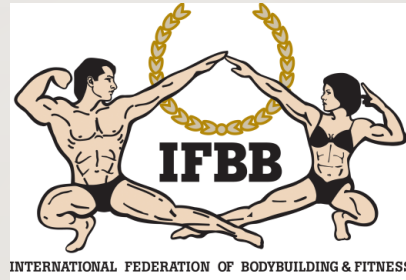


# IFBB BODYFITNESS

## INTERNATIONAL RULES



---

## WOMEN'S BODYFITNESS

**DEFINITION:** Bodyfitness responds to the increasing worldwide demand for women's fitness competition without a fitness routine. This is a sport discipline for women who prefer to develop a less muscular, yet Athletic and aesthetically pleasing physique: a beauty combined with Athletic bodylines, low bodyfat level, muscle and skin tone, attractive overall presentation, with poise and grace.

# CATEGORIES

---

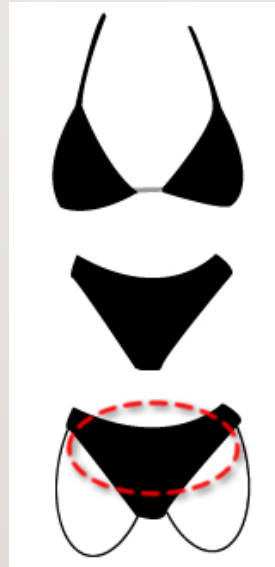
JUNIOR	1 Open
SENIOR	Class A: Up to and incl. 158 cm
	Class B: Up to and incl. 163 cm
	Class C: Up to and incl. 168 cm
	Class D: Over 168 cm
MASTER	35 to 44 years of age incl.: 1 open
	45 years of age and older: 1 open

# ATTIRE FOR ALL ROUNDS

The attire is a two-piece bikini, which must conform to the following criteria

---

Plain opaque in style two-piece



Color, fabric, texture, ornamentation and style will be left to the competitor's discretion, except:  
The bikini bottom will cover a minimum of  $\frac{1}{2}$  of the gluteus and all of the frontal area. The bikini must be in good taste. Strings are strictly prohibited.

# ATTIRE FOR ALL ROUNDS

High-heels will be worn

---

Color and style of the high-heels will be left to the competitor's discretion except as indicated:

Stiletto height may have a maximum of 12 cm



Sole thickness may have a maximum of 1 cm

Platform shoes are not allowed

# ATTIRE FOR ALL ROUNDS

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

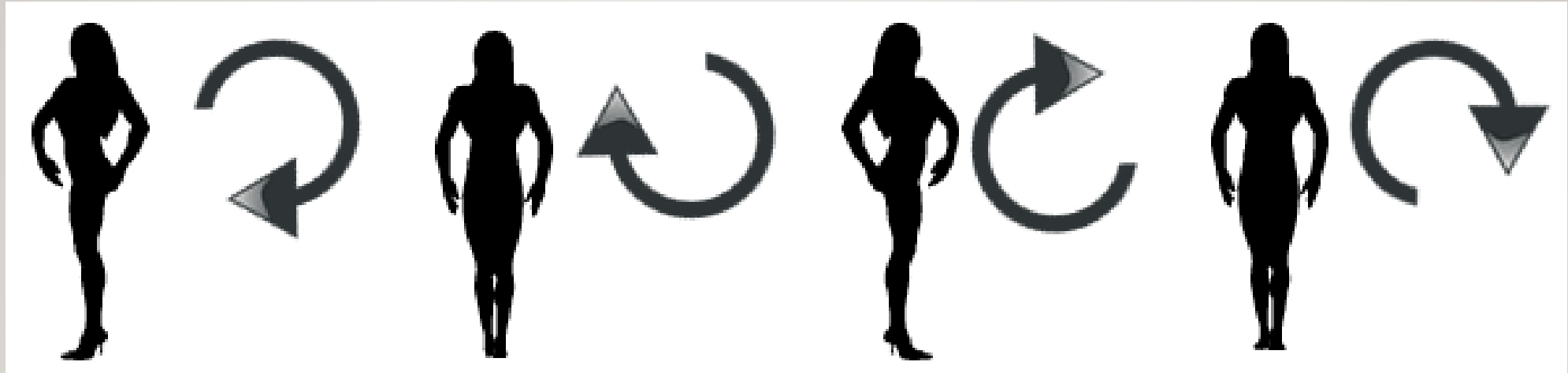
---



# PRESENTATION OF ROUND 1

The entire category will be called onstage, in a single line and in numerical order. 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

---



Quarter Turn Right  
(Left side to the judges)

Quarter Turn Back  
(Back to the judges)

Quarter Turn Right  
(Right side to the judges)

Quarter Turn Front  
(Front to the judges)

# PRESENTATION OF ROUND 2, FINALS

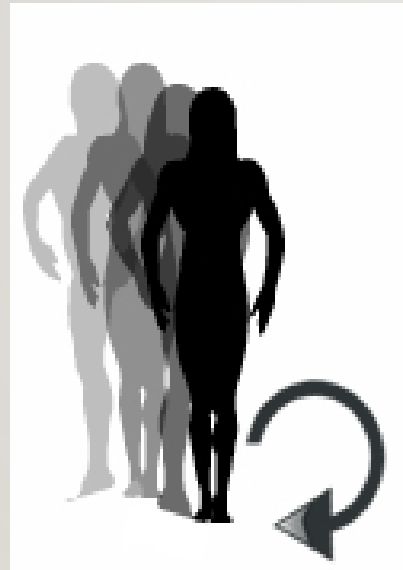
The top 6 athletes from the Prejudging advance to the finals, which consist of a single round: I-Walking and Quarter Turns.

Competitors may use a different costume than in round 1

---

I-Walking:

1- The competitor will walk to the center of the stage, will stop and perform four different positions of her choice



2- The competitor will walk to the line-up in the rear of the stage



3- The top 6 finalists will walk direct to the center of the stage in a single line. They will perform the four quarter turns in numerical order and then in reverse order

