



**BBSA/IFBB**

**CRITERIA**

**LADIES BIKINI  
FITNESS**

**2019**





## **LADIES BIKINI FITNESS**

The IFBB SA has established the need for “an in between division” called FITNESS BIKINI for the girls that are not quite BEACH.

For the Fitness Bikini athlete balance of the upper and lower body is important, the athlete should present herself in a healthy and attractive total package. She needs to be comfortable with who she is and with her body – and she must bring her personality. The assessment should take the whole physique into account. The assessment will start beginning with a general impression of the physique, should take into consideration the hair and facial beauty; the overall body development and shape; the presentation of a balanced, symmetrically developed, complete 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 body tone, achieved through athletic endeavours and diet. The body parts should have a nice and firm appearance with a decreased amount of body fat. The physique should neither be excessively muscular nor excessively lean and should be free from muscle separation and/or striations. Physiques that are considered too muscular, too hard or too lean must be marked down.

The assessment should also take into consideration the tightness and tone of the skin. The skin should be smooth and healthy in appearance, and without cellulite. The face, hair and makeup should complete the ‘total package” presented by the athletes.

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 Bikini-fitness competitor must be viewed with the emphasis on a healthy and fit physique, in an attractively presented “Total package”.

Judges are reminded that this is not a bodybuilding contest. The competitors should have shape to their muscle but not the separation, definition, very low body fat level or hardness that is seen in the body fitness competitors. Any competitor who exhibits these features is to be marked down.

This division is for the girl who has a fit and firm appearance.

### The following will be taken into consideration

- Overall figure tone
- The presentation of a healthy, balanced & symmetrical figure
- She cannot appear to be too lean and tight
- Femininity
- Complexion
- Hair and make up
- Poise and grace
- Confidence
- Overall presentation





### The categories available

New categories came through from IFBB International as follows:

- Up to and including 158cm
- Up to and including 160cm
- Up to and including 162cm
- Up to and including 164cm
- Up to and including 166cm
- Up to and including 169cm
- Up to and including 172cm
- Over 172cm
- **Over 35 years Class A: Up to and incl. 163 cm**
- **Over 35 years Class B: Over 163 cm**
  
- **Over 40-year one line up to 44 years of age inclusive One open category**
  
- **45 years of age and over: One open category**

### 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.
- Platform shoes are not allowed.
- For bikini sizes and shoe styles please see "**Section Five**" at the end of this manual.
- The bottom of the suit must be V – shaped. No thongs/G-strings are permitted. At least 30% of the buttocks should be covered as well as the lowest part of the abdominal.
- All swimsuits must be in good taste.
- 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.

Selecting a bikini costume for yourself, take into consideration your body's proportions. If your torso is longer than average do not choose a very small (low in abdominal part) bottoms as this will give the appearance of elongating your torso making it appear even longer. Most women look good in medium size and style bottoms. Smaller (lower in the abs region) bottoms might be considered by women with short torsos, which is rather rare. If you have shorter legs, choose a swim suite bottom which has straps that sit higher on your hips, as this will give the appearance of a longer leg. If you have long legs use a swim suit bottom that sits lower on your hips as this will give the illusion of a shorter leg.

There are two rounds for this division

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.

#### Judges assessment of the two rounds

- Competitors will be judged wearing a bikini and heels.
- Judges will be scoring competitors on the following items:
  - Balance and Shape
  - Overall physical appearance
  - Symmetry
  - Conditioning without the excessive defined muscle groups or separation of muscle or striations
  - Low body fat
  - Complexion
  - Skin tone
  - Poise and grace
- Hair and make up
- Confidence
- Femininity
- Personality
- Overall presentation

#### Quarter turn instruction

**Quarter turns in Bikini Fitness should be performed according to the following detailed description:**





## **QUARTER TURNS**

Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score. Performing each quarter turn, competitors will stand motionless.

### **Front Position:**

Competitors will stand erect, head and eyes facing the same direction as the body, with one hand resting on the hip and one leg slightly moved to the side. Second hand hanging down along the body, slightly out of to the side, with open palm and straight, aesthetically configured fingers. Knees unbent, stomach in, chest out, shoulders back.

### **Quarter turn right (left side to the judges):**

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 straight, aesthetically configured fingers. 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 will stand back to the judges. They will stand straight, not leaning the upper body forward. With one hand resting on the hip and one leg slightly moved to the side. Second hand hanging down along the body, slightly out of to the side, with open palm and straight, aesthetically configured fingers. 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 (right side to the judges):**

Competitors will do the next quarter turn to the right and will stand their 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 holds down and slightly back from the centreline of the body, with open palm and straight, aesthetically configured fingers. Right hip slightly raised, right leg (nearest the judges) slightly bent in the knee, and right foot moved forward a couple of centimetres, resting on the toes.









**Beach Bikini VS Bikini Fitness:**



**LADIES BIKINI SIZES AND SHOE STYLES**

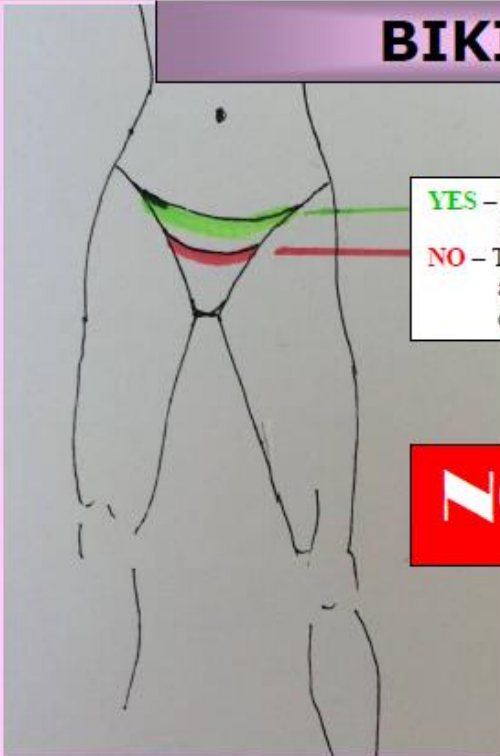
BIKINI SIZES

**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]

PERFECT BIKINIS IN SHAPES AND SIZES

## 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



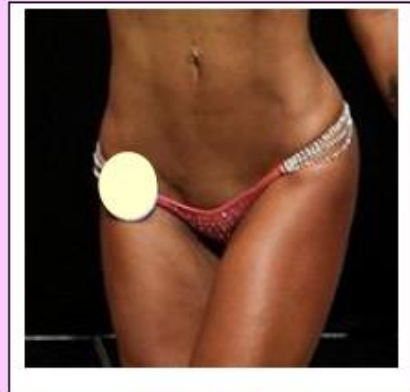
**NO**



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.

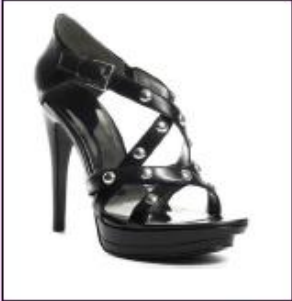


**NO**





# SHOE STYLES



**NO**



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.



**NO**





## SHOE STYLES

High Heeled shoes or sandals WITHOUT platform. Any colour is allowed



**YES**



**YES**

A high heeled shoe is classed as a platform, if the sole is more than 10mm thick.

