

BODYFITNESS

International



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.

CLASS B Over 163 cm 5 6 CLASS A Up to & including 163 cm 8 CLASS D Over 168 cm CLASS C Up to & including 168 cm 2 CLASS B ω Up to & including 163 cm CLASS A Up to & including 158 cm OVER 45 Above 45 years old

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Up to & including 44 years old The attire is a two-piece bikini, which must conform to the following criteria: FOR ELIMINATION ROUND & ROUND Solid black in color. Plain opaque in style. Cloth fabric in material (no plastic, rubberized, similar material). Matt in texture (no shiny material). 1/2 gluteus maximus covered No ornamentation, frills, Covering a minimum of one-half of the gluteus lacework edges and/or borders. maximus and all of the frontal area. High-heels will be worn. Shoe style must be black, classic stiletto pump. Closed heel. Maximum heel height 120 mm. Closed toe. No jewellery or other accessories, Maximum sole thickness except for a wedding ring and/or 7 mm (1/4 in.). small stud-type earrings. Platform high-heels will be strictly prohibited.



8

FOR ROUND

TTIRE

Quarter Turn Right

of the competitor.

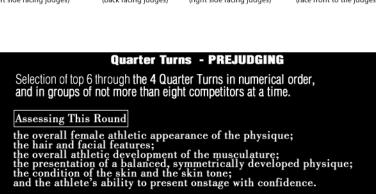
(left side facing judges)

Quarter Turn Right (left side facing judges) Quarter Turn Back (back facing judges)

> 15 competitors —

Quarter Turn Front (face front to the judges) Quarter Turn Right (right side facing judges)

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



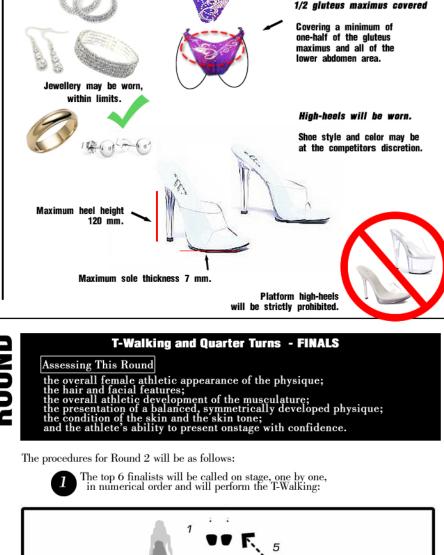
Quarter Turn Back (back facing judges)

The attire is a two-piece bikini, which must conform to the following criteria: Color, material, texture at the discretion

Quarter Turn Right (right side facing judges)



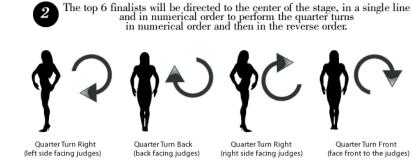
Quarter Turn Front (face front to the judges)





3 5 steps to the right

10 steps to the left



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



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The IFBB rules can be read in PDF format at: