



CBBF Wellness Fitness Rules

Women's Wellness Fitness category was officially recognized as a new sport discipline by the IFBB Executive Council and IFBB Congress on November 04, 2016 (Benidorm, Spain).

CATEGORIES:

There are four categories in Women's Wellness Fitness world-level competitions, currently as follows:

1. Class A: Up to and incl. 158 cm
2. Class B: Up to and incl. 163 cm
3. Class C: Up to and incl. 168 cm
4. Class D: Over 168 cm

A category can only be run if there are not less than 6 athletes in this category. If less than 6 athletes, categories will be combined and run as one open class

The CBBF has the right to add or eliminate classes at the National Level based on participation numbers.

ROUNDS:

Women's Wellness Fitness will consist of the following two rounds:

Round One Prejudge (quarter turns)

Finals (quarter turns)

Round 1:

1. The entire line-up is brought onstage, in numerical order and in a single line or two lines, if necessary.
2. The line-up is divided into two equal-size groups and is 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 is left open for comparison purposes.
3. In numerical order, and in groups of not more than ten competitors at a time, each group is directed to the center-stage area to perform the four quarter turns.
4. The CBBF Chief Judge or Stage Director will direct the competitors through the four quarter turns, which are:
 - a. Quarter Turn Right
 - b. Quarter Turn Back
 - c. Quarter Turn Right
 - d. Quarter Turn Front

Note 1: Competitors will not chew gum or any other products while onstage.

Note 2: Competitors will not drink any liquids while onstage.

5. At the completion of the quarter turns, the entire category will be reformed into a single line, in numerical order, before exiting the stage.

6.1 Attire for Elimination Round and all other Rounds:

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

1. The bikini will be opaque two-piece in style.
2. The colour, fabric, texture, ornamentation and style of the bikini as well as the colour and style of the high-heels will be left to the competitor's discretion, except as indicated in the below.
3. Sole thickness of the high-heels may have maximum of ¼ inch and stiletto height may have maximum of 12 cm. Platform shoes are not allowed.
4. The bikini bottom will cover a minimum of 1/3 of the gluteus maximus and all of the frontal area. The bikini must be in good taste. Strings are strictly prohibited.
5. The attire will be inspected during the Official Athlete Registration.

6.2 The hair may be styled.

6.3 Except for a wedding ring, bracelets and earrings, jewellery will not be worn. 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.

6.4 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.

6.5 The excessive application of oil on the body is strictly prohibited; however, body oils and moisturizers may be used in moderation.

6.6 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 standard of aesthetics. The athlete may be disqualified if the attire doesn't meet them.

JUDGING:

1. The entire line-up is brought onstage, in numerical order and in a single line. ***If time permits, each semi-finalist will be introduced by number, name, and province. Decision will be made by the Chief Judge, who will inform the Master of Ceremony or the Announcer.***

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. Performing each quarter turn, competitors will stand motionless.

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 until 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.

10.1 Assessment of Round 1:

Round 1 will be assessed using the following criteria:

1. 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; the overall body development and shape; the presentation of a **balanced and symmetrically developed, complete, athletic looking 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 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, like what is displayed by bikini fitness athletes. The physique should not be excessively muscular and should be free from muscle separation and/or striations. **Physiques that are considered too muscular or too hard 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 Wellness Fitness competitor must be viewed with the emphasis on a "healthy and fit" physique, in an attractively presented "Total Package".

5. Judges are reminded that this is neither body fitness nor women's physique contest. Competitors should have shape to their muscle but not:

- **separation**
- **definition**
- **very low bodyfat level**
- **dryness or density that are seen at body fitness competitions**
- **muscle size and quality seen at women's physique competitions**

Any competitor who exhibits these features is to be marked down.

Round 2: I-walking and Quarter Turns

11.2 The attire for Round 2 will conform to the same criteria as for Round 1.

Note: Competitors may use a different costume than in Round 1; however, it must still conform to the standards of taste and decency as described in Article 6.

Article 12 – Finals: Presentation of Round 2

12.1 Presentation of Round 2:

The procedures for Round 2 shall be as follows:

1. The top 5 finalists will be called on stage, one by one, in numerical order and will perform the I-walking:
 - 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.
2. The top 5 finalists will be directed to the center of the stage, in a single line and in numerical order.

APPENDIX 1

DESCRIPTION OF QUARTER TURNS IN A WELLNESS FITNESS COMPETITION

INTRODUCTION:

Judges are strongly reminded that they are judging a **WOMEN'S WELLNESS FITNESS** competition. The extreme muscularity, vascularity, muscular definition and separation, dryness and/or dieted leanness will not be considered acceptable if displayed by a Wellness Fitness competitor and therefore, must be marked down.

GENERAL PRESENTATION:

The Wellness Fitness division is intended for women who prefer a muscular physique without muscle separation, athletic and aesthetically pleasing, with a bigger body mass than in Bikini Fitness. From this point of view, Wellness Fitness is placed somewhere between Bikini Fitness and Women's Physique.

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 performing I-walking in the finals, 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, displaying the muscularity.

A relaxed stance in the line-up means that the competitor will:

- stand erect, front to the judges, with one hand resting on the hip and one leg slightly moved to the side. Second arm hanging at the side.

Head and eyes towards the front, shoulders back, chest out, stomach in.

On the Chief Judge command, competitors standing in the line-up should perform the Front Position.

QUARTER TURNS

Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score. Performing each quarter turn, competitors will stand motionless.

Front Position:

Competitors will stand erect, head and eyes facing the same direction as the body, 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. Knees unbent, stomach in, chest out, shoulders back.

Quarter turn right (left side to the judges):

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, with open palm and straight, aesthetically configured fingers. Left hip slightly raised, left leg (nearest the judges) slightly bent in the knee, left foot moved forward a couple of centimeters, resting on the toes.

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. Knees unbent, stomach in, chest out, shoulders back. Lower back curvature natural or with slight lordosis, upper back straight, head up. 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.

Quarter turn right (right side to the judges):

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, with open palm and straight, aesthetically configured fingers. Right hip slightly raised, right leg (nearest the judges) slightly bent in the knee, right foot moved forward a couple of centimeters, resting on the toes.

APPENDIX 2:

HOW TO ASSESS WELLNESS FITNESS QUARTER TURNS

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, 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) are ones of the key factors. Horizontal proportions (hips and waist to shoulder width) may favour women with a bit bigger hips, thighs and buttocks.

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, like this displayed by bikini-fitness competitors. 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 or too dry 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 Wellness 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 or women's physique 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 competitions or muscularity and muscle quality seen at women's physique competition. ***Any competitor who exhibits these features is to be marked down.***

APPENDIX 3:

HOW TO PERFORM AND ASSESS I- WALKING

I-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.