



# IFBB Physique America

## Women's Physique

The Women's Physique category is aimed at women who prefer to develop a less muscular, yet athletic and aesthetically pleasing physique, unlike former women's bodybuilders.

### I. Categories:

- A. Up to and incl. 5'4''.
- B. Over 5'4''
- C. A category can only be run if there are not less than 6 athletes in this category. If less than 6 athletes, categories will be combined and run as one open class, if possible

### II. Rounds

- A. Elimination Round (4 Mandatory Poses)
- B. Judging – Round 1 (4 Mandatory Poses, comparisons in Quarter Turns and Mandatory Poses)
- C. Finals – Round 2 (Posing Routine – 30 sec.)
- D. Finals – Round 3 (Quarter Turns, Mandatory Poses and Posedown)

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

### III. Attire

- A. The two-piece bikini must be in good taste and styled in a way, as to have a proper and decent fit.
- B. The bikini bottom must cover a minimum of ½ gluteus maximus and all of the frontal area.
- C. Strings are strictly forbidden.
- D. The color, fabric, texture and ornamentation of the bikini will be left to the athlete's discretion.



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- E. No footwear.
- F. The attire will be inspected during the official athlete's registration.
- G. The hair may be styled.
- H. Except for a wedding ring, bracelets and earrings, jewelry will not be worn.
- I. Competitors will not wear glasses, watches, wigs or artificial aids to the figure, except breast implants.
- J. 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.
- K. 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.
- L. Artificial body coloring and self-tanning products may be used provided that it is applied at least twenty-four hours prior to the Prejudging.
- M. Professional competition tanning methods (airbrush tanning, cabin spray tanning) may be used if applied by the professional companies and qualified personnel.
- N. 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. The excessive application of oil on the body is strictly prohibited; however, body oils and moisturizers may be used in moderation.
- O. 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.

#### IV. Mandatory Poses

Throughout the competition, the judges will be assessing the overall physique for the degree of overall athletic development of the musculature, proportion, symmetry, balance shape and skin tone. 1. The judge should first assess the overall female athletic appearance of the physique. This assessment should begin at the head and extend downwards, taking the whole physique into account.

The assessment, beginning with the general impression of the physique, should take into consideration the hair and makeup; 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.



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During the comparisons of the Mandatory Poses, the judge should first look at the primary muscle group being displayed. The judge should then survey the whole physique, starting from the head, and looking at every part of the physique in a downward sequence, beginning with general impressions, and looking for a symmetrical balanced development of all the muscle groups and definition. The downward survey should take in the head, neck, shoulders, chest, all of the arm muscles, front of the trunk for pectorals, pec-delt tie-in, abdominals, waist, thighs, legs, calves and feet. The same procedure for back poses will also take in the upper and lower trapezius, teres and infraspinatus, erector spinae, the gluteus group, the leg biceps group at the back of the thighs, calves, and feet. A detailed assessment of the various muscle groups should be made during the comparisons, at which time the judge has to compare muscle shape, density, and definition while still bearing in mind the competitor's overall balanced development and femininity.

The physique should be assessed as to the level of overall muscle tone, achieved through athletic endeavors and diet. The muscle groups should have a round and firm appearance with a small amount of body fat. The assessment should also take into consideration the tightness and tone of the skin. The skin tone should be smooth and healthy in appearance.

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 Women's Physique competitor must be viewed with the emphasis on a "healthy, fit, athletic-looking, muscular physique, in an attractively presented "total physique".

The four (4) Mandatory Poses for Women's Physique are:

- A. Front Double Bicep (open hand)
- B. Side Chest
- C. Rear Double Bicep (open hand)
- D. Side Triceps

## V. Elimination Round



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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 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 mandatory poses.
- D. The IFBB Chief Judge or Stage Director will direct the competitors through the four mandatory poses.
- E. Competitors will not chew gum or any other products while onstage.
- F. Competitors will not drink any liquids while onstage.
- G. At the completion of the mandatory poses, the entire category will be reformed into a single line, in numerical order, before exiting the stage.
- H. The judges will select the top 15 by placing an "X" beside their number on their scoresheet.
- I. 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.
- J. 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.
- K. Only the top 15 competitors will advance to Round 1.

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### VI. Judging, Round 1

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



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- 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 and the four mandatory poses.
- D. This initial grouping of competitors, and performance of the mandatory poses, 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.
- F. 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.
- G. All individual comparisons will be carried out center-stage.
- H. For individual comparisons, the competitors are directed to perform the following four Quarter Turns, followed by four Mandatory Poses.
- I. Upon completion of the last comparison, all competitors will return to a single lineup, in numerical order, before exiting the stage.
- J. Each judge will award each competitor an individual placing from 1st to 15th, ensuring that no two or more competitors receive the same placing.
- K. The statisticians will transcribe the judge's placings. They will then discard two highest and two lowest scores (if nine judges) or one highest and one lowest (if less than nine judges) for each competitor, will add up the remaining five scores to produce a "Round 1 Sub-score" and a "Round 1 Place". The competitor with the lowest sub-score is awarded 1st place while the competitor with the highest sub-score is awarded 15th place.
- L. Should a tie occur in the "Round 1 Sub-score", the tie will be broken using the "Relative Placement" method for the athlete's "Round 1 Sub-scores".

The Relative Placement Method procedure: Each individual judge's scores for the tied athletes will be compared on a column by column basis with a dot being placed on top of the number for the athlete with the lower placing. All nine regular panel judge's scores (except alternative judges) will be included in the tie breaking calculations. The number of dots will be tallied for each of the tied athletes. The athlete with the greater number of dots will be declared the winner of the tie and will then receive the better placing. The top 6 competitors from the Judging Round will advance to the Finals.



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#### **VII. Finals, Round 2, Posing**

Each athlete will perform a 60 second posing routine choreographed to music. The Judges will assess the physique on what the athlete presents, allowing the athlete to hide weaknesses. Presentation should also be brought into the Judge's score. The Judges will score the athletes using the placement system with a score of 1 being the best. Highs and lows are eliminated to get each athlete's score. Round 2 scores will be added to Round 1.

#### **VIII. Finals 3, Posedown**

The procedures for Round 3 will be as follows:

- A. The top 6 finalists are brought onstage, in a single line and in numerical order. Each finalist will be introduced by number and name. 2. The top 6 finalists will perform the four quarter turns and four mandatory poses, as a group and at the same time, in the middle of the stage. After the 4th pose, the Chief Judge will reverse the order of the competitors and will repeat the four quarter turns and the four mandatory poses once again.
- B. As soon as the mandatory poses are completed, the IFBB Chief Judge will call for a 30- to 60-second Posedown to music of the Organizer's choice.
- C. After the Posedown, the top 6 finalists are reformed into a single line, in numerical order, before exiting the stage.
- D. The judges will score the athletes using the placement system with a score of 1 being the best. Highs and lows are eliminated to get each athlete's score.

***The overall winner is the athlete with the lowest score of Rounds 1, 2, and 3 combined.***



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### APPENDIX 1: PICTURES



## WOMEN'S PHYSIQUE

### QUARTER TURNS





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### **WOMEN'S PHYSIQUE**



#### MANDATORY POSES

