

UKBFF BIKINI CATEGORY **RULES**

The Bikini Category is aimed at women, who are keeping their body in shape by eating healthy and keeping fit. Muscular definition is not allowed, but body tone and a healthy overall physical appearance is essential. Balance of the upper and lower body is important and the face and hair will also be taken in to consideration.

The UKBFF do not permit crossover to Bodybuilding, Bodyfitness and/or Fitness categories.

ATTIRE

The attire for the Bikini category will be a two piece suit.

Competitors can compete in an off-the-rack two-piece suit.

- All two-piece suits must be in good taste.
- Any colour and/or pattern is allowed and will be the competitors own choice. No crystals or glitter allowed.
- The bottom part of the suit must be V-shaped. Thongs are strictly prohibited.
- High heel shoes must be worn, but platform soles are not permitted. The colour and style will be the competitors own choice.
- Competitors may wear jewellery

TANNING

The athlete is expected to have a natural and healthy looking tan.

HEIGHT CLASSES

At National level there will be 1 Open Category, for the time being. The Executive Committee may, at their discretion, decide to add more height classes as needed.

PRESENTATION

The competitor will walk on stage alone and perform their T-Walk.

The T-Walk consists of the following:

- The competitor will walk to the centre of the stage. Stop and do a Front Stance
- She will perform a full turn to face the rear of the stage and do a Back Stance
- She will perform a full turn to the front again and face the Judges as directed
- She will then walk to one side of the stage to perform a Front and Back Stance and then to the other side of the stage to perform a Front Stance and Back Stance
- The competitor will take her place in the line-up as instructed by the stage marshal/director.

COMPARISON ROUND

The stage director will call the competitors out in groups of 5 and they will perform a full Front and Back Stance.

Judges will then have the opportunity to compare competitors 3-5 at a time to do Front Stance and Back Stance only. (No side stances permitted).

SCORING

The PRESENTATION and COMPARISON ROUND will be judged as one (1) Round. Judges will be scoring the competitors using the following criteria:

1. Balance and shape
2. Overall physical appearance including:
 - a. Complexion
 - b. Skin tone
 - c. Poise
 - d. Overall presentation

The judges will be asked to mark their top 6 -not placing them- for the Head-Judge to call the final comparisons.

The top 6 will go forward to the Finals.

The Top 6 will be judged in the Finals on their presentation as explained above.

The Bikini category judges will be appointed by the UKBFF Executive Committee and will not be bodybuilding judges.