



BBSA/IFBB

CRITERIA

LADIES BEACH BIKINI

2019





LADIES BEACH BIKINI DIVISION

The Beach Bikini division is a local division only in South Africa for women between the ages of 18 and 35 years of age. This division is for women who keep their bodies fit and healthy and have a pleasing balanced bikini body.

She keeps her body in shape by keeping fit and eating healthy naturally. The contestant's physique must have the following criteria:- the physique must be toned, with the emphasis being placed on a well-proportioned physique with a healthy overall physical appearance which is essential. The contestants must not appear to be over-dieted and must appear to be athletic and firm. Balance of the upper and lower body is important. The girl should present herself in a healthy and attractive total package.

She needs to be toned, *with softer lines than the fitness bikini division*. It is important for the girls to know that she needs to be athletic and firm in her appearance. Her midsection needs to be tight but with no visible abdominal muscles, the athlete's abdominals need to be flat and tight. The judges will take into consideration her proportions which need to be balanced and her athletic appearance. Being too tight and too lean is not what the Judges will be looking for. She needs to be comfortable with who she is and with her body – and she must bring her personality with style and in good taste.

The following will be taken into consideration

- Exhibit a natural, wholesome appearance;
- Overall figure tone with soft lines;
- The presentation of a healthy, balanced & symmetrical figure;
- She cannot appear to be too thin and tight;
- Femininity;
- Complexion;
- Hair and makeup;
- Poise and grace;
- Confidence;
- Overall presentation;

The categories available

This division include female athletes between the ages of 24-35 years:\

- **Junior under 23 years one line up**
- Up to and including 163cm
- Over 163cm





The attire and other general requirements

The athletes will wear a two-piece bikini and will conform to the following criteria:

- The bikini will be opaque two-piece in style. 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. There are no limitations on rhinestones or 'bling' on the bikini. The sole thickness of the high-heels will have a maximum of 1cm and the stiletto height will be a maximum of 12cm.
- For bikini sizes and shoe styles please see "**Section Five**" at the end of this manual.
- Platform shoes are not allowed.
- The bottom of the suit must be V – shaped. No thongs/G-strings are permitted.
- All swimsuits must be in good taste, and the top must cover areas adequately and bottom a 1/3 of the gluteus maximus and all of the frontal area.
- Competitors must wear high heels to complement their costume choice (i.e. pretty open sandals or closed pump style shoes).
- Competitors may wear jewellery.
- Hair should be styled appropriately.
- Make up should be applied tastefully (and more naturally).
- The competitors may use tan, but not use oils or sparkles/glitter – she must have the appearance of a wholesome, fit, and "naturally tanned" beach body. The athlete must wear her bikini and shoes at weigh in.

There are two rounds for this division – the competitor must perform the mandatory quarter turns in Round One and the I-Walk in Round Two the ladies will wear the same attire for each round.

Presentation of the round one

Round one

- The entire category will be called onto the stage in a single line in numerical order.
- Competitors will walk onstage in a single line in number sequence and stand in a relaxed position.
- The relaxed position comprises of one leg to the side and the opposite hand on the hip.
- If there are four girls or more, the line will be divided into two equal groups and will be positioned so that one group is to the left of the stage and the other group to the right of the stage – leaving a small gap in the middle, standing in the relaxed position.
- The girls will then be called to perform the following four quarter turns – each will be held for approx. 30 seconds. The quarter turns are described as per below.

Quarter turn right

Quarter turn back

Quarter turn right

Quarter turn front





- If there are four girls or more, judges may submit requests for comparisons and all comparisons will be carried out in the centre of the stage.
- All girls will then walk in a circle at least once on the stage and then leave.

Presentation of round two

- The athletes will then return one by one at a time and perform their I-walks.
- The I-walk consists of the following:
 - She will walk onto the stage, keeping close to the back of the stage until she reaches the middle of the stage. She will stop and do a front stance. Then she will walk straight to the centre of the stage, do a front and back stance, and walk to the back of the stage to get in line with the other competitors who finished their walks.
 - The competitor may not pose in any fashion that is bodybuilding related.

Finally, the entire line up will be called back on to stage and face the Judges.

- The judges will now have an opportunity to call on any comparisons.
- A maximum of three girls can be called at one time for a comparison.

These girls will step out in front of the rest of the line to middle of stage – and stand facing the judges. The Chief Judge will call for a full turn and the girls will turn to face backstage. After holding for a while, the Chief Judge will once again call for a full turn and the girls will turn to face the judges again

- There will be no posing, no extreme tensing of bodies or holding the arms up and away from sides of the body.
- All of the athletes will then leave the stage.

Judges assessment of the two rounds

- Competitors will be judged wearing a two-piece swimsuit and heels.
- Judges will be scoring competitors on the following items:
 - Balance and Shape
 - Overall physical appearance
 - Symmetry
 - Natural, wholesome appearance
 - No excessive dieting – softer lines
 - Complexion
 - skin tone



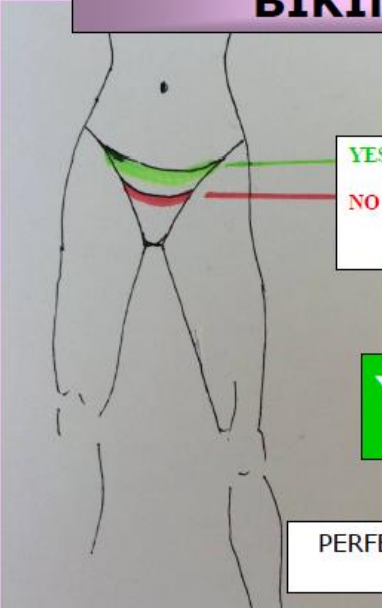


- poise and grace
- Hair and make up
- Confidence
- Femininity
- Personality
- Overall presentation



LADIES BIKINI SIZES AND SHOE STYLES



BIKINI SIZES




YES – This is in line with the IFBB Bikini standard


NO – This is too small and the athlete will be ask to change her bikini


YES


PERFECT BIKINIS IN SHAPES AND SIZES






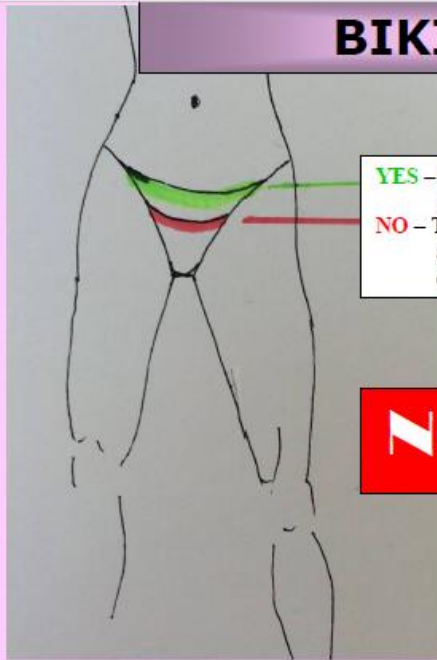


YES





BIKINI SIZES



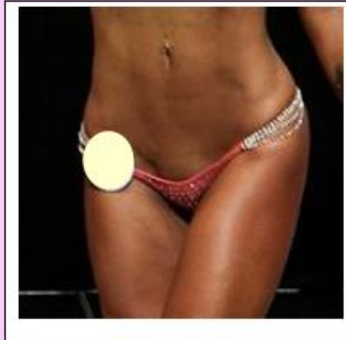
YES – This is in line with the IFBB Bikini standard
NO – This is too small and the athlete will be asked to change her bikini



NO



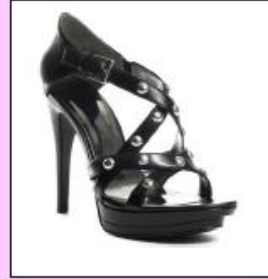
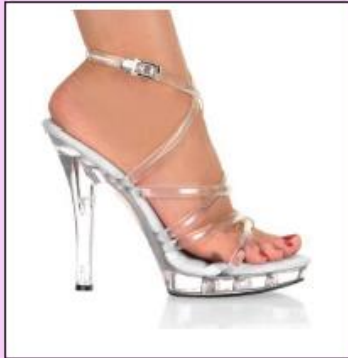
These are examples of Bikinis that are TOO small. The athlete will be asked to change her Bikini or will not be allowed to go on stage.



NO



SHOE STYLES



So even if the sole is 7mm thick at the beginning of the sole (the toe part), but is 15mm thick at the end of the sole (the ball of the foot part), it is classed as a platform.

