with the highest "FINAL SCORE" is awarded 6th place.
4. Should a tie occur in the "Round 4 Subscore", the tie need not be immediately broken as

the “Round 4 Subscore” must be added to the “Round 3 Subscore” to produce a “FINAL SCORE”.

5. Should a tie occur in the “FINAL SCORE”, the tie will be broken using the “Round 4 Subscore” first. If a tie still exists, the “Relative Placement” method and the athlete’s “Round 4 Subscore” will be used (see Article 13, point 4).

Article 22 – Finals: Assessing of Round 4

22. 1 Round 4 is assessed using the same criteria as detailed in Article 14 (Quarter Turns). More details in **Appendix 1**.

The judges must ensure that this round is judged from a “fresh” perspective, ensuring that all competitors receive fair assessment based upon their body condition in this round.

Article 23 – Finals: The Awarding Ceremony

23.1 Awarding Ceremony:

The top 6 finalists will be called onstage to take part in the award ceremony. The Master of Ceremonies will announce the number, name and country of the competitor in 6th place and will continue to the competitor in the 1st place.

The President of the IFBB, or the top IFBB official at the contests, accompanied by the other official(s) invited by him to take part in this Ceremony, will present the IFBB Medals and/or trophies to the winners.

The national anthem (short version) of the country of the 1st place winner will be played immediately following his receipt of the 1st place award(s).

After the national anthem, the finalists are obliged to remain onstage for a brief period of time for photographic purposes, and to follow the IFBB Chief Judge or Stage Director commands. During the Awarding Ceremony, competitors are not allowed to display their country’s flag. Competitors are expected to accept their places, medals and/or awards and to take part in the Awarding Ceremony to its end (photo session). Competitor, who ostentatiously manifests his/her disapproval and/or leave the stage prior to the end of the Awarding Ceremony, may be disqualified.

Detailed description of the Awarding Ceremony is available in Section 1: General Rules, Article 16.

Article 24 – Overall Category and Award

24.1 In Women’s Fitness the Overall Category is conducted in:

- a. Senior Women’s Fitness (for a maximum of two champions)
- b. Junior Women’s Fitness (for a maximum of three champions)

24.1 The Overall Category will proceed as follows:

1. Immediately following the Award Ceremony for the last fitness category, the three category winners will be brought onstage in numerical order and in a single line, wearing their two-piece bikini and high heels.
2. The IFBB Chief Judge will direct the competitors through the quarter turns performed at the center of the stage, in numerical order and then in the reverse order.
3. On completion of the quarter turns, the competitors exit the stage.
4. The judges will use Form 6, entitled “Judge’s Individual Placings (Finals)”, to place each athlete either 1st or 2nd or 3rd.
5. The statisticians, using Form 5, entitled “Score Sheet (Statisticians)”, will tally the scores to produce an “Overall Category Score” and an “OVERALL CATEGORY PLACE”.
6. Should a tie occur in the “Overall Category Score”, the tie will be broken using the

“Relative Placement” to this category.

7. The “Overall Champion” will be announced and the IFBB Overall Trophy will be presented to her by the IFBB President or top IFBB official at the contest. The trophy will be supplied by the organizing National Federation.

Article 25 – Teams Classification Results and Award

25.1 Best National Teams:

The Best National Teams scoring includes:

- Top 2 Women’s Fitness athletes at the World Fitness Championships*
- Top 3 Junior Women’s Fitness athletes at the World Junior Championships*

**- If categories are combined, the best teams scoring includes as many top competitors as the number of categories.*

Detailed procedure of the Teams Classification calculations is available in Section 1: **General Rules, Article 18.**

The chief delegates or team managers of the top 3 countries will accept the awards on behalf of their countries.

Publication of the Final Results – according to Section 1: **General Rules, Article 19.**

APPENDIX 1

HOW TO ASSESS A WOMEN’S FITNESS COMPETITION

INTRODUCTION:

Judges are strongly reminded that they are judging a WOMEN’S FITNESS competition. The extreme muscularity, vascularity, muscular definition, and/or dieted leanness will not be considered acceptable if displayed by a fitness competitor and therefore, must be marked down.

GENERAL PRESENTATION:

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

When standing in the line-up, the competitors shall be warned against adopting a tense pose, like during performing of the quarter turns, displaying the muscularity.

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

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

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

On the IFBB Chief Judge command, competitors standing in the line-up should perform the Front Position.

QUARTER TURNS

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

Front Position:

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

10 cm out of the body, hands slightly cupped.

Quarter Turn Right (left side to the judges):

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

Quarter Turn Back:

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

Quarter Turn Right (right side to the judges):

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

Assessment of women's physique in the quarter turns

In general, the assessment of women's physique in Women's Fitness are based on the same criteria like in Women's Bodyfitness. The assessment, beginning with a general impression of the physique, should take into consideration the hair and makeup; the overall athletic development of the musculature; the presentation of a balanced, symmetrically developed physique; the condition of the skin and the skin tone; and the athlete's ability to present herself with confidence, poise and grace.

The physique should be assessed as to its level of overall muscle tone, achieved through athletic endeavours. The muscle groups should have a round and firm appearance with a small amount of body fat. The physique should neither be excessively muscular nor excessively lean and should be free from deep muscle separation and/or striations.

Physiques that are considered either too muscular or too lean must be marked down.

The assessment should also take into consideration the tightness and tone of the skin. The skin tone should be smooth and healthy in appearance, and without cellulite. The face, hair and makeup should complement the "Total Package" presented by the athlete.

The judge's assessment of the athlete's physique should include the athlete's entire presentation, from the moment she walks onstage until the moment she walks offstage. At all times, the fitness competitor must be viewed with the emphasis on a "healthy, fit, athletic" physique, in an attractively presented, impressive "Total Package".

APPENDIX 2

ASSESSMENT OF THE FITNESS ROUTINES

In this rounds, athletes perform a fitness routine to music selected by the competitor, the length of which shall not exceed 90 seconds.

Once again, the judge should consider the OVERALL IMPRESSION, that is, the entire routine from the moment the athlete presents herself onstage until the moment the athlete walks offstage. The judges are reminded that, during these Rounds, they are judging ONLY the fitness routine and NOT the physique. The judge should look for a well-choreographed and creative routine performed at a different tempo/speed. Although compulsory movements are not a requirement, the routine should include:

1. Elements of STRENGTH - for example, straddle hold, leg extension hold, hand stands, planche and/or one-arm pushups (gymnastic movements such as front and back flips, handsprings, and cartwheels are not considered strength elements). The number of strength moves, their degree of difficulty, and the overall creativity of the moves should be considered in the judging of the routine.
2. Elements of FLEXIBILITY – for example, high kicks, bridges, nuts, front and back walkovers, side splits, and/or front splits. The number of flexibility moves, their degree of difficulty, and the overall creativity of the moves should be considered in the judging of the routine.
3. Elements of POWER – dynamic elements like high jumps, front and back flips, handsprings, aerial cartwheels, aerial walkovers, round offs, split leaps. These moves require perfect technique and should be taking into account assessing the difficulty of the routine.
4. The SPEED or tempo of the routine demonstrates a degree of cardiovascular fitness, stamina, and endurance. For example, if two routines contain the same type and number of strength, flexibility and power movements, the routine that is performed at a faster tempo is the more difficult to achieve so long as the movements are correctly performed.

Routines based on the gymnastics moves only should be marked down. Once again, the judge must always consider the “Total Package” and not just the sum of the individual movements. There is a component - an element of “showmanship”, which competitors bring to a fitness routine that is unique to them and creates the overall impression. This is their personality, charisma, stage presence and charm, as well as a natural rhythm that should play a part in the final placing of each competitor.

APPENDIX 3

PICTURES OF QUARTER TURNS

1. Front Position:



2. Quarter Turn Right (left side to the judges):



3. Quarter Turn Back:



4. Quarter Turn Right (right side to the judges):

