



BBSA/IFBBSA

CRITERIA

LADIES BIKINI

2025

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LADIES BIKINI

For the 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 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.

Crossovers: Women's Bikini competitors may also participate in **Women's Artistic Fitness** and **Women's Fit-Model** divisions at the same contest, if they meet specific requirements obligatory in each of those divisions. **With the Cross Overs these will not happen at Novice or Intermediate shows. They will happen at Provincial shows, Promotor shows, Private shows, National Shows and International shows.**

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.

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

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The categories available

Junior Women:

- 16 to 20 years of age inclusive:

Class A: Up to and incl. 160 cm

Class B: Up to and incl. 166 cm

Class C: Over 166 cm

- 21 to 23 years of age inclusive:

Class A: Up to and incl. 160 cm

Class B: Up to and incl. 166 cm

Class C: Over 166 cm

Senior Women:

- 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

Master Women:

- 35 to 39 years of age inclusive:

a. Class A: Up to and incl. 164 cm

b. Class B: Over 164 cm

- 40 to 44 years of age inclusive:

a. One open category

- 45 years of age and over:

a. One open category

- 50 years of age and over:

a. 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. All bikinis must be in good taste.

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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 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 (wedding ring, bracelets and earrings). No watches, belly rings, wigs or any artificial aid.
- Hair should be styled appropriately.
- Make up should be applied tastefully.
- 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. **NO RUB OFF TAN ALLOWED.**
- 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.

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.

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, led by the Stage Manager.
- The **relaxed position** comprises of one leg to the side and the opposite hand on the hip.
- The line will be divided into equal groups at the discretion of the Head Judge or Stage Manager 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 the front 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

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- 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. However comparisons are not a necessity, depending on the amount of athletes.
- 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 and then 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 another opportunity to call on any comparisons if necessary.
- A maximum of three girls can be called at one time for a comparison. At the discretion of the Head Judge more girls can be added or taken out of the comparison line.

These girls will step out in front of the rest of the line to middle of stage – and stand facing the judges. The Head Judge will call the quarter turns 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

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Quarter turn instruction

Quarter turns in Bikini 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 times during the comparison.

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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.


LADIES BIKINI SIZES AND SHOE STYLES

According to the updated rules of the IFBB Federation, it's prohibited to have **COMPETITION SUIT with connectors** that are different from the rest of the bikini.

This rule came into effect since the beginning of 2023.

Therefore, if you have such a bikini, it will not be allowed to compete, so pay attention to this when buying a bikini.

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Platform shoes are not allowed.

Sole thickness of the high-heels may have **maximum of 1 cm** and stiletto height may have maximum of 12 cm.

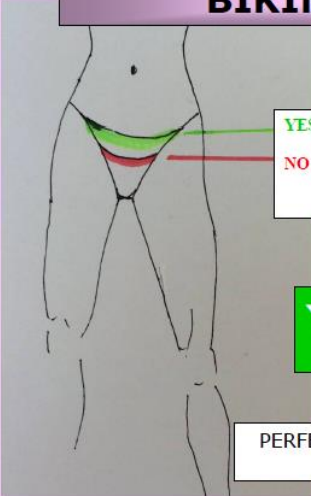


Please note that the shoes may have added glitter, coloured soles etc JUST AS LONG AS the height of the sole doesn't exceed 1cm and the heel 12cm.



Please note that the back and the front of the bikini must be connected via solid material and NO connectors.



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

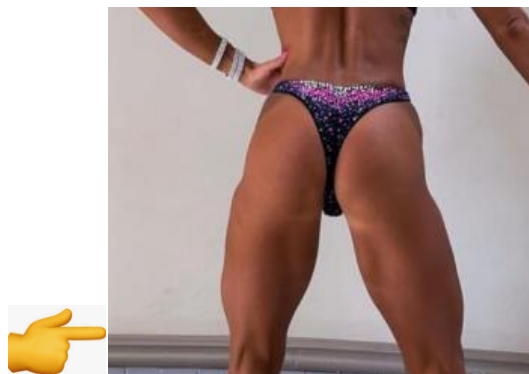
PERFECT BIKINIS IN SHAPES AND SIZES






YES





Please note that the picture directly above  shows the **MINIMUM** coverage of the glutes that will be allowed. **ALL of the front MUST be covered at all times!**

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.



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







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.




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.









Note: Woman on the right is a **master** athlete

Beach Bikini VS Bikini:



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