



# **BBSA/IFBBSA**

# **CRITERIA**

# **WOMEN'S PHYSIQUE**

# **2025**

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## **WOMEN'S PHYSIQUE**

The women's physique category, which is aimed at women who prefer to develop a bit more muscular, yet athletic and aesthetically pleasing physique, unlike today's current oversized bodybuilders. Judges will assess primary muscle groups, the impression of the physique and will take into consideration hair and makeup, overall athletic development of the muscularity, the presentation of balance, symmetry, the condition of her skin and skin tone and stage presentation.

**PLEASE NOTE: THE WOMEN'S BODYBUILDING CATEGORY WAS REMOVED. It seems that the pure bodybuilding, aimed at extreme muscular development and extreme dryness was not a popular category amongst women.**

**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

The categories available

New categories came through from IFBB International as follows:

- Up to and including 163cm
- Over 163cm
- There is one open category in master Women's World-level competitions: Age 35 and over.

Attire and other requirements

The attire for all rounds is a two-piece bikini, which must conform to the following criteria:

- The attire for the Elimination Round and other Rounds (Two-Piece Bikini) will conform to the following criteria:
- The two-piece bikini must be in good taste and styled in a way, as to have a proper and decent fit.
- The bikini bottom must cover a minimum of  $\frac{1}{2}$  gluteus maximus and all of the frontal area. Strings are strictly forbidden.
- The colour, fabric, texture and ornamentation of the bikini will be left to the athlete's discretion.
- No footwear.

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- The attire will be inspected during the official athletes 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. 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, 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 decision if a competitor's attire meets the criteria established in the Rules and an acceptable standards of aesthetics. The athlete may be disqualified if the attire doesn't meet them.
- **NO RUB OFF TAN ALLOWED.**

**There are three rounds for this division – the competitor must perform the mandatory quarter turns in Round One, Round Two consists of 4 compulsory poses and in Round Three the ladies will perform a routine of choice for 60 seconds. There are no compulsory poses required for the posing routine, the routine is totally up to the athlete.**

- In numerical order, and in groups of not more than five competitors at a time, each group is directed to the centre-stage area to perform the following four Mandatory Poses:
  - ❖ Front biceps pose (open handed)
  - ❖ Side Chest
  - ❖ Back biceps pose (open handed)
  - ❖ Side triceps
- On completion of the Mandatory Poses, the entire line-up is reformed into a single line, in numerical order, before exiting the stage.

### Rounds

Women's Physique consists of the following three rounds:

- Round one - Quarter turns (**same as Bach Bikini, Bikini, Body Fitness and Fitness**).
- Round two - Mandatory poses as mentioned above
- Round three – 60 seconds individual posing routine – no compulsory poses required, routine should be at the discretion of the athlete. **One foot needs to remain on the floor during the routine at all times.**

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## Round One and Round Two: Quarter turns and mandatory poses

### Presentation of Round 1:

Under the direction of the Head Judge, round one is carried out as follow:

- The entire line-up is called onstage, in a single line and in numerical order.
- The line-up is divided into two equal-size groups and is positioned onstage so that one group is to the left of the stage; the other group is to the right of the stage. The centre portion of the stage is left open for comparison purposes.
- In numerical order, and in groups of no more than five competitors at a time, each group is directed to the centre-stage area to perform the following four quarter turns and four mandatory poses:

#### Quarter turns:

- ❖ Quarter Turn Right
- ❖ Quarter Turn Back
- ❖ Quarter Turn Right
- ❖ Quarter Turn Front

After the quarter turns have been performed, ladies will do their mandatory poses together while still standing in numerical order:

#### Mandatory poses:

- ❖ Front biceps pose (open handed)
- ❖ Side Chest
- ❖ Back biceps pose (open handed)
- ❖ Side triceps

This initial grouping of competitors, and performance of the four quarter turns, is intended to assist the judges in determining which competitors take part in the comparisons of the mandatory poses.

All individual comparisons are to be carried out centre-stage and in the order, from left to right, as directed by the Head Judge.

All judges are given the opportunity to submit at least one request for comparisons, which will be handed to the Head Judge. Any additional requests are at the discretion of the Head Judge.

On completion of the last comparison, the entire line-up is reformed into a single line, in numerical order, before exiting the stage to return to do their individual posing routines.

### Judges assessment of the rounds

- Each judge awards each competitor an individual placing, ensuring that no two or more competitors receive the same placing.
- With nine judges, two high and two low scores are discarded. The remaining scores are summed to produce a 'round sub-score and placing'.
- Statisticians will collect the judges' scoring papers for this round before the next round begins.
- Ties are broken using the relative placement method.

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### Assessment: Round one and two (quarter turns and mandatory poses):

- The judge should first assess the overall female athletic appearance of the physique. This assessment should begin at the head and extend downwards, taking the whole physique into account. The assessment, beginning with the general impression of the physique, should take into consideration the hair and facial features; the overall athletic development of the muscle maturity; the presentation of a balanced, symmetrically developed physique; the condition of the skin and the skin tone; and the athlete's ability to present onstage with confidence.
- During the comparisons of the Mandatory Poses, the judge should first look at the primary muscle group being displayed. The judge should then survey the whole physique, starting from the head, and looking at every part of the physique in a downward sequence, beginning with general impressions, and looking for a symmetrical balanced development of all the muscle groups and definition. The downward survey should take in the head, neck, shoulders, chest, all of the arm muscles, front of the trunk for pectorals, *pec-delt* tie-in, abdominals, waist, thighs, legs, calves and feet. The same procedure for back poses will also take in the upper and lower *trapezius*, *teres* and *infraspinatus*, *erector spinae*, the gluteus group, the leg biceps group at the back of the thighs, calves, and feet. A detailed assessment of the various muscle groups should be made during the comparisons, at which time the judge must compare muscle shape, density, and definition while still bearing in mind the competitor's overall balanced development and femininity.
- The physique should be assessed as to the level of overall muscle tone, achieved through athletic endeavours. The muscle groups should have a round and firm appearance with a small amount of body fat.
- The assessment should also take into consideration the tightness and tone of the skin. The skin tone should be smooth and healthy in appearance.
- 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 competitor must be viewed with the emphasis on a healthy, fit, athletic-looking muscular physique, in an attractively presented total package.

### Round Three: 60 second individual posing routine

- Each individual athlete will be called onstage to perform her 60 second individual posing routine.
- There are no mandatory poses that should be included in the individual posing routines. Each athlete can use her imagination to present her body to the fullest.
- Movements should be fluent and feminine; no bodybuilding poses are allowed.
- Movements should be done in harmony to the music.
- All physique mandatory poses that are performed during the routine must be performed open handed.
- Each judge assesses the posing routine with a view towards the display of muscularity, definition, style and grace, personality, athletic coordination and overall performance.
- Judges look for a smooth, artistic, and well-choreographed routine. The use of props is prohibited. The judges are reminded that, during this round, they are judging the routine and the physique.
- Statisticians will collect judging papers and work out the final placing.
- **One foot needs to remain on the floor during the routine at all times.**



### **Quarter turn instructions**

#### **Front position:**

Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms kept at the side along the centre line of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and hold 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 (left side to the judges):**

Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, left arm kept 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 kept 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 left shoulder lowered and the right shoulder raised. This is normal and must not be exaggerated.

### **Quarter Turn Back:**

Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms kept at the side along the centre line of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and held out of the body, hands slightly cupped.

### **Quarter Turn Right (right side to the judges):**

Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, right arm kept 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 kept 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.



### **Mandatory Poses**

#### **Front Double Biceps**

Standing front to the judges, with the legs and feet in-line and the right/left leg placed out to the side, the competitor will raise both arms to shoulder level and bend them at the elbows. The hands should be opened, with fingers directed up. In addition, the competitor should attempt to contract as many other muscles as possible as the judges will be surveying the whole physique, from head to toe. The judge will survey the whole physique, from head to toe, by observing the overall body lines and balance, the contours of each body part, achieved by the development of proper

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muscles, as well as the overall body proportions and symmetry. The judge will also look for muscle density, low body fat level and overall balance.

### **Side Chest**

The competitor may choose either side for this pose, in order to display the “better” arm. She will stand left or right side to the judges, with the upper body slightly twisted to the judges, face looking to the judges, stomach in, leg nearest to the judges straight, locked at the knee, moved forward and resting on the toes, leg farthest to the judges slightly bent at the knee, with foot resting flat of the floor, both arms kept slightly front of the body, straight and locked at the elbow, thumb and fingers together, palm facing down and kept together or one over the other. The competitor will then contract the pectoral muscles, the triceps muscle and the thigh muscles, in particular, the biceps femoris group, and by downward pressure on her toes, will display the contracted calf muscles. The judge will pay particular attention to the pectoral muscles, the triceps, the leg quadriceps and the calf and will conclude with the head-to-foot examination. In this pose, the judge will be able to survey the thigh and calf muscles in profile, which will help in grading their comparative development more accurately.

### **Back Double Biceps**

Standing with her back to the judges, the competitor will bend the arms as in the Front Double Biceps Pose, keep the hands opened, place one foot back and resting on the toes. She will then contract the arm muscles as well as the muscles of the shoulders, upper and lower back, thigh and calf muscles. The judge will survey the whole physique, from head to toe, by observing the overall body lines and balance, the contours of each body part, achieved by the development of proper muscles, as well as the overall body proportions and symmetry. The judge will also look for muscle density, low body fat level and overall balance.

### **Side Triceps**

The competitor may choose either side for this pose so as to show the “better” arm. She will stand with her left or right side towards the judges, face looking to the judges, chest out, stomach in, and will place both arms behind her back, grasping the front arm by the wrist with her rear hand. The arm nearest to the judges will be straight and locked at the elbow, with open hand, thumb and fingers together, palm facing down and in a horizontal position. The competitor will exert pressure against her front arm, thereby causing the triceps muscle to contract. The rear leg will be bent at the knee and the foot will rest flat on the floor. Leg nearest to the judges will be straight, locked at the knee, moved forward and resting on the toes. The judge will first survey the triceps muscles, and conclude with the head-to-foot examination. In this pose, the judge will be able to survey the whole physique in profile, the chest and abdominal contours, the thigh and calf muscles, which will help in grading their comparative development more accurately.



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

Beach Bikini

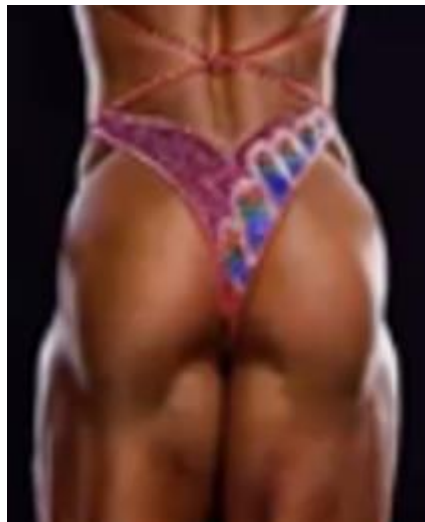
Bikini


Body Fitness

Physique



## LADIES BIKINI SIZES



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!**

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