



CBBF Women's Physique Division Rules

Women's Physique was officially recognized as a new sport discipline by the IFBB Executive Council and IFBB Congress on November 11, 2012 (Guayaquil, Ecuador). The Women's Physique category is aimed at women who prefer to develop a less muscular, yet athletic and aesthetically pleasing physique, unlike former women's bodybuilders

COMPETITOR RULES:

- The bikini will be plain opaque two-piece in style.
- The colour, fabric, texture, ornamentation and style of the bikini will be left to the competitor's discretion, except as indicated in the below.
- The bikini bottom must include full material on sides, cover a minimum of 1/2 of the buttocks and have total frontal area coverage. The bikini can be jewelled.
- The hair should be styled.
- Jewelry may be worn.
- Competitors will not wear glasses, watches 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.
- 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 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 standards of aesthetics. The athlete may be disqualified if the attire doesn't meet them.
- No Heels may be worn at any time during the competition/judging

CLASSES:

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

There is one open Masters Class age 35 and over

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

JUDGING CRITERIA:

Physique Assessment will include:

- Symmetry
- Shape
- Proportion
- Muscle Tone
- Poise
- Beauty Flow

Physique should display all of the above criteria without compromising Femininity, Beauty/Flow of physique etc.

The Following are examples of common terms used in the Bodybuilding industry. These words can be helpful to assess what should NOT be descriptive to the physiques being judged in Women's Physique (RIPPED, SHREDDED, PEELED, STRIATED, DRY, DICED, HARD, VASCULAR, GRAINY, MASSIVE, THICK, DENSE, ETC)

PRE-JUDGING:

- Competitors walk to center stage in groups of 5 or more to perform five mandatory poses
- Proceed to the side of the stage
- Upon last group performing mandatory poses comparisons begin
- Competitors are called to center stage in groups of no less than three for comparisons
- Quarter turns are performed
- Mandatory poses are performed
- Upon completion of comparisons athletes leave stage

Pre-judge will be assessed using the following criteria:

1. The judge should first assess the overall female 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 the 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 onstage with confidence.
2. During the comparisons of the Mandatory Poses, the judge should first look at the primary muscle group being displayed. The judge should then survey the whole physique, starting from the head, and looking at every part of the physique in a downward sequence, beginning with general impressions, and looking for a symmetrical balanced development of all the muscle groups and definition. The downward survey should take in the head, neck, shoulders, chest, all of the arm muscles, front of the trunk for pectorals, pec-delt tie-in, abdominals, waist, thighs, legs, calves and feet. The same procedure for back poses will also take in the upper and lower trapezius, teres and infraspinatus, erector spinae, the gluteus group, the leg biceps group at the back of the thighs, calves, and feet. A detailed assessment of the various muscle groups should be made during the comparisons, at which time the judge has to compare muscle shape, density, and definition while still bearing in mind the competitor's overall balanced development and femininity.
3. The physique should be assessed as to the 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.

4. The assessment should also take into consideration the tightness and tone of the skin. The skin tone should be smooth and healthy in appearance.
5. 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 Women's Physique competitor must be viewed with the emphasis on a "healthy, fit, athletic-looking, muscular physique, in an attractively presented "total package".

MANDATORY POSES:

Mandatory Poses will be performed with OPEN HAND style and include the following poses:

- Front Double Biceps/ Open Hands (No Flat Footed Full Front Pose- Some sort of twisting Pose)
- Side Chest with Arms Extended (Front Leg may also be Extended)
- Back Double Biceps/ Open Hands
- Side Tricep with Leg Extended

FINALS:

- Competitor are individually introduced as they walk on stage in groups to perform a couple of mandatory poses
- Proceed to the side of the stage
- Upon completion of all group mandatory poses top five announced
- Top five step on line at back of stage
- All competitors leave stage
- Top five line up off stage in numerical order to prepare for their 60 second individual posing routine (to music of their choice)
- (Profanity, racial/sexual slurs and inappropriate verbiage is prohibited)
- Music containing any of the above will be stopped and the athlete may be eliminated

Your routine should include the following:

- Poses and movements that highlight your best features
 - Smooth transitions between movements
 - Good musicality
 - Additional physical prowess that you have: flexibility, dance, gymnastics...
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- Upon completion of last individual routine all top five athletes are call onto centre stage
 - Pose down is performed
 - Top five athletes stand on line at back centre stage
 - MC calls 5th place to marked spot on centre stage ... award is presented ... 4th to marked spot on centre stage ... award is presented ..etc...
 - After 1st place is presented photo is taken with sponsor standing between 1st and 2nd place finishers
 - Photo then taken (without sponsor) of all top 5
 - Photo of 1st only

WOMEN'S MANDATORY POSES:

1. Front Pose (Front Double Bicep)

Standing front to the judges, with the legs and feet in-line and the right/left leg placed out to the side, the competitor will raise both arms to shoulder level and bend them at the elbows. The hands should be opened, with fingers directed up. In addition, the competitor should attempt to contract as many other muscles as possible as the judges will be surveying the whole physique, from head to toe.

The judge will survey the whole physique, from head to toe, by observing the overall body lines and balance, the contours of each body part, achieved by the development of proper muscles, as well as the overall body proportions and symmetry. The judge will also look for muscle density, low body fat level and overall balance.

2. Side Chest

The competitor may choose either side for this pose, in order to display the "better" arm. She will stand left or right side to the judges, with the upper body slightly twisted to the judges, face looking to the judges, stomach in, leg nearest to the judges straight, locked at the knee, moved forward and resting on the toes, leg farthest to the judges slightly bent at the knee, with foot resting flat of the floor, both arms kept slightly front of the body, straight and locked at the elbow, thumb and fingers together, palm facing down and kept together or one over the other. The competitor will then contract the pectoral muscles, the triceps muscle and the thigh muscles, in particular, the biceps femoris group, and by downward pressure on her toes, will display the contracted calf muscles.

The judge will pay particular attention to the pectoral muscles, the triceps, the leg quadriceps and the calf, and will conclude with the head-to-foot examination. In this pose, the judge will be able to survey the thigh and calf muscles in profile, which will help in grading their comparative development more accurately.

3. Back Pose

Standing with her back to the judges, the competitor will bend the arms as in the Front Pose, keep the hands opened, place one foot back and resting on the toes. She will then contract the arm muscles as well as the muscles of the shoulders, upper and lower back, thigh and calf muscles.

The judge will survey the whole physique, from head to toe, by observing the overall body lines and balance, the contours of each body part, achieved by the development of proper muscles, as well as the overall body proportions and symmetry. The judge will also look for muscle density, low body fat level and overall balance.

4. Side Triceps

The competitor may choose either side for this pose so as to show the "better" arm. She will stand with her left or right side towards the judges, face looking to the judges, chest out, stomach in, and will place both arms behind her back, grasping the front arm by the wrist with her rear hand. The arm nearest to the judges will be straight and locked at the elbow, with open hand, thumb and fingers together, palm facing down and in a horizontal position. The competitor will exert pressure against her front arm, thereby causing the triceps muscle to contract. The rear leg will be bent at the knee and the foot will rest flat on the floor. Leg nearest to the judges will be straight, locked at the knee, moved forward and resting on the toes.

The judge will first survey the triceps muscles, and conclude with the head-to-foot examination. In this pose, the judge will be able to survey the whole physique in profile, the chest and abdominal contours, the thigh and calf muscles, which will help in grading their comparative development more accurately.