



CBBF Bikini Rules

Women's Bikini Fitness category was officially recognized as a new sport discipline by the IFBB Executive Council and IFBB Congress on November 07, 2010 (Baku, Azerbaijan).

COMPETITOR RULES:

- Competitors will compete in a two-piece suit of any color and pattern. The bikini bottom must cover a minimum of 1/3 of the gluteus maximus and bottom part 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
- 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 ¼ 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 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. 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, and 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.**

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"

Contests with five (5) 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" and up to and including 5'8"
- Over 5'8"

Contests with six (6) classes:

- Up to and including 5'1"
- Over 5'1" and up to and including 5'2.50"
- Over 5'2.50" and up to including 5'4"
- Over 5'4" and up to and including 5'5.5"
- Over 5'5.5" and up to and including 5'.7"
- Over 5'.7"

There are two open categories in Masters Women's Bikini 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 height classes are subject to change depending on show size and IFBB World Championship measurements are in centimetres which differ slightly when converted.

CHECK-INS:

Bikini division competitors will be checked in and measured at registration. Suits will be verified by the Head Judge or designate.

PRE-JUDGING:

Presentation:

- Competitor walk to center stage in groups to perform quarter turns
- Proceed to the side of the stage
- Large groups will be split into two groups on either side of the stage
- Upon completion of all quarter turns comparisons begin
- Competitors are called to centre stage in no less than groups of three for comparisons
- Quarter turns are performed
- Upon completion of quarter turns athletes leave stage

These quarter turns will be done in the following way:

1. **Front stance:** competitors will stand with one hand resting on the hip and one leg slightly moved to the side.
2. **Quarter turn right:** competitors will perform the first quarter turn to the right. They will stand left side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Right hand resting on the right hip, left arm hold down and slightly back from the centerline of the body, feet placed freely but not together.
3. **Quarter turn back:** competitors will perform the next quarter turn to the right and will stand back to the judges. They will stand straight, not leaning the upper body forward with one hand resting on the hip and one leg slightly moved to the side. Second hand hanging down along the body, slightly out of to the side, with open palm and straight, aesthetically configured fingers. Competitors are not allowed to turn their upper body towards the judges and should face the back of the stage at all time during the comparison.
4. **Quarter turn right:** competitors will do the next quarter turn to the right and will stand their right side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Left hand resting on the left hip, right arm hold down and slightly back from the centerline of the body, feet placed freely but not together.
5. **Quarter turn front:** competitors will do the last quarter turn to the right and will perform front stance.

Scoring:

Judges will be scoring competitors using the following criteria:

- Balance and Shape
- Overall physical appearance including complexion, skin tone, poise and overall presentation.

At all times, the Bikini competitor must be viewed with the emphasis on a "healthy and fit" physique, in an attractively presented "Total Package". Judges are reminded that this is not a Figure contest. The competitors should have shape to their muscle but not the separation, definition, very low body-fat level or hardness that is seen at figure competitions. Any competitor who exhibits these features is to be marked down.

FINALS:

Presentation:

- Competitors are introduced individually as they walk to centre stage in groups to perform quarter turns
- Proceed to the side of the stage
- Larger groups will be split into two groups on either side of the stage
- Upon completion of all quarter turns top 5 announced
- Top 5 step on line at back of stage

- MC call 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 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

ASSESSMENT OF THE PHYSIQUE:

The assessment should take the whole physique into account. The assessment, beginning with a general impression of the physique, should take into consideration the hair, make-up and face, the overall body development and shape; the presentation of a balanced, proportionally and symmetrically developed, complete physique; the condition of the skin and the skin tone; and the athlete's ability to present herself with confidence, poise and grace.

Since muscularity development and muscle quality is not assessed, the judges should favour competitors with a harmonious, proportional, classic female physique, good posture, correct anatomical structure (including body framework, correct spinal curves, limbs and trunk in good proportion, straight legs, not bandy or knock-kneed). Vertical proportions (legs to upper body length) and horizontal proportions (hips and waist to shoulder width) are ones of the key factors.

The physique should be assessed as to its level of overall body tone, achieved through athletic endeavors and diet. The body parts should have a nice and firm appearance with a decreased amount of body fat but may have a "softer" and "smoother" look than in body fitness. The physique should neither be excessively muscular nor excessively lean and should be free from muscle separation and/or striations. Physiques that are considered too muscular, too hard, too dry 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 Bikini Fitness competitor must be viewed with the emphasis on a "healthy and fit" physique, in an attractively presented, impressive "Total Package".

Judges are reminded that this is not a body fitness (figure) contest. The competitors should have shape to their muscle but not the separation, definition, very low body fat level, dryness or hardness that are seen at body fitness (figure) competitions. Any competitor who exhibits these features is to be marked down.