

U.K.B.F.F. FITNESS RULES

Rounds

1. Prejudging – Round 1 (Fitness Routines)
2. Prejudging – Round 2 (Quarter Turns)
3. Finals – Round 3 (Fitness Routines)
4. Finals – Round 4 (Quarter Turns).

ROUND1: PRE-JUDGING (FITNESS ROUTINE)

Attire for Round 1 (Fitness Routine)

Attire for Round 1:

The attire for Round 1 will conform to the following criteria:

1. Competitors may dress as they deem appropriate in order to perform their routines, except as detailed below.
2. 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.
3. While onstage, if clothing is removed to reveal a G-string, the posing music will be stopped and the competitor will be immediately disqualified.
4. The routine attire will be inspected backstage before the competitor is allowed onstage. If the routine attire does not meet UKBFF standards, the competitor will be given five (5) minutes to comply, failing which the competitor will be disqualified.
5. Sport footwear may be worn, at the discretion of the competitor.
6. Competitors may wear sponsorship logos on their routine attire, the dimensions of which will not exceed 4 cm X 8 cm.
7. Fitness athletes are responsible for being fully aware of the UKBFF rules as detailed below.
8. Any questions concerning posing attire must be brought to the attention of the UKBFF Chief Official or UKBFF Head Judge during the Official Athlete Registration.

Prejudging: Presentation of Round 1

Procedure:

Round 1 will proceed as follows;

1. Each competitor will be called onstage in numerical order to perform a fitness routine to music of her own choice, the length of which will be up to a maximum of 90 seconds.
2. Each competitor will be introduced by number, name and country.
3. The use of props is limited. **Note: 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. 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.*
4. No competitor will use any device that would leave material on the stage platform that would 1) present a safety hazard to other competitors, and/or 2) require that the stage platform be cleaned or repaired before further use.
5. A competitor must enter and exit the stage to perform the routine without assistance of any other person or persons e.g. cannot be carried onstage.
6. For safety reasons, the use of body oil in the routine round is strictly prohibited.

Prejudging: Scoring of Round 1

The scoring for Round 1 will proceed as follows:

1. Each judge will place the athlete from 1st to 15th, giving no two athletes the same placing.
2. The judges may use the Form, entitled "Judge's Personal Notes", to write notes about the athletes.

3. The statisticians will gather the Judging slips from the judges and will transcribe their placings onto Form #5, entitled "Score Sheet (Statisticians)", under Round 1. They will then discard two high and two low scores; add the remaining five scores, and write the total under the column marked "Round 1 Subscore". (Note: in case of seven or five judges being available, only one high and one low score will be discarded)
4. Should a tie occur in the "Round 1 Subscore", the tie need not be immediately broken since the "Round 1 Subscore" must be added to the "Round 2 Subscore to produce a "PREJUDGING SCORE".

Prejudging: Assessing Round 1

Round 1 will be assessed using the following criteria:

1. Each judge will assess the routine with a view towards style, personality, athletic coordination and overall performance. Judges will also look for competitors who perform strength and flexibility moves, as well as gymnastic moves. The routine may include aerobics, dance, gymnastics or other demonstrations of athletic talent. There are no required moves at this moment.
2. The judges are reminded that, during this round, they are judging ONLY the fitness routine and NOT the physique.

(See appendix 2 for guidelines)

ROUND 2: PRE-JUDGING QUARTER TURNS

Prejudging: Attire for Round 2

Attire for Elimination Round and Round 2 (Two-Piece Bikini) will conform to the following criteria:

1. The bikini will be plain opaque two-piece in style.
2. The colour and style of the bikini and high-heels will be left to the competitor's discretion, except as indicated in the below.
3. The bikini will cover a minimum of ½ of the gluteus maximus and all of the frontal area.
4. The hair may be styled.
5. Except for a wedding ring and/or small stud-type earrings, jewellery will not be worn.
6. The IFBB Chief Official, or a delegated representative, will have the right to determine if a competitor's attire meets an acceptable standard of taste and decency

Prejudging: Presentation of Round 2

The procedures for Round 2 will be as follows:

1. The entire category will be called onstage, in a single line and in numerical order.
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 five competitors at a time, each group will be directed to centre-stage area to perform the four quarter turns.
4. 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.
5. Judges may now submit individual requests for comparisons to the Stage Director. No less than three and no more than five competitors will be compared at any one time. The IFBB Chief Judge or Stage Director will have the discretion to discard or amend a judge's individual request for comparisons if warranted.
6. All individual comparisons will be carried out centre-stage and in the order, from left to right, as requested by the judge.
7. The total number of comparisons will be as decided by the Chief Judge or Stage Director.
8. All competitors will undergo at least one comparison.
9. Upon completion of the last comparison, all competitors will return to a single lineup, in numerical order, before exiting the stage.

Prejudging: Scoring of Round 2

The scoring for Round 2 will proceed as follows:

1. Each judge will award each competitor an individual placing from 1 to 15, ensuring that no two or more competitors receive the same placing. The judges may use the Form, entitled "Judge's Personal Notes" to record their assessment about each competitor.
2. Using Form #5, entitled "Score Sheet (Statisticians)", with nine judges, two high and two low scores will be discarded. The remaining scores will be added and multiplied by 100% to produce a "Round 2 Subscore" and a "Round 2 Place". (Note: in case of seven or five judges being available only one high and one low score will be discarded)

3. Ties in the "Round 2 Subscore" need not be immediately broken as the "Round 2 Subscore" will be added to the "Round 1 Subscore" to produce a "PREJUDGING SCORE" and "PREJUDGING PLACE".
4. Should a tie occur in the "PREJUDGING SCORE", the tie will be broken using the "Round 2 Subscore" first. If a tie still exists, it will be broken using the "Relative Placement" method and the athlete's Round 2 scores.
Note: The Relative Placement Method procedure: Each individual judge's scores for the tied athletes will be compared on a column-by column basis with a dot being placed on top of the number for the athlete with the better placing. All nine regular panel judge's scores will be included in the tie breaking calculations. The number of dots will be tallied for each of the tied athletes. The athlete with the greater number of dots will be declared the winner of the tie and will then receive the better placing.
5. The top 6 athletes from the Prejudging will advance to the Finals.

Prejudging: Assessment of Round 2

Round 2 will be assessed using the following criteria:

1. The judge should first assess the overall athletic appearance of the physique. This assessment should begin at the head and extend downwards, take the whole physique into account. The assessment, beginning with a general impression of the physique, should take into consideration the hair and facial beauty; the overall athletic development of the musculature; the presentation of a balanced, symmetrically developed physique; the condition of the skin and the skin tone; and the athlete's ability to present herself with confidence, poise and grace.
 2. The physique should be assessed as to its 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 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.
 3. 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.
 4. 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 fitness competitor must be viewed with the emphasis on a "healthy, fit, athletic" physique, in an attractively presented "Total Package".
 5. Judges are reminded that this is not a bodybuilding contest. The competitors should have shape to their muscle but not the size, definition or vascularity that is seen at bodybuilding competitions. Any competitor who exhibits these features is to be marked down.
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FINALS

Finals: Round 3 and Round 4 (Fitness Routine and Quarter turns)

Procedures:

The top six athletes from the Prejudging advance to the Finals, which consists of 2 Rounds as follows:

1. Round 3: (Fitness Routine).
2. Round 4: (Quarter Turns).

Finals: Attire for Round 3 and Round 4

The attire for Round 3 and Round 4 must conform to the following criteria:

1. Round 3 (Fitness Routine) – same attire as described in Round 1.
2. Round 4 (Quarter Turns) – same attire as described in Round 2.

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

Finals: Presentation of Round 3 (Fitness Routine)

The procedures for conducting Round 3 are as follows:

1. The top 6 finalists, wearing their 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. All other criteria will be as described in "Pre-judging Round 1".

Finals: Scoring of Round 3

The scoring of Round 3 is carried out as follows:

1. The judges, using the same criteria for judging as used during the Prejudging, will place the competitors from 1st to 6th, giving no two athletes the same placing.
2. The statisticians will gather the Judging slips from the judges and will transcribe their placings onto the "Score Sheet (Statisticians)", under Round 3. With nine judges, two high and two low scores will be discarded; the remaining five

scores will be added and write the total under the column marked "Round 3 Subscore". (If only seven or five judges are available, one high and one low score should be discarded)

3. Should a tie occur in the "Round 3 Subscore", the tie need not be immediately broken since the "Round 3 Subscore" must be added to the "Round 4 Subscore to produce a "FINAL SCORE"
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Finals: Presentation of Round 4 (Quarter Turns)

The procedures for conducting Round 4 are as follows:

1. The top six finalists are called onstage, in numerical order and in a single line.
2. In numerical order, each competitor will be introduced by number, name and country.
3. As a group, the line-up is directed to perform the four quarter turns.
4. The Chief Judge or Stage Director may, at his/her discretion, have the group perform the quarter turns at centre-stage in numerical order and then in the reverse order.
5. On completion of the quarter turns, the competitors exit the stage.

Finals: Scoring of Round 4

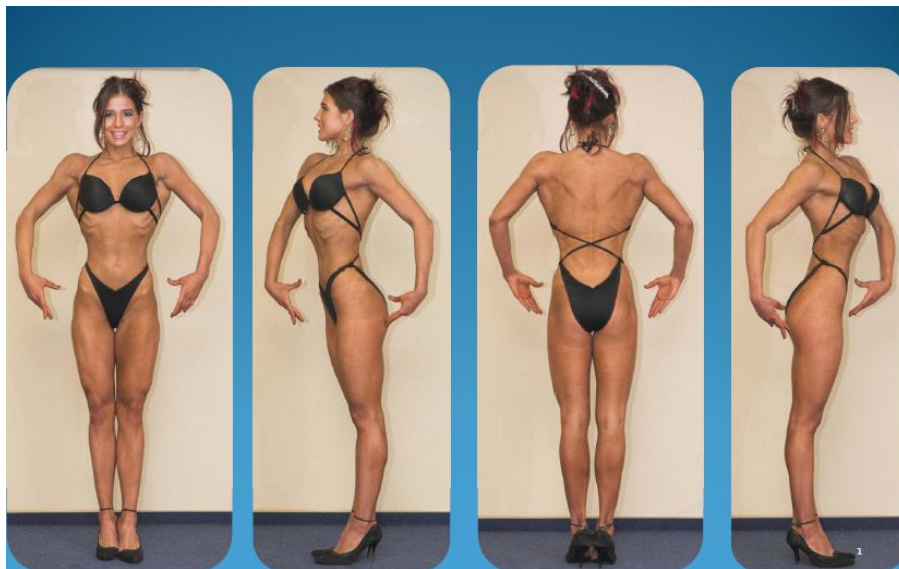
The scoring for Round 4 will proceed as follows:

1. Each judge will award each competitor an individual placing from 1 to 6, ensuring that no two or more competitors receive the same placing.
2. Using the Form "Score Sheet (Statisticians)", with nine judges, two high and two low scores will be discarded. The remaining scores will be added and multiplied by 100% to produce a "Round 4 Subscore" and a "Round 4 Place". (If only seven or five judges are available, one high and one low score should be discarded). Ties in the "Round 4 Subscore" need not be immediately broken as the "Round 4 Subscore" will be added to the "Round 3 Subscore" to produce a "FINAL SCORE" and "FINAL PLACE".
3. Should a tie occur in the "FINAL SCORE", the tie will be broken using the "Round 4 Subscore" first. If a tie still exists, it will be broken using the "Relative Placement" method and the athlete's Round 4 scores.

Note: The Relative Placement Method procedure: Each individual judge's scores for the tied athletes will be compared on a column-by column basis with a dot being placed on top of the number for the athlete with the better placing. All nine regular panel judge's scores will be included in the tie breaking calculations. The number of dots will be tallied for each of the tied athletes. The athlete with the greater number of dots will be declared the winner of the tie and will then receive the better placing.

See appendix 1 for description of QUARTER TURNS

APPENDIX 1



DESCRIPTION OF THE FOUR QUARTER TURNS

Quarter Turn Right:

Relaxed 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 hanging relaxed and slightly back from the center-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 relaxed and slightly front of the center-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. This position is a relaxed stance. 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.

Quarter Turn Back:

Relaxed 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 hanging relaxed and at the side along the centerline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body, hands slightly cupped, tips of the fingers resting lightly on the hips. This position is a relaxed stance. 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.

Quarter Turn Right:

Relaxed 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 hanging relaxed and slightly back from the centerline 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 center-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. This position is a relaxed stance. 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.

Quarter Turn Front:

Relaxed 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 hanging relaxed and at the side along the centerline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body, hands slightly cupped, tips of the fingers resting lightly on the hips. This position is a relaxed stance. 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.

APPENDIX 2

JUDGES GUIDE

ROUND 1 – ROUTINE:

In this round, the top 15 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 “Total Package”, 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 this Round, 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 high tempo/speed.

Although compulsory movements are not a requirement, the routine should include:

1. Elements of STRENGTH - for example, straddle hold, leg extension hold, and/or one-arm pushups (gymnastic movements such as front and back flips, handsprings, and cartwheels are not considered strength elements). 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, 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. 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 and flexibility 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.

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.

For full rulebook please go to www.UKBFF.com