

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

PLEASE NOTE THAT AT U.K.B.F.F. QUALIFYING CHAMPIONSHIPS THERE WILL BE 2 ROUNDS ONLY

Rounds

Body Fitness will consist of the following three rounds:

1. Round 1 (Two-Piece Bikini - Black) plus posing routine 1minute;
2. Round 2 (One-Piece Swimsuit); and
3. Finals – Round 3 (Two-Piece Bikini) – *U.K.B.F.F. - Only at UK Championships Finals.*

ROUND1

Attire for Round 1 (Two-Piece Bikini)

The attire for Round 1 (Two-Piece Bikini) will conform to the following criteria:

1. The bikini will be plain opaque two-piece in style.
2. The bikini will be solid black in color.
3. The bikini fabric will be cloth in material (no plastic, rubberized or similar material).
4. The bikini will be matt in texture (no shiny material).
5. The bikini will contain no ornamentation, frills, lacework edges or borders.
6. The bikini will cover a minimum of ½ of the gluteus maximus and all of the frontal area.
7. High-heels will be worn during this round. Shoe style must be black, classic stiletto pump, with a closed toe and heel. Sole thickness will be no greater than 6.35 millimeters (¼"); stiletto height will be no greater than 127 millimeters (5"). **Platform high-heels will be strictly prohibited.**
8. The hair may be styled.
9. Except for a wedding ring and/or small stud-type earrings, jewelry will not be worn.
10. 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.

Presentation of Round 1 (Two-Piece Bikini)

The procedures for Round 1 (Two-Piece Bikini) will be as follows:

1. The entire category will be called onstage, in a single line and in numerical order.
2. The lineup 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 center 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 center-stage area to perform the following four quarter turns:
 - a. Quarter Turn Right
 - b. Quarter Turn Back
 - c. Quarter Turn Right
 - d. Quarter Turn Front
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 Onstage Expediter. No less than three and no more than five competitors will be compared at any one time. The IFBB Chief Judge or Onstage Expediter 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 center stage and in the order, from left to right, as requested by the judge.
7. All judges will be given the opportunity to submit at least one request for comparisons. Any additional requests will be at the discretion of the IFBB Chief Judge or Onstage Expediter.
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.

Posing Routine Round 1 (Two-Piece Bikini)

The competitors will take off their black high-heels for the posing routine.

The procedure for the posing routine will be as follows:

1. The competitors will be called on stage, one at the time, to perform a one minute posing routine.
2. The posing routine shall be performed to music of the competitor's own choice.
3. The posing routine should show off the competitors trained figure, balanced symmetry and shall not contain lat-spreads and/or clenched fists poses (i.e. double biceps). Poses should be performed with open hands.
4. No gymnastic moves are allowed in the Body Fitness routine and therefore it is expected that one foot remains on the floor at all times.

Assessment of Round 1 (Two-Piece Bikini)

Round 1 (Two-Piece Bikini) 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, taking 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 endeavors. 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. The posing routine is specifically added to Round 1, to give the judges a better change to assess the competitor.

ROUND 2

Attire for Round 2 (One-Piece Swimsuit)

The attire for Round 2 (One-Piece Swimsuit) will conform to the following criteria:

1. One-piece swimsuit.
2. Color, material, texture at the discretion of the competitor.
3. The swimsuit will cover a minimum of ½ of the gluteus maximus and all of the frontal area.
4. High-heels will be worn during this round. Shoe style must be classic stiletto pump, with a closed toe and heel, color at the competitor's discretion. Sole thickness will be no greater than 6.35 millimeters (¼"); stiletto height will be no greater than 127 millimeters (5"). **Platform high-heels will be strictly prohibited.**
5. The hair may be styled.
6. Jewelry may be worn, within limits.
7. 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.

Presentation of Round 2 (One-Piece Swimsuit)

The procedures for Round 2 (One-Piece Swimsuit) shall be as follows:

1. The entire category will be called onstage, in a single line and in numerical order.
2. The lineup 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 center 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 center-stage area to perform the following four quarter turns:
 - a. Quarter Turn Right
 - b. Quarter Turn Back
 - c. Quarter Turn Right
 - d. Quarter Turn Front
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 Onstage Expediter. No less than three and no more than five competitors will be compared at any one time. The IFBB Chief Judge or Onstage Expediter 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 centerstage and in the order, from left to right, as requested by the judge.
7. All judges will be given the opportunity to submit at least one request for comparisons. Any additional requests will be at the discretion of the IFBB Chief Judge or Onstage Expediter.
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.

Assessment of Round 2 (One-Piece Swimsuit)

Round 2 (One-Piece Swimsuit) 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, taking 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 endeavors. 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. The judges must be mindful of the fact that a competitor may present a different "Total Package" while wearing a swimsuit with high-heels as opposed to a bikini with high-heels. Therefore, judges must ensure that this round is judged from a "fresh" perspective, ensuring that all competitors receive a fair assessment based upon their attire in this round.

ROUND 3 U.K.B.F.F. – Only at UK Championships Finals

Finals: Attire for Round 3 (Two-Piece Bikini)

The attire for Round 3 (Two-Piece Bikini) will conform to the following criteria:

1. Two-piece bikini.
2. Color, material, texture at the discretion of the competitor.
3. The bikini will cover a minimum of ½ of the gluteus maximus and all of the frontal area.
4. High-heels will be worn during this round. Shoe style and color may be at the competitor's discretion. Sole thickness will be no greater than 6.35 millimeters (¼"); stiletto height will be no greater than 127 millimeters (5"). **Platform high-heels will be strictly prohibited.**
5. The hair may be styled.
6. Jewelry may be worn, within limits.
7. 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.

Finals: Presentation of Round 3 (Two-Piece Bikini)

The procedures for Round 3 (Two-Piece Bikini) will be as follows:

1. The top 6 finalists will be called onstage, in a single line and in numerical order.
2. In numerical order, each competitor will be introduced by number and name
3. The entire lineup will be directed to perform the four quarter turns, on the center, left and right stage areas. The group may be reversed and the quarter turns repeated at the center, left and right stage areas.
4. The entire lineup will be asked to exit the stage.

Finals: Assessment of Round 3 (Two-Piece Bikini)

The same criteria used in judging Round 1 will be used in this round. However, the judges must be mindful of the fact that a competitor may present a different "Total Package" while wearing a two-piece bikini of her own choosing. Therefore, judges must ensure that this round is judged from a "fresh" perspective, ensuring that all competitors receive fair assessment based upon their attire in this round.

APPENDIX 9

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.

For full rulebook please go to www.ifbb.com