



**Def.** 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

## SENIOR

## MASTER

**CLASS B** Over 163 cm

**CLASS A** Up to & including 163 cm

**CLASS D** Over 168 cm

**CLASS C** Up to & including 168 cm

**CLASS B** Up to & including 163 cm

**CLASS A** Up to & including 158 cm

**OVER 45** Above 45 years old

**OVER 35** Up to & including 44 years old

ATTIRE FOR ELIMINATION ROUND & ROUND 1

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

Plain opaque in style.

Cloth fabric in material (no plastic, rubberized, or similar material).

Matt in texture (no shiny material).

No ornamentation, frills, lacework edges and/or borders.

**Solid black in color.**

**1/2 gluteus maximus covered**

Covering a minimum of one-half of the gluteus maximus and all of the frontal area.

No jewellery or other accessories, except for a wedding ring and/or small stud-type earrings.

**High-heels will be worn.**

Shoe style must be black, classic stiletto pump.

Closed heel.

Maximum heel height 120 mm.

Closed toe.

Maximum sole thickness 7 mm (1/4 in.).

Platform high-heels will be strictly prohibited.

ELIMINATION ROUND

> 15 competitors

Selection of top 15 through the 4 Quarter Turns in numerical order, and in groups of not more than eight competitors at a time.

FIRST ROUND

Top 15

Quarter Turns - PREJUDGING

Selection of top 6 through the 4 Quarter Turns in numerical order, and in groups of not more than eight competitors at a time.

Assessing This Round

the overall female athletic appearance of the physique;  
the hair and facial features;  
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.

Top 6

ATTIRE FOR ROUND 2

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

Color, material, texture at the discretion of the competitor.

Jewellery may be worn, within limits.

**Color at the discretion of the athlete.**

**1/2 gluteus maximus covered**

Covering a minimum of one-half of the gluteus maximus and all of the lower abdomen area.

Maximum heel height 120 mm.

Maximum sole thickness 7 mm.

Platform high-heels will be strictly prohibited.

**High-heels will be worn.**

Shoe style and color may be at the competitors discretion.

SECOND ROUND

T-Walking and Quarter Turns - FINALS

Assessing This Round

the overall female athletic appearance of the physique;  
the hair and facial features;  
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.

The procedures for Round 2 will be as follows:

1

The top 6 finalists will be called on stage, one by one, in numerical order and will perform the T-Walking:

1 & 2 The competitor will walk to the center of the stage, will stop and perform front stance.  
3 The competitor will then turn to her right, walk 5 steps towards the side of the stage, will stop and perform front and back stance.  
4 The competitor will then turn top her right, walk 10 steps to the other side of the stage, will stop and perform front and back stance.  
5 The competitor will then walk to the line-up in the rear part of the stage.

2 The top 6 finalists will be directed to the center of the stage, in a single line in numerical order to perform the quarter turns in numerical order and then in the reverse order.

Top 6

AWARD CEREMONY

RESOURCES

The IFBB rules can be read in PDF format at:

[www.ifbb.com](http://www.ifbb.com)