



IFBB Physique America

Women's Wellness

I. Categories

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

- a. Class A: Up to and incl. 5'2"
- b. Class B: to and incl. 5'4" cm
- c. Class C: Up to and incl. 5'6" cm
- d. Class D: Over 5'6" cm

II. Rounds

Women's Wellness will consist of the following three rounds:

- a. Prejudging – Elimination Round (Quarter Turns)
- b. Prejudging – Round 1 (Quarter Turns)
- c. Finals – Round 2 (Walking plus Quarter Turns)



IFBB Physique America

Women's Wellness

III. Prejudging: Elimination Round

A time-table for prejudging in each category should be published after the Official Athlete Registration. In order to give themselves time to warm up and change into their posing attire, competitors should be in the backstage warm-up area at least 45 minutes prior to the start time of the judging of their category. All competitors will be solely responsible for ensuring that they are present and prepared to compete when their category is called onstage failing which they may be eliminated from the competition.

IV. Elimination Round Procedures:

An elimination round will be held when there are more than 15 competitors in a category. IFBB Chief Judge decides if the Elimination Round will be necessary. The elimination round will be carried out as follows:

- a. The entire line-up is brought onstage, in numerical order and in a single line or two lines, if necessary.

- b. 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



IFBB Physique America

Women's Wellness

is to the right of the stage. The center portion of the stage is left open for comparison purposes.

c. 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.

d. The IFBB Chief Judge or Stage Director will direct the competitors through the four quarter turns, which are:

- Quarter Turn Right
- Quarter Turn Back
- Quarter Turn Right
- Quarter Turn Front

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

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

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

V. Attire



IFBB Physique America

Women's Wellness

- a. The bikini will be opaque two-piece in style.
- b. The color, fabric, texture, ornamentation and style of the bikini as well as the color and style of the high-heels will be left to the competitor's discretion, except as indicated in the below.
- c. Sole thickness of the high-heels may have maximum of 1 cm and stiletto height may have maximum of 12 cm. Platform shoes are not allowed.
- d. 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.
- e. The attire will be inspected during the Official Athlete Registration.
- f. The hair may be styled.
 - g. Except for a wedding ring, bracelets and earrings, jewelry 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.
- h. 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 coloring 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,



IFBB Physique America

Women's Wellness

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.

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

j. 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.

VI. Judging Criteria

a. 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, 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.

b. 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 Women's Body Fitness (Figure) or Women's Physique, but a rounder,



IFBB Physique America

Women's Wellness

fuller look than Women's Bikini. 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 lean must be marked down.

c. 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 Overall Look" presented by the athlete.

d. 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 "Total Overall Look".

e. Judges are reminded that this is a Wellness contest. It is neither Bikini, Body Fitness (Figure) nor a Women's Physique contest. Competitors should have shape to their muscle and muscles can be slightly harder and rounder than Bikini but not display the separation, definition, very low bodyfat level, dryness or density that are seen at Body Fitness (Figure) competitions or the muscle size and quality seen at Women's Physique competitions. Any competitor who exhibits these features is to be marked down.



IFBB Physique America

Women's Wellness

VII. Scoring of the Elimination Round

- a. The judges will be assessing the overall physique for the degree of proportion, symmetry, balance, shape and skin tone.
- b. If there are more than 15 competitors, the judges will select the top 15 by placing an "X" beside their numbers. IFBB Chief Judge decides if the Elimination Round will be necessary.
- c. Using Form 2, entitled "Elimination Round (Statisticians)", the statisticians will transcribe the judge's selections onto this sheet and will then tally the judge's scores to select the top 15 competitors.
- d. If there is a tie between two or more athletes fighting to enter the top 15, the tied athletes will be brought back onstage, and the judges will perform a reassessment of the four quarter turns to break the tie.
- e. Only the top 15 competitors will advance to Round 1.

VII. Prejudging: Presentation of Round 1

Judging panels will consist of 7 or 9 Judges.



IFBB Physique America

Women's Wellness

- a. The entire line-up is brought onstage, in numerical order and in a single line. Each semifinalist will be introduced by number, name, and country/state.
- b. 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.
- c. 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.
- d. 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.
- e. All judges submit their individual propositions for the first comparison of the top five athletes to the IFBB 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 IFBB Chief Judge will form the second and the next comparisons till all competitors will be compared at least once. The total number of comparisons will be decided by the IFBB Chief Judge.
- f. All individual comparisons will be carried out center-stage.



IFBB Physique America

Women's Wellness

- g. Upon completion of the last comparison, all competitors will return to a single lineup, in numerical order, before exiting the stage.
- h. Each judge will award each competitor an individual placing from 1st to 15th, ensuring that no two competitors receive the same placing.
- i. The statisticians will collect the Judges Form from the Judges and will then transcribe the Judge's placings onto the Statisticians Score Sheet. They will then discard two highest and two lowest scores (if nine judges) or one highest and one lowest (if seven judges) for each competitor, will add up the remaining five scores to produce a "Round 1 score" and a "Round 1 Place". The competitor with the lowest score is awarded 1st place while the competitor with the highest score is awarded 15th place.
- j. Should a tie occur in the "Round 1 score" in determining the top 6, the tie will be broken by adding in the eliminated highs and lows. If a tie still exists, the two athletes will be brought out on stage and the judges will decide between the two.
- k. The top 6 competitors from the Prejudging will advance to the Finals and will start the Finals with zero points.

IX. FINALS

- a. The attire for Round 2 will conform to the same criteria as for Round 1. Competitors may use a different costume than in Round 1;



IFBB Physique America

Women's Wellness

however, it must still conform to the standards of taste and decency as described as describe for Round 1.

b. The top 6 finalists will be called on stage, one by one, in numerical order. 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.

c. The top 6 finalists will be directed to the center of the stage, in a single line and in numerical order.

d. The IFBB Chief Judge or Stage Director will direct the competitors, as a group, through the four quarter turns in numerical order and then in the reverse order. Performing each turn, competitors will stand motionless.

e. 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 held 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.



IFBB Physique America

Women's Wellness

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 held 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.

6. The Stage Director will change the order of the competitors in the line-up and the Chief Judge will direct the competitors through the four quarter turns once again.

7. On completion of the quarter turns, the competitors exit the stage.

8. The judges, using the same criteria for judging as used during Round 1, will place the competitors from 1st to 6th, giving no two athletes the same placing. Judging criteria will be the same as the Judging in the elimination of highs and lows.



IFBB Physique America

Women's Wellness



WELLNESS

Quarter Turns

