



INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS (IFBB)

**IFBB RULES
SECTION 18: FIT-PAIRS**

2021 EDITION

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Article 1 – Introduction

Fit-Pairs was officially recognized as a sport discipline by the 2020 IFBB International Congress in Santa Susanna, Spain.

1.1 General:

The IFBB Rules for Fit-Pairs consist of regulations, policies, directives and decisions intended to guide the IFBB and its Members in the administration of the sport of Fit-Pairs.

1.2 Rules:

Certain administrative and technical rules that appear in Section 1: General Rules are the same for Fit-Pairs and therefore, are not repeated in this section.

Article 2 – Responsibilities of Organizers to Athletes and Delegates

2.1 Responsibilities:

The Organizer of the World Championships will undertake to cover the cost of double-occupancy accommodations and meals (breakfast, lunch and dinner) for competitors and delegates as follows:

1. World Fitness Championships (included Women's and Men's Acrobatic Fitness, Women's Artistic Fitness, Women's Physique, Women's Bodyfitness, Women's Bikini, Women's Wellness, Mixed Pairs, Fit-Pairs):

For four days (three nights) according to the following scale:

- a. Three or more competitors - Two delegates
- b. One or two competitors - One delegate

Note 1: *A maximum allowable number of participating fit-pairs per National Federation is unlimited.*

Note 2: *Delegates without athletes, extra delegates and supporters will have to pay for the Full Package Special Rate.*

Note 3: *Upon agreement between the IFBB and the Organizer, one additional category may be opened for competition.*

Article 3 – Categories

3.1 Categories:

There is one open category in Fit-Pairs world-level competitions. A Fit-Pair may be composed of male Men's Physique competitor with Women's Bikini athlete.

If less than 5 Pairs, no titles and medals will be awarded.

Article 4 – Rounds

4.1 Rounds:

Fit Pairs will consist of the following four rounds:

1. Prejudging: Elimination Round (Four Quarter Turns)
2. Prejudging: Round 1 (Quarter Turns and Comparisons of Quarter Turns)
3. Finals: Round 2 (I-walking Presentation + Quarter Turns x 2)

Article 5 – Prejudging: Elimination Round

5.1 General:

A time-table for prejudging should be published after the Official Athlete Registration. In order to give themselves time to warm up and change into their posing attire, Pairs should be in the backstage warm-up area at least 45 minutes prior to the start time of the judging of their category. All Pairs 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.

5.2 Elimination Round Procedures:

An Elimination Round will be held when there are more than 15 Fit-Pairs in a category. If necessary, IFBB Chief Judge may decrease the number of Pairs qualifying to the Semifinals to 10 or increase this number to 17. In such cases an elimination round will be held when there are more than 10 and 17 Pairs accordingly. Decision will be made and announced after the Official Athletes Registration. Elimination Round will be carried out as follows:

1. All Fit-Pairs in the category will be brought onstage, in numerical order and in a single line or two lines, if necessary.
2. 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.
3. In numerical order, and in groups of not more than 3 Pairs at a time, each group is directed to the center-stage area to perform the following four Quarter Turns:
 - a. Quarter Turn Right
 - b. Quarter Turn Back
 - c. Quarter Turn Right
 - d. Quarter Turn Front

Note 1: Men from the Fit-Pairs perform the above mentioned Quarter Turns in the same manner like in Men's Physique, while women perform these turns in the same style like in Women's Bikini. Detailed description of the Fit Pairs Quarter Turns is provided in **Appendix 1** to this Section.

Note 2: Competitors will not chew gum or any other products while onstage.

Note 3: Competitors will not drink any liquids while onstage.

4. On completion of four Quarter Turns, the entire line-up is reformed into a single line, in numerical order, before exiting the stage.

Article 6 – Prejudging: Posing Attire for All Rounds

6.1 The posing attire must meet the following guidelines:

1. Men competitors will wear the same attire like in Men's Physique: an opaque, loose-fitting board shorts which are clean and decent. The colour and fabric of the shorts will be left to the competitor's discretion. Shorts may have geometric patterns and motives, but no inscriptions and cambered ornamentation. The shorts will cover the whole upper leg, down the upper point of the knee (patella). The use of padding anywhere in the trunks is prohibited. No footwear.
2. Women competitors will wear the same attire like in Women's Bikini Fitness but perform barefoot. The bikini will be opaque two-piece in style. The colour, fabric, texture, ornamentation and style of the bikini will be left to the competitor's discretion, except as indicated in the below. 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.
3. The attires will be inspected during the Official Athlete Registration.

The rules for posing attire for men and women will also apply for the Fit-Pairs, however, preference will be given by the judges for matching and complementary shorts and bikinis which enhance the Fit-Pair's physiques and their appearance as a

combined unit. Both members of each Fit-Pair shall wear the same number pinned to the left side of the shorts or bikini. When only one set of numbers is available, the number should be worn by the men competitor.

4. Except for a wedding ring, men competitors will not wear footwear, glasses, watches, bangles, pendants, necklaces, bracelets, earrings, wigs, distracting ornamentation or artificial aids to the figure. Women competitors may have bracelets and earrings.

5. Except of women's 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.

6. The use of props during the Prejudging or Finals presentation is strictly prohibited.

6.1 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 colouring and self-tanning products may be used. Professional competition tanning methods (airbrush tanning, cabin spray tanning) may be used if applied by the professional companies and qualified personnel. Sparkles, glitter, shiny metallic pearls or gold coloring are prohibited whether applied as part of a tanning lotion or applied separately, regardless of who applied them on the competitor's body.

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

6.3 The IFBB Chief Judge, or a delegated by him official, will have the right to make decision if the competitors' attires meet the criteria established in the Rules and an acceptable standards of aesthetics. The fit-pair may be disqualified if the attires doesn't meet them.

Article 7 – Prejudging: Assessing and Scoring of the Elimination Round

7.1 Assessment of the Elimination Round:

The same criteria used in judging Round 1 (see Article 10) will be used in judging of the Elimination Round.

At this time, the judges will be assessing the overall physique of both partners for the degree of proportion, symmetry, muscle size, shape and quality (density, separation) as well as skin tone. The Pair will also be assessed as a unit with particular attention being given to how well their individual physiques complement each other and how well they move in unison.

The scoring for the Elimination Round will proceed as follows:

7.2 Scoring of the Elimination Round

The scoring for the Elimination Round is carried out as follows:

1. If there are more than 15 Pairs, the judges will select the top 15 by placing an "X" beside their numbers, using Form 1, entitled "Elimination Round (Judges)". IFBB Chief Judge decides if the Elimination Round will be necessary.

2. 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 Pairs.

3. If there is a tie between two or more Pairs fighting to enter the top 15, the tied Pairs will

be brought back onstage, and the judges will perform a reassessment of the four quarter turns to break the tie.

4. Only the top 15 Pairs will advance to Semifinals (Round 1). If necessary, IFBB Chief Judge may decrease the number of Pairs qualifying to the Semifinals to 10 or increase this number to 17. In such cases an elimination round will be held when there are more than 10 and 17 Pairs accordingly. Decision will be made and announced after the Official Athletes Registration.

Article 8 – Prejudging: Presentation of Round 1 (Comparisons in Quarter Turns)

Round 1 may not be held if there are 7 or less Pairs in a category. Decision will be made by the Chief Judge, will be announced after the Official Athlete Registration and will be included in the Running Order.

8.1 Round 1 will proceed as follows:

1. All semifinal Fit-Pairs will be called onstage as a group in a single line and in numerical order. If time permits, each Pair will be introduced by number, names, and country. Decision will be made by the Chief Judge, who will inform the Master of Ceremony or the Announcer.
2. 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.
3. In numerical order, and in groups of no more than three Pairs at a time, each group will be directed to center-stage area to perform the initial four Quarter Turns.

This initial grouping of Pairs and performance of the four Quarter Turns is intended to assist the judges in determining which Pairs will take part in the comparisons of the four Quarter Turns. Detailed description of the Fit-Pairs Quarter Turns is provided in **Appendix 1** to this Section.

4. All judges submit their individual propositions for the first comparison of the top five Pairs to the IFBB Chief Judge. Based on them, the Chief Judge will form the first comparison. The number of Pairs to be compared will be determined by the Chief Judge but no less than three and no more than five Pairs 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 Pairs, included Fit-Pairs placing in the middle of the group. The IFBB Chief Judge will form the second and the next comparisons till all Fit-Pairs will be compared at least once. The total number of comparisons will be decided by the IFBB Chief Judge.
5. All comparisons will be carried out center-stage.
6. In Round 1 individual comparisons, formulated by the IFBB Chief Judge, Pairs are directed to perform the four Quarter Turns.
7. Upon completion of the last comparison, all Pairs will return to a single line-up, in numerical order, before exiting the stage.

Article 9 – Prejudging: Scoring of Round 1

9.1 Scoring of Round 1:

The scoring for Round 1 will proceed as follows:

1. Using Form 3, entitled “Judge’s Individual Placings (Prejudging)”, each judge will award

each Pair an individual placing from 1st to the last, ensuring that no two or more Pairs receive the same placing. The judges may use Form 4, entitled “Judge’s Personal Notes” to record their assessment about each Pair.

2. The statisticians will collect Form 3 from the judges and will then transcribe each judge’s placings onto Form 5, entitled “Score Sheet (Statisticians)”. 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 Pair, and will add up the remaining scores to produce a “Round 1 Subscore” and a “Round 1 Place”. The Pair with the lowest subscore is awarded 1st place while the Pair with the highest subscore is awarded the last place.

3. Should a tie occur in the “Round 1 Subscore”, the tie will be broken using the “Relative Placement” method.

Note: *The Relative Placement Method procedure:*

Each individual judge’s scores for the tied Pairs will be compared on a column-by-column basis with a dot being placed on top of the number for the Pair with the better 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 Pairs. The Pair with the greater number of dots will be declared the winner of the tie and will then receive the better placing.

4. The scores for the Prejudging will be used to place all Pairs from 1st place to the last place. The top 6 Pairs from the Prejudging will advance to the Finals and will start the Finals with zero points.

5. The top 6 finalists will be announced just after the Prejudging.

Article 10 – Assessing of the Elimination Round, Round 1 and Round 2 (Comparisons in Quarter Turns)

10.1 Assessing of Fit-Pairs:

The judge will assess each Fit-Pair as an entity. Those whose physiques match, harmonize, and complement each other will receive higher places than Fit-Pairs whose physiques are markedly dissimilar and unbalanced, as would be the case of a tall ectomorphic man and a short mesomorphic woman, or vice versa.

Stage Presentation is of utmost importance, with matched posing costumes and tanning. A good pair presentation can impress the judges on their ability to move, blend and work together as one unit.

Detailed description how to assess comparisons in Fit-Pairs Quarter Turns is provided in **Appendix 2** to this Section.

Article 11 – Finals

11.1 The procedures for the Finals:

The top 6 Pairs from the Prejudging advance to the Finals, which consists of the following round:

1. Round 2: I-walking Presentation + Quarter Turns.

11.2 The attire for Round 2 will conform to the same criteria as for Round 1 (see Article 6).

Note: *Competitors may use a different attires than in Round 1; however, they must still conform to the standards of taste and decency as described in Article 6.*

Article 12 – Finals: Presentation of Round 2 (Quarter Turns)

12.1 Presentation of Round 2:

The procedures for Round 2 will be as follows:

1. The top 6 Pairs will be brought onstage, one by one, in numerical order and will perform their I-walking presentation, lasting no longer than 20 seconds per Pair:
 - The Pair will walk to the center of the stage, will stop and perform four different positions of their choice, but not Bodybuilding or Women's Physique mandatory poses. Performing this presentation, athletes should try to move together, in harmony, not as a separate, individual competitors.
 - The Pair will then walk to the line-up in the rear part of the stage.
2. The top 6 Pairs will perform the four Quarter Turns, in groups of three at the same time, in the center of the stage. After the 4th turn, the Stage Director will reverse the order of the Pairs and will repeat the four Quarter Turns once again.
3. After the Quarter Turns, the top 6 Pairs are reformed into a single line, before exiting the stage.
4. Detailed description of Quarter Turns is provided in **Appendix 1** to this Section.

Article 13 – Finals: Scoring of Round 2

13.1 Scoring of Round 2:

The scoring for Round 2 will proceed as follows:

1. The judges, using Form 6, entitled "Judge's Individual Placings (Finals)", and using the same criteria for judging as used during the Prejudging, will place the Pairs from 1st to 6th, giving no two Pairs the same placing.
2. The statisticians will collect Form 6 from the judges and will then transcribe each judge's placings onto Form 5, entitled "Score Sheet (Statisticians)". 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 Pair, and will add up the remaining five scores and will write the total under the column marked "Round 2 Subscore". Points from the Prejudging (Round 1) are not taken into consideration in the Finals. Each Pair begins the Finals with "zero points".
3. Should a tie occur in the "Round 2 Subscore", the tie will be broken using the "Relative Placement" method applied to the athlete's "Round 2 Subscore" (see Article 9, Point 3) to produce "THE FINAL SCORE" and "THE FINAL PLACE".

Article 14 – Finals: Assessing of Round 2

14.1 Assessing of Round 2

The same criteria used in judging Round 1 (see Article 10) will be used in this round. More details in **Appendix 1** to this Section. However, the judges must be mindful of the fact that competitors may present a different condition in the Finals compared to the Prejudging. Therefore, judges must ensure that this round is judged from a "fresh" perspective, ensuring that all Pairs receive fair assessment based upon their body condition in this round.

Article 15 – Finals: The Awarding Ceremony

15.1 Awarding Ceremony:

The top 6 Pairs will be called onstage to take part in the award ceremony. The Master of Ceremonies will announce the number, names and country of the Pair in 6th place and will continue to the Pair in the 1st place.

The President of the IFBB, or the top IFBB official at the contests, accompanied by the other official(s) invited by him to take part in this Ceremony, will present the IFBB Medals and/or trophies to the winners.

The national anthem (short version) of the country of the 1st place winning Pair will be played immediately following their receipt of the 1st place award(s).

After the national anthem, the finalists are obliged to remain onstage for a brief period of time for photographic purposes, and to follow the IFBB Chief Judge or Stage Director commands. During the Awarding Ceremony, Pairs are not allowed to display their country's flag.

Pairs are expected to accept their places, medals and/or awards and to take part in the Awarding Ceremony to its end (photo session). Pair, who ostentatiously manifests their disapproval and/or leave the stage prior to the end of the Awarding Ceremony, may be disqualified.

Detailed description of the Awarding Ceremony is available in Section 1: General Rules, Article 16.

Article 16 – Teams Classification Results and Awards

16.1 Best National Teams:

The Best National Teams scoring includes:

- Top 1 Fit-Pair at the World Fitness Championships

Detailed procedure of the Teams Classification calculations is available in Section 1: **General Rules, Article 18.**

The chief delegates or team managers of the top 3 countries will accept the awards on behalf of their countries.

Publication of the Final Results – according to Section 1: **General Rules, Article 19.**

APPENDIX 1:

DETAILED DESCRIPTION OF THE FIT-PAIR FOUR QUARTER TURNS

1.1 FIT-PAIRS QUARTER TURNS:

GENERAL REMARKS

If one of the Fit-Pair athletes, who despite being pre-warned by the IFBB Chief Judge, performs quarter turns or stands in the line-up incorrectly, the Pair will be given a Yellow Card. If continues to do so, the Pair will be moved one place down in the results of that round.

Performing each quarter turn, competitors will stand motionless. Performing Quarter Turn Front and Quarter Turn Back, the *latissimus dorsi* muscles should be exposed in a natural way, without maximum contraction presented by bodybuilders.

FRONT POSITION:

Men:

Erect, tense stance, head and eyes facing the same direction as the body, one hand resting on the hip, with four fingers at the front of the body, and one leg slightly moved to the side. Second hand hanging down along the body, slightly out of to the side, elbow slightly bent, with open palm and straight, aesthetically configured fingers. Knees unbent, abdominal and latissimus dorsi muscles slightly contracted, head up.

Women:

Competitors will stand erect, head and eyes facing the same direction as the body, 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. Knees unbent, stomach in, chest out, shoulders back. Standing in a symmetrical straddle position is incorrect.

QUARTER TURN RIGHT:**Men:**

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. Left hand resting on the left hip, right arm hold down and slightly to the front from the centerline of the body, elbow slightly bent, with open palm and straight, aesthetically configured fingers. Left leg (nearest the judges) slightly bent in the knee, resting flat on the floor. Right leg (farthest to the judges) bent in the knee, with foot moved back and resting on the toes.

Women:

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, with open palm and straight, aesthetically configured fingers. Left hip slightly raised, left leg (nearest the judges) slightly bent in the knee, left foot resting on the toes near to the centerline of the body.

QUARTER TURN BACK:**Men:**

Erect, tense stance, head and eyes facing the same direction as the body, wone hand resting on the hip, with four fingers at the front of the body, second hand hanging down along the body, slightly out of to the side, elbow slightly bent, with open palm and straight, aesthetically configured fingers and one leg moved slightly to the side, resting on the toes. Latissimus dorsi muscles slightly contracted, head up.

Women:

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. 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. Knees unbent, stomach in, chest out, shoulders back. Lower back curvature natural, upper back straight, head up. 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. Standing in a symmetrical straddle position is incorrect. Competitor standing in such position may be placed down by the judges or even expelled from the stage.

QUARTER TURN RIGHT:**Men:**

Competitors will perform the next quarter turn to the right. They will stand right 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 to the front from the centerline of the body, elbow slightly bent, with open palm and straight, aesthetically configured fingers. Right leg (nearest the judges) slightly bent in the knee, resting flat on the floor. Left leg (farthest to the judges) bent in the knee, with foot moved back and resting on the toes.

Women:

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 hold down and slightly back from the centerline of the body, with open palm and straight, aesthetically configured fingers. Right hip slightly raised, right leg (nearest the judges) slightly bent in the knee, right foot resting on the toes near to the centerline of the body.