



BBSA/IFBBSA

CRITERIA

LADIES BODY FITNESS

2025



LADIES BODY FITNESS

In body fitness, the emphasis is placed on aesthetics – beauty combined with an athletic physique.

The physique will be assessed on the overall level of muscle tone, achieved through athletic, sporting or training endeavours.

The shoulder area must have a V-taper into the waist, the abdominal wall must be visible with the development of the thighs being consistent down to the knee with no deep separations and striations, and this will also include the quadriceps area as well.

Calves need to be in proportion to the thighs, the hamstring needs to be in proportion to the thigh with no deep striations.

This in relation to the torso will create a balanced symmetrically developed proportional physique. The muscle groups should have a round and firm appearance with a small amount of body fat. The physique should neither be excessively muscular nor excessively lean and should be free from deep muscle separation and /or striations.

Physiques that are considered either too muscular 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 face, 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 time she walks onstage until the moment she walks offstage. At all times the Body Fitness competitor must be viewed with the emphasis on a healthy, fit athletic physique, in an attractively presented total package. Judges are reminded that this is not a bodybuilding division.

The competitors should have shape to their muscles but not size, definition or vascularity that is seen at bodybuilding competitions. Any competitor who exhibits these features is to be marked down.

The Judge will look at each athlete's proportion – which should be balanced within the muscle groups. The presentation of a balanced symmetrically developed physique and the athlete's ability to present with confidence, poise and grace.

Girls should be very feminine on stage and not carry out any bodybuilding stances.

Crossovers: Women's Bodyfitness competitors may also participate in the **Women's Acrobatic Fitness** division at the same contest, if they meet specific requirements obligatory in that division. 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

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- **NO RUB OFF TAN ALLOWED**

- Poise and grace
- Confidence
- Overall presentation

The categories available

There are the following categories in junior women's world-level body fitness competitions:

- 16 to 20 years of age inclusive (optionally): One open category
- 21 to 23 years of age inclusive (optionally): One open category

Categories available for Senior Women:

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

Categories available for Masters:

- 35 to 39 years of age inclusive: One open category.
- 40 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 compete in a bikini. This may be in a style and colour of the competitor's choice (and may be patterned or plain in colour).
- The bikini must **cross at the back**.
- The bikini may be specially made. The bikini may have ornamentation and stones.
- The bottom of the suit must be V – shaped. No thongs/G-strings are permitted. The bikini bottom will cover a minimum of ½ of the gluteus maximus and all of the frontal area.
- All swimsuits must be in good taste.
- Hair may be styled to competitor's choice.
- Jewellery may be worn (wedding ring, bracelets and earrings). No watches, belly rings, wigs or any artificial aid.
- Competitors must wear high heels to complement their costume choice (i.e. pretty open sandals or closed pump style shoes) – but no platforms will be allowed.
- The maximum sole thickness may be 1cm and the maximum stiletto height may be 12cm.
- The athlete must wear her bikini and shoes at weigh in.

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There are two rounds in this division, and no posing routine.

Round one

- The entire category will be called onto the stage in a single line in numerical order.
- 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.
- The girls will then perform the following four quarter turns – each will be held for approx. 30 seconds.
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.

Round two:

The procedures for Round 2 will be as follows:

The top 6 finalists will be called on stage, one by one, in numerical order and will perform the I-walking:

- The competitor will walk to the centre of the stage, will stop and perform four different positions of her choice.
- The competitor will then walk to the line-up in the rear part of the stage.

The top 6 finalists will be directed to the centre of the stage, in a single line and in numerical order.

The IFBB Head Judge or Stage Manager will direct the competitors, as a group, through the four quarter turns in numerical order and then in the reverse order. The Detailed description of quarter turns is provided in Appendix 1 to this Section. On completion of the quarter turns, the competitors exit the stage.

Judges assessment of the two rounds

All of the athletes will wear a bikini and shoes of their own choice. The purpose of this is to show off their personality in the design and colour that they select. The bikini may have accessories.

This allows the judge to assess each competitor on how well she displays her physique in move. Also her personality, charm, poise, grace, confidence of the athlete – as well as a presentation of an overall total package.

- The athletes have chosen their own individual taste in colour and style of bikini and shoes – therefore showing a little of their individualism and personality
- Judges may assess their confidence
- Beauty
- Their overall appearance
- Their individuality
- Balance and Shape
- Symmetry

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- 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 Body Fitness and Women's 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,

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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.

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.





Beach Bikini VS Bikini Fitness VS Wellness Fitness VS Body Fitness:

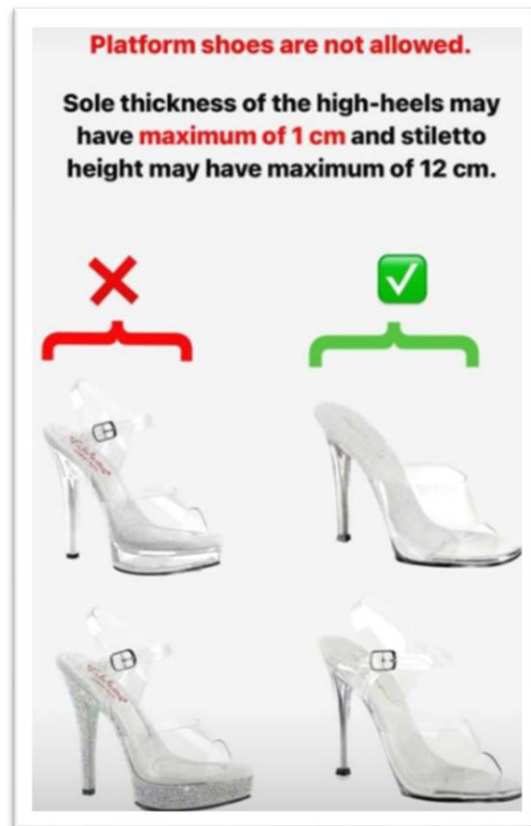
Beach Bikini

Bikini

Body Fitness



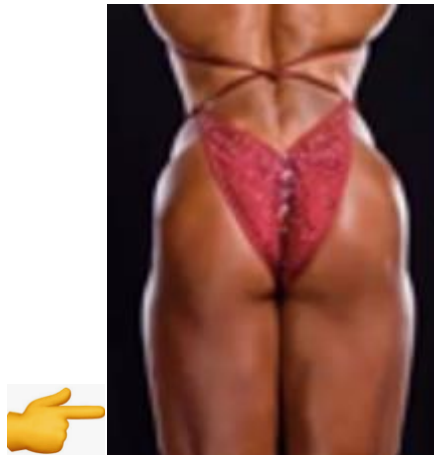
LADIES BIKINI SIZES AND SHOE STYLES




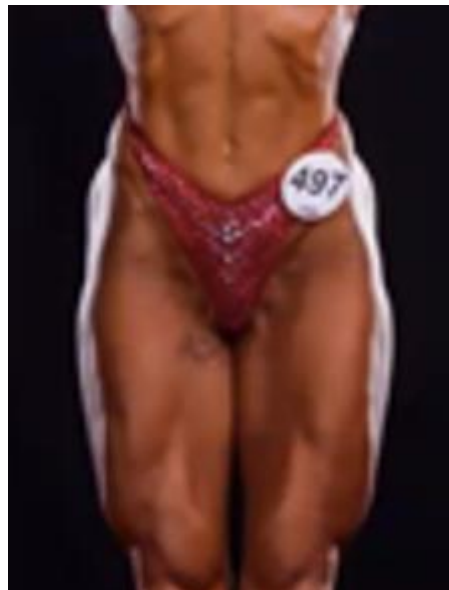
Please note that the shoes may have added glitter, coloured soles etc JUST AS LONG AS the hight of the sole doesn't exceed 1cm and the heel 12cm. Even though the Body Fitness bikini cross at the back, no connectors will be allowed on the sides.



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



SHOE STYLES

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

YES

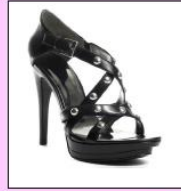


YES

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



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

