



# **BBSA/IFBBSA**

# **CRITERIA**

# **WOMEN'S ARTISTIC**

# **FITNESS**

# **2025**



## **WOMEN'S ARTISTIC FITNESS**

### **General**

Women's Artistic Fitness was officially recognized as a new sport discipline by the IFBB Executive Council and IFBB International Congress on November 6, 2020.

**Crossovers:** Women's Artistic Fitness competitors may also participate in **Women's Bikini** and in **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
- **NO RUB OFF TAN ALLOWED**
- Poise and grace
- Confidence
- Overall presentation

### **Categories**

Women's Artistic Fitness competition at the World Championships is open in the following categories:

1. There are three categories in Women's Artistic Fitness world-level competitions, currently as follows:

- a. Class A: Up to and incl. 163 cm
- b. Class C: Up to and incl. 168 cm
- c. Class E: Over 168 cm

2. There are two categories in Junior Women's Artistic Fitness world-level competitions, currently as follows:

- a. One open category
- b. 16 to 20 years of age inclusive: One open category.

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c. 21 to 23 years of age inclusive: One open category.

3. A category can only be run if there are not less than 5 athletes. If less than 5 athletes, categories will be combined wherever possible. In case of categories with less than 5 competitors, no titles and medals will be awarded.

#### **Attire for Round 1 and Round 3 (Fitness Routines)**

- The attire for Round 1 and Round 3 will conform to the following criteria:
- Competitors may dress as they deem appropriate in order to perform their routines, except as detailed below.
- G-strings are strictly prohibited. G-strings cannot be worn on top of leotards, fishnet stockings, or tights. Also, G-strings cannot be worn underneath a skirt or other type of outerwear so as to reveal the buttocks while the competitor is moving around onstage. The bikini bottom must cover a minimum of ½ of the buttocks during the whole routine.
- Sport footwear may be worn, at the discretion of the competitor.
- Provided Point 2 is respected, a competitor may remove an article of clothing (e.g. coat, jacket, shirt, pants) if the removal of said article is performed in a tasteful manner.
- The routine attire will be inspected during the Official Athlete Registration and backstage before the competitor is allowed onstage. If the routine attire does not meet IFBB standards, the competitor will be given five (5) minutes to comply, failing which the competitor will be disqualified.
- National Federations and head delegates are responsible for making sure that their fitness athletes are fully aware of the IFBB Rules as detailed in this Section.
- Any questions concerning posing attire must be brought to the attention of the IFBB Chief Official or IFBB Chief Judge during the Official Athlete Registration.

#### **Attire for Round 2 and Round 4:**

The attire for Round 2 and Round 4 (Two-Piece Bikini) 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, except as indicated in the below.
- Platform shoes are no longer allowed. Sole thickness of the high heels may have maximum of 1 cm and stiletto height may have maximum of 12 cm.
- The bikini bottom will cover a minimum of ½ 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, pendants, necklaces, wigs or artificial aids to the figure, except breast implants. Implants or fluid

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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 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 standard of aesthetics. The athlete may be disqualified if the attire doesn't meet them.

## **Rounds**

Women's Artistic Fitness will consist of the following five rounds:

1. Prejudging: Elimination Round (Quarter Turns)
2. Prejudging: Round 1 (Fitness Routines)
3. Prejudging: Round 2 (Quarter Turns, Comparisons in Quarter Turns)
4. Finals: Round 3 (Artistic Fitness Routines)
5. Finals: Round 4 (I-walk and Quarter Turns x 2)

## **Prejudging: Elimination Round**

### **General:**

There is no Elimination Round in Women's Artistic Fitness. All competitors will perform their fitness routines (Round 1) and then four quarter turns (Round 2). Top 6 competitors from Prejudging will advance to the Finals.

A timetable for prejudging in each category should be published after the Official Athlete Registration. In order to give themselves time to warm up and change into their posing attire, competitors should be in the backstage warm-up area at least 45 minutes prior to the start time of the judging of their category. All competitors will be solely responsible for ensuring that they are present and prepared to compete when their category is called onstage failing which they may be eliminated from the competition.

## **Prejudging: Presentation of Round 1 (Fitness Routines)**

Round 1 may not be held if there are 7 or less competitors in a category. Decision will be made by the Chief Judge and will be announced after the Official Athlete Registration and will be included in the Running Order.

### **Round 1 procedure:**

#### **Round 1 will proceed as follows:**

1. Each competitor will be called onstage in numerical order to perform an artistic fitness routine to music of her own choice, the length of which will be up to a maximum of 90 seconds.

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2. Each competitor will be introduced by number, name and country.
3. For safety reasons, the use of body oil in the routine round is strictly prohibited.
4. The use of props is limited\*.

1. **\*Note 1:** *Except as otherwise noted herein, a competitor, and/or other person or persons, shall not carry or otherwise transport any object, device or item onstage or offstage, whether before, during or after a routine. A competitor shall be allowed a small item, either worn or handheld, that will be considered part of the competitor's costume e.g. hat, ball, cane, ribbon, umbrella. Any item that is discarded during the routine must be removed by the competitor as she exits the stage without causing any delay in the competition. Competitors must declare all props at the Official Registration.*

5. No competitor will use any device that would leave material on the stage platform that would 1) presented a safety hazard to other competitors, and/or 2) require that the stage platform be cleaned or repaired before further use.
6. A competitor must enter and exit the stage to perform the routine without the assistance of any other person or persons e.g. cannot be carried onstage.

### **Prejudging: Assessing of Round 1**

#### **Assessing of Round 1:**

Round 1 will be assessed using the following criteria:

Each judge will assess the routine focusing on artistic expression in dance-like choreography with diversified tempo, some strength and flexibility elements, style, personality, athletic coordination and overall performance. The routine may be based on modern dance, aerobics, dance, street dance etc. There are no required elements, but the athletes are not allowed to perform acrobatic and advanced gymnastic moves like any types of flips (salto), handsprings, aerial cartwheel, round off, dive roll or any combinations of these elements.

### **Prejudging: Attire for Round 2 and Round 4 (Quarter Turns)**

#### **Prejudging: Presentation of Round 2 (Quarter Turns)**

Round 2 may not be held if there are 7 or less competitors in a category. Decision will be made by the Chief Judge and will be announced after the Official Athlete Registration and will be included in the Running Order.

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## **Presentation of Round 2:**

The procedures for Round 2 will be as follows:

1. The entire line-up is brought onstage, in numerical order and in a single line. Each semi-finalist will be introduced by number, name, and country. Decision will be made by the Chief Judge, who will inform the Master of Ceremony or the Announcer.
2. The line-up will be divided into two equal-size groups and will be 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 will be left open for comparison purposes.
3. In numerical order, and in groups of no more than ten competitors at a time, each group will be directed to centre-stage area to perform the four quarter turns.

The IFBB Chief Judge will direct the competitors through the four quarter turns, which are:

- a. Quarter Turn Right
- b. Quarter Turn Back
- c. Quarter Turn Right
- d. Quarter Turn Front

This initial grouping of competitors and performance of the quarter turns is intended to assist the judges in determining which competitors will take part in the comparisons that follow.

- All judges submit their individual propositions for the first comparison of the top five athletes to the IFBB Chief Judge. Based on them, the Chief Judge will form the first comparison. The number of athletes to be compared will be determined by the Chief Judge but no less than three and no more than ten competitors will be compared at any one time.
- Then the judges may be asked to submit individual propositions for the second comparison of the next five athletes, included competitors placing in the middle of the group. The IFBB Chief Judge will form the second and the next comparisons till all competitors will be compared at least once. The total number of comparisons will be decided by the IFBB Chief Judge.
- All individual comparisons will be carried out centre-stage.
- Upon completion of the last comparison, all competitors will return to a single line-up, in numerical order, before exiting the stage.

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## **Prejudging: Assessing of Round 2**

### **Assessment of Round 2:**

In general, the assessment of women's physique in Women's Artistic Fitness are based on the same criteria like in Women's Bikini:

- 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, 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 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 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 Artistic Fitness 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 body fitness contest. The competitors should have shape to their muscle but not the separation, definition, very low bodyfat level, dryness or density that are seen at body fitness competitions. Any competitor who exhibits these features is to be marked down.

## **Finals**

### **Procedures:**

The top six athletes from the Prejudging advance to the Finals, which consists of two rounds as follows:

- Round 3: Artistic Fitness Routine.
- Round 4: Quarter Turns.

### **Finals: Attire for Round 3 (Fitness Routine)**

The attire for Round 3 must conform to the same criteria as described above.

**Note:** Competitors may use a different costume that in Round 1; however, it must still conform to the standards of taste and decency as described above.

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### **.Finals: Presentation of Round 3**

The procedures for conducting Round 3 are as follows:

1. The top 6 finalists, wearing their artistic fitness routine attire, will be called onstage, individually and in numerical order, to perform their individual fitness routines to their own choice of music, the length of which shall be up to a maximum of 90 seconds.
2. Each competitor is to be introduced by number, name and country.

### **Finals: Assessing of Round 3**

Assessing of Round 3 (Fitness Routines) according to above however, the judges must be mindful of the fact that a competitor may present a different condition in the finals compared to the Prejudging. Therefore, judges must ensure that this round is judged from a "fresh" perspective, ensuring that all competitors receive fair assessment based upon their presentation in this round.

### **Finals: Attire for Round 4 (Quarter Turns)**

The attire for Round 4 must conform to the same criteria as described in above.

**Note:** Competitors may use a different costume that in Round 2; however, it must still conform to the standards of taste and decency as described above.

### **Finals: Presentation of Round 4**

The procedure for conducting Round 4 is 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 Chief Judge will direct the competitors, as a group, through the four quarter turns in numerical order and then in the reverse order. Performing each turn, competitors will stand motionless.
- These quarter turns will be done in the following way: • Front stance: competitors will stand with one hand resting on the hip and one leg slightly moved to the side. 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.

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#### Quarter turn right:

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 holds down and slightly back from the centreline of the body, 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:

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. 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. 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.

- Three steps forward: following a command given by the Chief Judge or Stage Director, competitors will walk 3 steps forward, toward the back of the stage and then they will stop and perform the back stance.

#### Quarter turn right:

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, 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.

#### Quarter turn front:

Competitors will do the last quarter turn to the right and will perform front stance.

- Three steps forward: following a command given by the Chief Judge or Stage Director, competitors will walk 3 steps forward, toward the front of the stage and then they will stop and perform the front stance.

The Stage Director will change the order of the competitors in the line-up and the Chief Judge will direct the competitors through the four quarter turns once again. On completion of the quarter turns, the competitors exit the stage.

### **Overall Category and Award**

In Women's Artistic Fitness the Overall Category is conducted in:

- a. Senior Women's Artistic Fitness (for a maximum of three champions)
- b. Junior Women's Artistic Fitness (for a maximum of two champions)

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## HOW TO ASSESS A WOMEN'S ARTISTIC FITNESS COMPETITION

### INTRODUCTION:

Judges are strongly reminded that they are judging a WOMEN'S ARTISTIC FITNESS competition. The extreme muscularity, vascularity, muscular definition, and/or dieted leanness will not be considered acceptable if displayed by a fitness competitor and therefore, must be marked down.

### GENERAL PRESENTATION:

Judges are reminded that the competitor's posture and bearing, at all times while onstage, is to be considered. The overall image displayed should demonstrate poise, femininity and self-confidence. This is especially true at all times when the competitor is performing I-walking in the finals, standing in the line-up and during the comparisons of the quarter turns. When standing in the line-up, the competitors shall be warned against adopting a tense pose, displaying the muscularity.

A relaxed stance in the line-up means that the competitor will stand erect, front to the judges, with one hand resting on the hip and one leg slightly moved to the side. Second arm hanging at the side.

Head and eyes towards the front, shoulders back, chest out, stomach in.

On the IFBB Head Judge command, competitors standing in the line-up should perform the Front Position.

### QUARTER TURNS

An athlete, who despite being pre-warned by the IFBB Chief Judge, performs quarter turns or stands in the line-up incorrectly, will be given a Yellow Card. If continues to do so, she will be moved one place down in the results of that round.

Performing each quarter turn, competitors will stand motionless. Latissimus dorsi muscles should be exposed in a natural way, without maximum contraction presented by bodybuilders.

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.

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

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### **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 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 times 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 (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, right foot resting on the toes near to the centreline of the body.

## **HOW TO ASSESS A WOMEN'S ARTISTIC FITNESS 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.

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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 Fitness 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.

- 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.

### **HOW TO PERFORM AND ASSESS I- WALKING**

I-walking is performed in the following manner:

The judges will be assessing each competitor on how well they display their physique in move. Competitors shall be assessed on whether or not they carry themselves in a graceful manner while walking to and along the stage. The pace, the elegance of moves, gestures, “showmanship”, personality, charisma, stage presence and charm, as well as a natural rhythm should play a part in the final placing of each competitor.

### **ASSESSMENT OF THE ARTISTIC FITNESS ROUTINES**

In this rounds, athletes perform a fitness routine to music selected by the competitor, the length of which shall not exceed 90 seconds. Once again, the judge should consider the OVERALL IMPRESSION, that is, the entire routine from the moment the athlete presents herself onstage until the moment the athlete walks offstage. The judges are reminded that, during these Rounds, they are judging ONLY the fitness routine and NOT the physique. The judge should look for a well-choreographed and creative routine performed at a different tempo/speed. Although compulsory movements are not a requirement, the routine should include:

1. Elements of STRENGTH - for example, straddle hold, leg extension hold, handstands, planchet and/or one-arm push-ups. The number of strength moves, their degree of difficulty, and the overall creativity of the moves should be considered in the judging of the routine.
2. Elements of FLEXIBILITY – for example, high kicks, bridges, front and back walkovers, side splits, and/or front splits. The number of flexibility moves, their degree of difficulty, and the overall creativity of the moves should be considered in the judging of the routine.
3. Elements of POWER – should be limited to simple elements. The following acrobatic and advanced gymnastic elements are prohibited:

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- flips (salto) – any type
- handsprings – any type
- aerial cartwheel
- round off
- dive roll
- any combinations of the above mentioned elements

4. The SPEED or tempo of the routine demonstrates a degree of cardiovascular fitness, stamina, and endurance. For example, if two routines contain the same type and number of strength, flexibility and power movements, the routine that is performed at a faster tempo is the more difficult to achieve so long as the movements are correctly performed.

Once again, the judge must always consider the “Total Package” and not just the sum of the individual movements. There is a component - an element of “showmanship”, which competitors bring to a fitness routine that is unique to them and creates the overall impression. This is their personality, charisma, stage presence and charm, as well as a natural rhythm that should play a part in the final placing of each competitor.



