



BBSA/IFBBSA

CRITERIA

FIT PAIRS

2025



FIT-PAIRS DIVISION

Fit pairs was officially recognized as a sport discipline by the 2020 IFBB International Congress in Santa Susanna, Spain.

Categories:

There is one open category in fit pairs. A fit pair may be composed of a **male Men's Physique athlete together with a Women's Bikini athlete.**

IMPORTANT NOTICE: When an athlete does not adhere to the Head Judges reprimand to correct their wrongs based on the IFBB rules, he/she will receive a yellow card warning. If the athlete still does not adhere to the Head Judges reprimand to correct their wrongs based on the IFBB rules after receiving the yellow card warning, a red card will be issued by the Head Judge, which will result in the athlete losing a placing.

There will be 3 rounds:

Round 1 – Elimination round to top 15 pairs

Round 2 – Selection round for top 6 pairs (Semi-finals)

Round 3 – Finals: Top 6 pairs (Finals)

Attire: All Rounds:

- Male competitors will wear the same attire like in Men's Physique:

An opaque, loose-fitting board shorts which is clean and decent. The color and fabric of the shorts will be left to the competitor's discretion. Shorts may have geometric patterns and motives, but no inscriptions and cambered ornamentation. The shorts will cover the whole upper leg, down the upper point of the knee. The use of padding anywhere in the trunks is prohibited. **No footwear.**

- Women competitors will wear the same attire like in Women's Bikini but perform **barefoot**. The bikini will be opaque two-piece in style. The color, fabric, texture, ornamentation, and style of the bikini will be left to the competitor's discretion except as indicated in the below. 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.

General Rules:

- Except for a wedding ring, male competitors will not wear footwear, glasses, watches, bangles, pendants, necklaces, bracelets, earrings, wigs, distracting ornamentation or artificial aids to the figure. Women competitors may have bracelets and earrings
- Except for women's 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 props is strictly prohibited
- 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 coloring and self-tanning products may be used. Professional competition tanning methods (airbrush tanning, cabin

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spray tanning) may be used if applied by professional company and qualified personnel. Sparkles, glitter, shiny metallic pearls, or gold coloring are prohibited whether applied as part of a tanning lotion or applied separately, regardless of who applied it on the body

- The excessive application of oil on the body is strictly prohibited; however, body oils and moisturizers may be used in moderation
- **NO RUB OFF TAN ALLOWED**

Round 1: Elimination Round

- All fit pairs will be brought onstage, in numerical order and in a single line or two lines, if necessary
- The line-up is divided into two equal-sized groups and is positioned onstage so that one group is to the left and the other group to the right of the stage, center of the stage to be left open
- In numerical order (no more than 3 couples at a time), each group is directed to the center stage area to perform quarter turns
- The same assessment is used during the judging of the elimination round as the finals

Assessment:

- Judges will be assessing the overall physique of both partners for the degree of:
 - Proportion
 - Symmetry
 - Muscle size and quantity (density, separation)
 - Skin tone

Only the top 15 couples will advance to the next round

Judges Assessment:

- Judges will assess each fit-pair as an entity
- Physiques should match, harmonize, and complement each other
- Be aware of dissimilar, unbalanced physiques
- Stage presentation is of utmost importance, with matched posing costumes and tanning. A good pair presentation can impress the judges on their ability to move, blend and work together as a unit
- Preference will be given by the judges for matching and complementary shorts and bikinis which enhance the fit-pair's physiques and their appearance as a combined unit. Both members of each pair shall wear the same number pinned to the left side of the shorts or bikini

Round 2: Pre-Judging Round:

- All semi-final fit pairs will be called onstage as a group in a single line and in numerical order
- The line-up will be divided into two equal-sized groups and will be positioned onstage so that one group is to the left and the other to the right of the stage, leaving the center position open for comparisons
- In numerical order, and in groups of no more than 3 couples at a time, each group will be directed to center-stage area to perform the initial 4 quarter turns until all pairs have at least perform quarter turns once. All quarter turns will be performed center staged
- Judges to submit their top 5 pairs for comparisons to Head Judge

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- Judges to submit next top 5 pairs for comparisons to Head Judge
- All couples to return to a single line-up, in numerical order before exiting the stage

Top 6 finalists to be announced just after pre-judging.

Round 3: Finals

- Top 6 couples will be brought onstage in a single line and in numerical order
- Couples will perform the quarter turns, in groups of 3 couples at the same time, in the middle of the stage
- After the quarter turns, the top 6 couples are reformed into a single line, in numerical order, before exiting the stage
- Assessment is the same for all rounds however judges must be mindful of the fact that competitors may present a different condition compared to the pre-judging. Therefore, judges must ensure that this round is judged from a 'fresh' perspective, ensuring that all couples receive fair assessment based upon their body condition in this round

Award Ceremony:

- The top 6 pairs will be called back onstage to take part in the award ceremony

Fit-Pair Quarter Turns:

FRONT POSITION:

Men:

Erect, tense stance, head and eyes facing the same direction as the body, one hand resting on the hip, with four fingers at the front of the body, and one leg slightly moved to the side. Second hand hanging down along the body, slightly out of to the side, elbow slightly bent, with open palm and straight, aesthetically configured fingers. Knees unbent, abdominal and latissimus dorsi muscles slightly contracted, head up. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

Women:

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. Standing in a symmetrical straddle position is incorrect. Competitor standing in such position may be placed down by the judges or even expelled of the stage.

QUARTER TURN RIGHT:

Men:

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. Left hand resting on the left hip, right arm hold down and slightly to the front from the centreline of the body, elbow slightly bent, with open palm and straight, aesthetically configured fingers. Left leg (nearest the judges) slightly bent in the knee, resting flat on the floor. Right leg (farthest to the judges) bent in the knee, with foot moved back and resting on the toes.

Women:

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

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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 resting on the toes near to the centreline of the body.

QUARTER TURN BACK:

Men:

Erect, tense stance, head and eyes facing the same direction as the body, wone hand resting on the hip, with four fingers at the front of the body, second hand hanging down along the body, slightly out of to the side, elbow slightly bent, with open palm and straight, aesthetically configured fingers and

one leg slightly moved back and to the side, resting on the toes. Latissimus dorsi muscles slightly contracted, head up.

Women:

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 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. Standing in a symmetrical straddle position is incorrect. Competitor standing in such position may be placed down by the judges or even expelled from the stage.

QUARTER TURN RIGHT:

Men:

Competitors will perform the next quarter turn to the right. They will stand right 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 to the front from the centreline of the body, elbow slightly bent, with open palm and straight, aesthetically configured fingers. Right leg (nearest the judges) slightly bent in the knee, resting flat on the floor. Left leg (farthest to the judges) bent in the knee, with foot moved back and resting on the toes.

Women:

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, right foot resting on the toes near to the centreline of the body.



HOW TO ASSESS THE MEN'S PHYSIQUE QUARTER TURNS:

With the exception of the upper legs, which are covered by board shorts, 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, proportionally, and symmetrically developed physique; the condition of the skin and the skin tone; and the athlete's ability to present himself with confidence and elegance. The judges should favour competitors with a harmonious, proportional, classical male physique, good posture, correct anatomical structure (including body framework, correct spinal curves, limbs and trunk in good proportion, straight legs, not bandy or knock-kneed). Vertical proportions (legs to upper body length) and horizontal proportions (hips and waist to shoulder width) are ones of the key factors. The physique should be assessed as to its level of overall body density, achieved through athletic endeavours and diet. The body parts should have a nice and firm appearance with a decreased amount of body fat but should have a "softer" and "smoother" look than in bodybuilding. The physique should neither be excessively muscular nor excessively lean and should be free from deep muscle separation and/or sharp striations. Physiques that are considered too muscular, too hard, too dry, or too lean must be marked down. The assessment should also take into consideration the tone of the skin. The skin tone should be smooth and healthy in appearance. The hair 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 he walks onstage until the moment he walks offstage. At all times, the Men's Physique competitor must be viewed with the emphasis on a "healthy and fit" physique, in an attractively presented, impressive "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 bodyfat level, dryness or hardness that are seen at bodybuilding competitions. Any competitor who exhibits these features is to be marked down.



HOW TO ASSESS BIKINI QUARTER TURNS:

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, make-up and face, the overall body development and shape; the presentation of a balanced, proportionally, and 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. Since muscularity development and muscle quality is not assessed, the judges should favour competitors with a harmonious, proportional, classic female physique, good posture, correct anatomical structure (including body framework, correct spinal curves, limbs and trunk in good proportion, straight legs, not bandy or knock-kneed). Vertical proportions (legs to upper body length) and horizontal proportions (hips and waist to shoulder width) are ones of the key factors. 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 but may have a "softer" and "smoother" look than in body fitness. 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, too dry 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 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 Bikini competitor must be viewed with the emphasis on a "healthy and fit" physique, in an attractively presented, impressive "Total Package". Judges are reminded that this is not a body fitness contest. The competitors should have shape to their muscle but not the separation, definition, very low bodyfat level, dryness or hardness that are seen at body fitness competitions. Any competitor who exhibits these features is to be marked down.





