



**BBSA/IFBB**

**CRITERIA**

**WOMEN'S FITNESS**

**2019**





## **WOMEN'S FITNESS**

### **General**

This division has two rounds – the first is the routine round and the second is the quarter turn round. The girls should be athletic and fit. They will not perform compulsory poses but will perform the quarter turns. The length of the free routine will be 90 seconds.

There is only one line up in this division for Senior women.

There are the following categories in junior women's world-level fitness competitions, currently as follows:

- 16 to 19 years of age inclusive (optionally): One open category
- 20 to 21 years of age inclusive (optionally): One open category
- 22 to 23 years of age inclusive (optionally):
  - a. Class A: Up to and incl. 163 cm
  - b. Class B: Over 163 cm
- Or one group 16 to 23 years of age inclusive:
  - a. Class A: Up to and incl. 163 cm
  - b. Class B: Over 163 cm

### **Round one - routine**

The reason that the routine round is first:

- It will be easier for the athletes to do their routine without having to use the tan.
- The athlete will not stain the stage.
- The athlete will not stain the routine attire with tan.
- They can also do sufficient stretching before the routine.
- The Judges can score the girls on their quality of routine, and then score on their quarter turns – therefore putting great emphasis on the routine.



### Requirements for this round

- Girls may wear attire and tennis or athletic shoes to perform their routine as well as barefoot if they so choose.
- No G-strings at all. Not to be worn over garments or under garments.
- No props may be used.
- Bikini bottoms must cover ½ of bottom area and all of the frontal area.
- At all times, the bikini bottom must be worn in a manner that prevents it from slipping between the buttocks to appear like a G-string.
- Each competitor will be called onto the stage in numerical order to perform their individual free routine to the choice of their own music. (Routine is max 90 seconds).

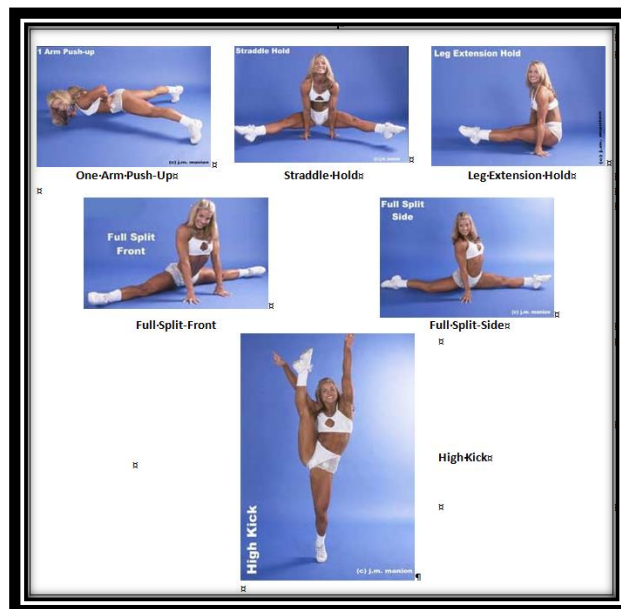
### Movements that should be included in the routine are:

Elements of strength - the straddle hold, leg extension hold and one arm push-ups. Gymnastics movements such as front and back flips, handsprings and cartwheels are not considered strength moves – however, to incorporate them into the routine will show overall creativity and difficulty.

Elements of flexibility - high kicks, side splits and/or front splits must be included. The number of flexible moves and degree of difficulty will be taken into consideration.

Speed - the tempo of the routine demonstrates a degree of cardiovascular fitness, stamina and endurance.

### Fitness compulsory moves (see below):





### General assessment of this round

- Judges are reminded that you are judging the routine and not the physique in this round.
- Look for flow in the routine.
- Look for showmanship.
- Ensure that the athlete has included all of the movement requirements - and has executed them well – as well as has there been flow in the routine from one movement to the next without the routine looking out of place.
- Assess choreography and use of interpretation.
- Does the attire match the music and routine theme?
- Is she confident?
- Is she graceful?
- Look at the athlete's lines and balance in performance.
- Were you entertained?
- Do not consider an aerobic routine as a fitness routine.
- The routine count 40% of the overall placing of the athlete.
- Statisticians will collect all judges' scores after the completion of this round.

### Round two – costume round (quarter turns)

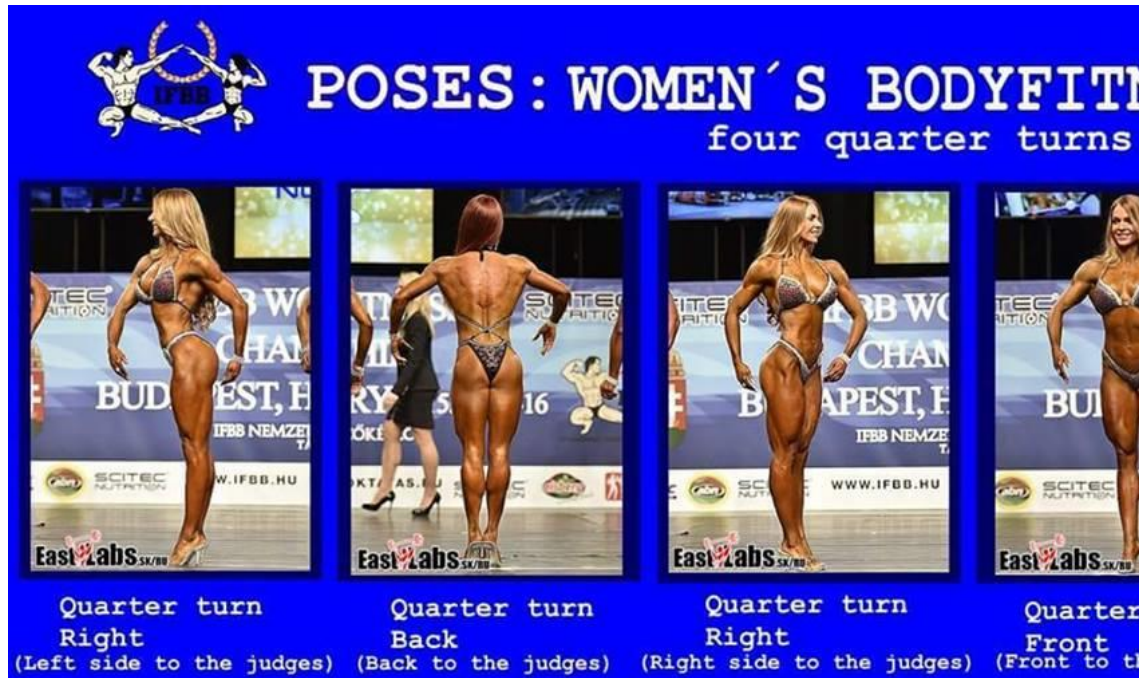
#### Requirements for this round

- The ladies shall wear a two-piece bikini of own choice.
- Bikini must cross at the back.
- Shoes are completely of own choice – NO platforms can be worn.
- Jewellery can be worn.
- Bikini bottom must cover ½ of bottom area and all of frontal area.
- All competitors will be brought on to the stage in a single line and in numerical order.
- They will be directed through the quarter turns – each of which will be held for approx. 30 seconds.
- If there are many competitors in the line-up, they may be divided into equal number of groups in order to carry out the quarter turns.
- Judges may present their request for comparisons.
- Once all the judges are happy, the girls may leave the stage in numerical order.
- No glitter or sparkles.
- No body oils.



### Quarter turn instruction

**Quarter turns in Women's Fitness and Body Fitness should be performed in the same style, with no differences, according to the following detailed description:**



### Quarter Turn Right:

Erect 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 slightly back from the centre-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, right arm hanging slightly front of the centre-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 shoulder lowered and the right shoulder raised. This is normal and must not be exaggerated. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

### Quarter Turn Back:

Erect stance, head and eyes facing the same direction as the body, heels together, knees together and unbent, stomach in, chest out, shoulders back, both arms hanging at the side along the centre-line of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and hold about 10cm out of the body, hands slightly cupped. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

### Quarter Turn Right:

Erect 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



centre-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, left arm hanging relaxed and slightly front of the centre-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. Competitors who fail to adapt to proper stance will receive one warning after which points will be deducted from their score.

### **Quarter Turn Front:**

Erect stance, head and eyes facing the same direction as the body, heels together, knees together and unbent, stomach in, chest out, shoulders back, both arms hanging at the side along the centre-line of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and hold about 10cm out of the body, hands slightly cupped. Flexing of the muscles is prohibited. Competitors, who fail to adopt the proper stance, will receive one warning after which points will be deducted from their score.

### **Assessment round two**

- Judges are strongly reminded that they are judging a women's fitness competition and not a women's bodybuilding competition.
- 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, grace and self-confidence. This is especially true at all times when the competitor is standing relaxed during the comparisons of the quarter turns. When standing relaxed, the competitors shall be warned against adopting a tense pose.
- The judge will first assess the overall athletic appearance of the physique.
- This assessment will begin at the head and extend downwards to the feet.
- Hair and facial beauty will be assessed and the presentation of a well-balanced, symmetrically developed physique.
- Athletes should not have the same type of muscularity, vascularity, muscular definition and / or the dieted leanness displayed by the female bodybuilder.
- However, her body tone must be good with a little amount of body fat.
- This athlete will display a more refined muscle as opposed to a female bodybuilder.
- Her physique will have longer leaner slender muscles.
- The athlete will show a full abdominal wall with the *serratus* muscles being visible.
- The athlete will show separation between the biceps, triceps and deltoids but with the muscles appearing lean, not full as a female bodybuilder would be.
- The thighs will be well toned with a balance between torso and thigh ration being even with no one body part overpowering the other.
- The thighs and quads will have separation but not obvious and deep striations.
- The calf will be balanced with the thigh and the leg bicep.





- There will be a certain degree of separation in the upper back but not along the lines of the bodybuilder.
- The *gluteus maximus* will be firm with no additional body fat.







