



## **CBBF Figure (Body Fitness) Rules**

Women's Figure / Body Fitness was officially recognized as a new sport discipline by the IFBB Executive Council and IFBB Congress on October 27, 2002 (Cairo, Egypt).

### **HEIGHT CLASSES:**

#### **Contests with two (2) classes:**

- Up to and including 5'4"
- Over 5'4"

#### **Contests with three (3) classes:**

- Up to and including 5'4"
- Over 5'4" and up to and including 5'6"
- Over 5'6"

#### **Contests with four (4) classes:**

- Up to and including 5'2"
- Over 5'2" and up to and including 5'4"
- Over 5'4" and up to and including 5'6"
- Over 5'6"

There is one open category in Junior Women's Figure – Body Fitness world-level competitions,

There are two open categories in Master Women's Figure – Body Fitness world-level competitions:

- 35 to 44 years of age inclusive: one open category
- 45 years of age and older: one open category

*Please note that classes are subject to change depending on show size*

## **COMPETITOR RULES:**

- Competitors will compete in a two-piece suit of any color and pattern. The bikini bottom must cover a minimum of 1/2 of the gluteus maximus and all of the frontal area. Strings and thongs are strictly prohibited. All swimsuits must be in good taste. Athletes will be warned about improper suits and are advised to bring two (2) suits to check in. Athletes will be scored down if the suit is not up to standard
- Figure will not have a routine round.
- Competitors must wear high heels. Although shoes are not inspected at the CBBF National events, it is strongly recommended that athletes adhere to the IFBB International standards when selecting shoes (any style or color but in good taste, sole thickness should be a maximum of ½ inch and stiletto should be a maximum of 12cm). This is to be used as a guide. Shoes should not be distracting to the full package and are intended to compliment athletes. Athletes should also consider shoe fit and how easy the shoes are to walk in.
- 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.
- Competitors may wear jewellery provided it is good taste.
- Hair may be styled
- 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 provided that it is applied at least twenty-four hours prior to the Prejudging. 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 coloring 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 CBBF Chief Official, or delegated representative, will have the right to determine if a competitor's attire meets an acceptable standard of taste and decency. If these standards are not met, the official has the right to remove the competitor from stage and have them change attire.
- **CBBF contests do not permit competitors to cross over into Bodybuilding, Figure, Fitness, Physique or Bikini at the same event.**

## **CHECK INS:**

Figure division competitors will be checked in and measured at registration. Suits will be verified by the CBBF Chief Judge or designate.

## **COMPETITION PRE-JUDGING:**

1. Competitors will walk to the center of the stage alone and perform quarter (1/4) turns, face the judges as directed then proceed to the side of the stage.
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 center portion of the stage will be left open for comparison purposes.
3. In numerical order, and in groups of no more than eight competitors at a time, each group will be directed to center-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. All judges submit their individual propositions for the first comparison of the top five athletes to the CBBF 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 eight 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 CBBF 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 CBBF Chief Judge.

6. All individual comparisons will be carried out center-stage.
7. Upon completion of the last comparison, all competitors will return to a single lineup, in numerical order, before exiting the stage.

## **FINALS:**

### ***Presentation:***

- Competitors will walk to the center of the stage alone and perform quarter (1/4) turns, face the judges as directed then proceed to the side of the stage, standing on angle to back of stage.
- First group of athletes, from lowest number to highest called out in numerical order, ¼ turns, leave stage, continue until all athletes compared and leave stage.
- Top finalists, 5 or less return to stage performing their ¼ turns at centre stage, then move to back of stage, stage marshal directed.
- Presenter called forward for last place, usually 5<sup>th</sup>, place trophy on ground on spot located, then MC calls 5<sup>th</sup> place athlete, continue until all finalists come forward to pick up trophy.
- If sponsor for class called forward, stands between 1<sup>st</sup> and 2<sup>nd</sup>, etc. for pictures.
- Class finished, leave stage.

### **Judging will be assessed using the following criteria:**

1. The judge should first assess the overall athletic appearance of the physique. This 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 athletic development of the musculature; the presentation of a balanced, proportionally and 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 and diet. 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 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 Figure 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 Women's Physique contest. The competitors should have shape to their muscle but not the size, definition or vascularity that is seen at Women's Physique competitions. Any competitor who exhibits these features is to be marked down.

### **Description on the Quarter Turns in Figure Competition:**

**Introduction:**

Judges are strongly reminded that they are judging a women's FIGURE competition and not WOMEN'S PHYSIQUE competition. The type of muscularity, vascularity, muscular definition, and/or dieted leanness displayed by Women's Physique athletes will not be considered acceptable if displayed by a Figure 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 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, with arms flexed and out to the side, displaying the muscularity.

A relaxed stance in the line-up means that the competitor will: - stand erect, front to the judges, with arms hanging at the side and feet together, or - stand with the body slightly turned, left side to the judges, so the start number of a competitor will be clearly visible, right hand resting on the hip and left leg slightly moved forward and to the side. Head and eyes towards the front, shoulders back, chest out, stomach in. On the CBBF Chief Judge command, competitors standing in the line-up should perform the Front Position.

**Quarter Turns:****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 centerline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and hold about 10 cm 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 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 kept 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. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

**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 centerline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and hold about 10 cm 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**

(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 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 kept 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. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

### **Assessment of the Female Physique in Quarter Turns:**

In all rounds, the competitors are brought onstage, in numerical order and in a single line, if possible. They are directed through the comparisons of the quarter turns in groups of no more than 8 competitors at a time. Each judge is expected to watch all of the comparisons. Throughout the comparisons, a judge must not lose sight of the fact that he or she is judging the athlete as a "Total Package". The judge should first assess the overall athletic appearance of the physique. This assessment should take the whole physique into account. The assessment, beginning with a general impression of the physique, should take into consideration the hair and makeup; 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. The physique should be assessed as to its level of overall muscle tone, achieved through athletic endeavours and diet. 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. 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 figure competitor must be viewed with the emphasis on a "healthy, fit, athletic" physique, in an attractively presented "Total Package".

### **How to Perform and Assess T-Walking:**

T-walking is performed in the following manner:

- The competitor will walk to the center 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 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.