



# **BBSA/IFBB**

# **CRITERIA**

# **WOMEN'S WELLNESS**

# **FITNESS**

# **2019**





## **WOMEN'S WELLNESS FITNESS**

Women's Wellness Fitness category was officially recognized as a new discipline by the IFBB Executive and the IFBB Congress on 4 November 2016.

The assessment should take the whole physique into account. The assessment, beginning with a general impression of the physique, should take into consideration the hair; the overall body development and shape; the presentation of a balanced and symmetrically developed, complete, athletic looking 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, similar to this exposed by bikini fitness athletes. The physique should not be excessively muscular and should be free from muscle separation and/or striations. Physiques that are considered too muscular or too hard 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 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 total package of the Wellness Fitness competitor must be taken into account.

Judges are reminded that this is neither body fitness nor women's physique contest. Competitors should have shape to their muscle but not:

- Separation
- Definition





- Very low body fat level
- Dryness or density that are seen at body fitness competitions
- Muscle size and quality seen at women's physique competitions

Any competitor who exhibits these features is to be marked down.

#### The categories available

The following categories are available:

- Up to and including 158cm
- Up to and including 163cm
- Up to and including 168cm
- Over 168cm

**PLEASE NOTE:** Locally we have the following divisions.

- **Up to and including 163cm**
- **Up to and including 168cm**
- **Over 35 years**

There are TWO rounds in this division – the athlete's attire for both rounds will be the same.

#### Round One

Quarter turns (please see section below for a full description of the quarter turns performed in this division).

In numerical order, the athletes are brought onto the stage and directed to the centre-stage area to perform the four quarter turns. The IFBB Chief Judge will direct the competitors through the four quarter turns, which are:

- Quarter Turn Right
- Quarter Turn Back
- Quarter Turn Right





#### d. Quarter Turn Front

After this round, the judges will submit their individual scores.

### Round Two

Athletes will perform the I-walk. The I-walking is performed in the following manner:

The athlete 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 have finished their walks. The athlete may not pose in any fashion that is bodybuilding related.

### The attire and other general requirements

Athletes will compete in a two-piece bikini. 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, except as indicated in the below:

Sole thickness of the high-heels may have maximum of 1 cm and stiletto height may have maximum of 12 cm. Platform shoes are not allowed.

The bikini bottom will cover a minimum of 1/3 of the gluteus maximus and all of the frontal area. The bikini must be in good taste. Strings are strictly prohibited. The attire will be inspected during the Official Athlete Registration. The hair may be styled. Except for a wedding ring, bracelets and earrings, jewellery will not be worn. Competitors will not wear glasses, watches, 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.

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 provided that it is applied at least twenty-four hours prior to the Prejudging. 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 colouring are prohibited whether applied as part of a tanning lotion and/or cream or applied separately, and regardless of who applied them on the competitor's body.





The excessive application of oil on the body is strictly prohibited; however, body oils and moisturizers may be used in moderation. The IFBB Chief Judge, or a delegated by him official, will have the right to make the decision if a competitor's attire meets the criteria established in the rules and if it is of acceptable standards and aesthetics. The athlete may be disqualified if the attire doesn't meet the standards.

### **Quarter turn instruction**

**Quarter turns in Wellness 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 centre line 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:**

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. Lower back curvature natural or with slight lordosis, upper back 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 hold down and slightly back from the centre line 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 VS Wellness**

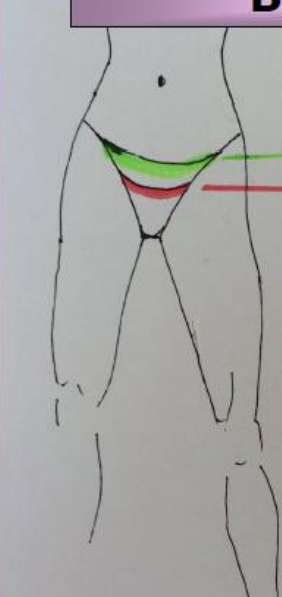
**Fitness:**





## 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 asked to change her bikini

**YES**

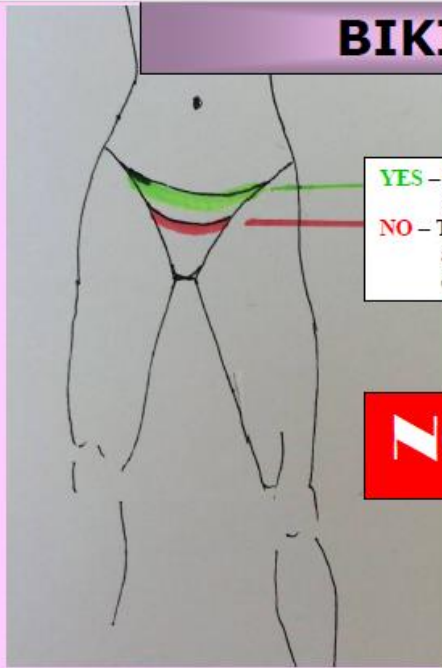
PERFECT BIKINIS IN SHAPES AND SIZES

**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



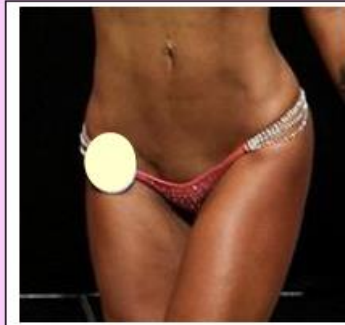
**NO**



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

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.



## 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.

