



IFBB Physique America

Ladies Fit Model

Categories

There are three categories in Women's Fit-Model competitions

- A. Class A: Up to and incl. 5'4"
- B. Class B: Over 5'4" to and incl. 5'6"
- C. Class C: Over 5'6"

Rounds

The following are the rounds in Men's Fit-Model Competitions

- A. Elimination Round - Quarter Turns, one-piece swimsuit
- B. Judging – Round 1 - Quarter Turns, one-piece swimsuit
- C. Finals – Round 2 - T-walking, Quarter Turns, one-piece swimsuit
- D. Finals – Round 3 - Individual Presentation, cocktail dress

Attire for Elimination Round, Rounds 1 & 2

Note: Elimination rounds will only be applied on national and professional shows.

- A. One-piece, tight-fitting swimsuit.
- B. The color, fabric, texture, ornamentation and style of the swimsuit as well as the color and style of the high-heels will be left to the competitor's discretion.
- C. The swimsuit will cover a minimum of ½ of the gluteus maximus and lower half of the back.
- D. Sole thickness of the high-heels may have maximum of 1 cm and stiletto height may have maximum of 12 cm. Platform high-heels will be strictly prohibited.
- E. Jewelry may be worn, according to competitor's choice.
- F. The attire will be inspected during the Official Athlete Registration.
- G. The hair may be styled.
- H. Competitors will not wear glasses, watches, wigs or artificial aids to the figure, except breast implants.



IFBB Physique America

Ladies Fit Model

- I. 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.
- J. 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.
- K. 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.
- L. 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.

Attire for Round 3

- A. A Cocktail Dress. Color choice up to discretion of the competitor.
- B. The dress length should be above the knee.
- C. Shoes will be high heel, any style.
- D. Jewelry is allowed.
- E. Hair extensions are allowed.
- F. Glitter is allowed
- G. Basically "Dress to Impress!"

Judging

- A. A judge should first assess the overall appearance of a competitor, including the whole physique.
- B. The assessment should take into account: the overall body development and shape; balanced, proportionally and symmetrically developed, complete physique; the condition of the skin and the skin tone; the hair and facial beauty; the athlete's ability to present herself with confidence, poise and grace and the general impression made by the competitor.
- C. The physique should neither be excessively muscular nor excessively lean.



IFBB Physique America

Ladies Fit Model

- D. Physiques that are considered too muscular or too lean must be marked down.
- E. All competitors must exude grace, poise, elegance and sophistication.
- F. Judges will be evaluating the both the one-piece suit in Rounds 1 & 2 and the cocktail dress in Round 3 assessing how well it suits the competitor (e.g. fit, color, style) as well as the competitor's on-stage presentation.
- G. The entire athlete's look will be assessed in each round.

Elimination Round

Note: Elimination rounds will only be applied on national and professional shows.

- A. 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.
- B. The entire line-up is brought onstage, in numerical order and in a single line or two lines, if necessary.
- C. 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.
- D. 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.
- E. The IFBB Chief Judge or Stage Director will direct the competitors through the four quarter turns.
- F. At this time, the judges will be assessing the overall physique for the degree of proportion, symmetry, balance, shape and skin tone.
- G. The judges will select their top 15 by placing an "X" beside their numbers. The 15 athletes with the most votes will move on to Round 1.

Judging--Round 1

- A. The entire line-up is brought onstage, in numerical order and in a single line.
- 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.



IFBB Physique America

Ladies Fit Model

- 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.
- G. When comparisons are complete, the Judges will place the athletes one to 15 with one being the best.
- H. The highs and the lows will be eliminated to determine the top six.
- I. If there is a tie for sixth place, relative placing will be used to break the tie.
- J. The top six will move on to Round 2, but the chief official can expand that amount.

Finals—Round 2

- A. The top 6 finalists will be called on stage, one by one, in numerical order and will perform the T-walking.
- B. 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 3 steps towards the side of the stage, will stop and perform front and back stance. The competitor will then turn to her right, walk 6 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.
- C. The finalists will be directed to the center of the stage, in a single line and in numerical order.



IFBB Physique America

Ladies Fit Model

- 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. Front stance: competitors will stand with one hand resting on the hip and one leg slightly moved to the side.
- F. 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 hold down and slightly back from the centerline of the body, feet placed freely but not together.
- G. Quarter turn back: competitors will perform the next quarter turn to the right and will stand back to the judges. They will stand straight, with one hand resting on the hip and one leg slightly moved to the side. 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.
- H. Three steps forward: following a command given by the Chief Judge or Stage Director, competitors will walk 3 steps forward, toward the back of the stage and then they will stop and perform the back stance.
- I. 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.
- J. Quarter turn front: competitors will do the last quarter turn to the right and will perform front stance.
- K. Three steps forward: following a command given by the Chief Judge or Stage Director, competitors will walk 3 steps forward, toward the front of the stage and then they will stop and perform the front stance.
- L. 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.
- M. On completion of the quarter turns, the competitors exit the stage.
- N. The Judges will place the athlete's one to six (or more if more are in the finals) with one being the best. Highs and lows are eliminated to determine the athletes score for the round.

Finals—Round 3

- A. Competitors will come out individually in their Cocktail Dress and heels.
- B. They will present themselves on stage to the Judges in a 30 second presentation to upbeat generic music.



IFBB Physique America

Ladies Fit Model

- C. The Judges will assess the competitors on grace, poise, elegance, sexiness and sophistication. Judges will be evaluating the full outfit and how well it suits and fits the competitor as well as the competitor's on-stage presentation.
- D. Judge will give the competitors a score with one being the best.

The winner is determined by the lowest score of the sum of Rounds 1, 2, and 3.



IFBB Physique America

Ladies Fit Model





IFBB Physique America Ladies Fit Model





IFBB Physique America

Ladies Fit Model





IFBB Physique America Ladies Fit Model





IFBB Physique America

Ladies Fit Model





IFBB Physique America

Ladies Fit Model





IFBB Physique America

Ladies Fit Model





IFBB Physique America

Ladies Fit Model





IFBB Physique America

Ladies Fit Model





IFBB Physique America

Ladies Fit Model

SWIMSUIT SIZES

■ Swimsuit back side standart



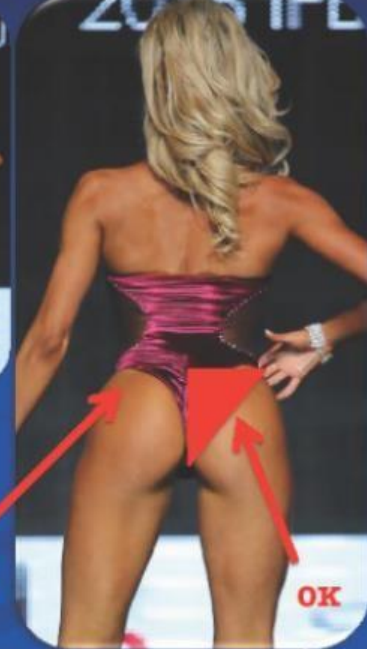
JUDGES SEMINAR FIT MODEL

ATTIRE-Round 1 & 2

1. One-piece, tight-fitting **swimsuit**.
2. The colour, fabric, texture, ornamentation and style of the swimsuit 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. The swimsuit will cover a minimum of $\frac{1}{2}$ of the gluteus maximus and lower half of the back.



WRONG



OK

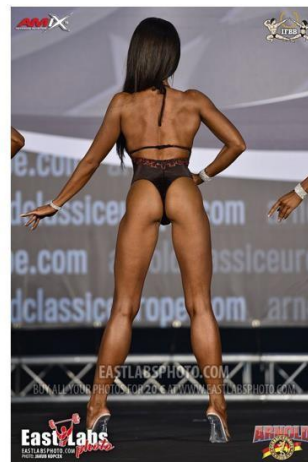


IFBB Physique America

Ladies Fit Model

SWIMSUIT SIZES

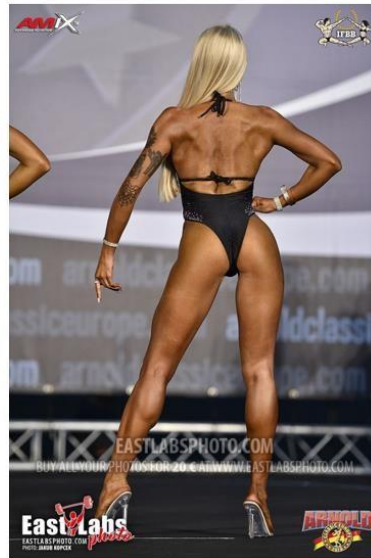
■ Swimsuit side standart





IFBB Physique America

Ladies Fit Model





IFBB Physique America

Ladies Fit Model





IFBB Physique America

Ladies Fit Model

ATTIRE FOR EVENING GOWN ROUND

- Evening gown must be floor length.
- The gown must cover lower half of the back.
- Sophistication counts!
- All competitors are permitted to wear an evening gown of their choice.
- The slit in a dress must meet the requirements.
- Corsets are strictly prohibited.



EVENING GOWN SIZES

- Requirements for a slit in a dress





IFBB Physique America

Ladies Fit Model

SHOE STYLE

- Sole thickness of the high-heels may have maximum of 1 cm and stiletto height may have maximum of 12 cm.
- Platform high-heels will be strictly prohibited. Even if the sole is 7mm thick at the beginning of the sole (the toe part), but is 15mm thick at the end of the sole (the ball of the foot part), it is classed as a platform.

