

SECTION 7: WOMEN'S BIKINI

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Article 1 - Introduction

Women's Bikini category was officially recognized as a new sport discipline by the IFBB Executive Council and IFBB Congress on November 07, 2010 (Baku, Azerbaijan). In 2021 the name of this division was changed from Women's Bikini Fitness to Women's Bikini.

1.1 General:

The IFBB Rules for Women's Bikini consist of regulations, policies, directives and decisions intended to guide the IFBB and its Members in the administration of the sport of Women's Bikini.

1.2 Rules:

Certain administrative and technical rules that appear in the General Rules section are the same for Women's Bikini 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 Acrobatic Fitness, Women's Artistic Fitness, Men's 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 competitors 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.*

2. World Junior Bodybuilding and Fitness Championships:

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: *The maximum allowable number of competitors 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.*

3. World Masters Bodybuilding and Fitness Championships:

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 competitors per National Federation is unlimited.*

Note 2: *Delegates without athletes, extra delegates and supporters will have to pay*

If continues to do so, the competitor may receive the second (or more) Red Card(s), resulting in deducting more "Xs" (one per each of the Red Cards received). These corrections of the results will be done by the statisticians, who will follow the Chief Judge instructions. Her surname will be marked with an asterisk (*) by the statisticians and the proper note will be put below the scoring table of this category.

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

Article 6 – Prejudging and Finals: Attire for All Rounds

6.1 Attire for Elimination Round and all other Rounds:

The attire for the Elimination Round and all other Rounds (Two-Piece Bikini) will conform to the following criteria:

1. The bikini will be opaque two-piece in style.
2. Competitors will wear a one-colour, any colour, bikini. The fabric, texture, ornamentation, and style of the bikini will be left to the competitor's discretion. Bikini bottom connectors at both sides must be of the same material as the other parts of the costume.
3. The colour and style of the high-heels will be left to the competitor's discretion, except as indicated in the below.
4. 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.
5. 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.
6. The attire will be inspected during the Official Athlete Registration.

6.2 The hair may be styled.

6.3 Except for a wedding ring, bracelets and earrings, jewellery 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.

6.4 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 and/or cream or applied separately, regardless of who applied them on the competitor's body.

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

6.6 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.

Article 7 – Prejudging: Scoring of the Elimination Round

7.1 Scoring of the Elimination Round.

1. At this time, the judges will be assessing the overall physique for the degree of

competitors will be compared at least once. The total number of comparisons will be decided by the IFBB Chief Judge.

6. All individual comparisons will be carried out center-stage.

7. Upon completion of the last comparison, all competitors will return to a single lineup, 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 competitor an individual placing from 1st to the last, ensuring that no two or more competitors receive the same placing. The judges may use Form 4, entitled “Judge’s Personal Notes” to record their assessment about each competitor.

2. The statisticians will collect Form 3 from the judges and will then transcribe the 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 competitor, will add up the remaining five scores to produce a “Round 1 Subscore” and a “Round 1 Place”. The competitor with the lowest subscore is awarded 1st place while the competitor with the highest subscore is awarded the last place.

3. If an athlete was given a Red Card by the Chief Judge (see Art. 5.2), she will be moved one place down (for each of the Red Cards received), so she may not qualify to the Final (Round 2). Her original scoring will be provided but her score in the “Round 1 Subscores” column will be marked with an asterisk (*) by the statisticians and the proper note will be put below the scoring table of this category.

4. Should a tie occur in the “Round 1 Subscore”, the tie will be broken using the “Relative Placement” method for the athlete’s “Round 1 Subscores”.

Note: *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 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 athletes. The athlete with the greater number of dots will be declared the winner of the tie and will then receive the better placing.

4. The top 6 competitors from the Prejudging will advance to the Finals and will start the Finals with zero points. If there are 7 athletes in a category, the Chief Judge may decide to perform the finals only. Decision will be made and announced after the Official Athletes Registration.

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

Article 10 – Prejudging: Assessing of Round 1

10.1 Assessment of Round 1:

Round 1 will be assessed using the following criteria:

1. 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.

2. 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 bodyfitness. 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.

3. 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 Package" presented by the athlete.

5. 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 Bikini competitor must be viewed with the emphasis on a "healthy and fit" physique, in an attractively presented "Total Package".

6. Judges are reminded that this is not a bodyfitness contest. The competitors should have shape to their muscle but not the separation, definition, very low bodyfat level, dryness or density that are seen at bodyfitness competitions. Any competitor who exhibits these features is to be marked down.

Article 11 – Finals

11.1 The procedures for the Finals:

The top 6 athletes from the Prejudging advance to the Finals, which consists of a single round:

1. Round 2: "I-walking" Individual Presentation and Quarter Turns x 2.

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 costume that in Round 1; however, it must still conform to the standards of taste and decency as described in Article 6.*

Article 12 – Finals: Presentation of Round 2

12.1 Presentation of Round 2:

The procedures for Round 2 shall be as follows:

1. The top 6 finalists will be called on stage, one by one, in numerical order and will perform the I-walking:

- 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.

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

3. The IFBB Chief Judge 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.

4. These quarter turns will be done in the following way:

Subscores. Her original scoring will be provided but her score in the “Round 2 Subscores” column will be marked with an asterisk (*) by the statisticians and the proper note will be put below the scoring table of this category.

4. 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).

Article 14 – Finals: Assessing of Round 2

14.1 Assessment of Round 2:

Round 2 is assessed using the same criteria as detailed in Article 10 (Assessment of Round 1). More details in **Appendix 1** to this Section.

The judges must ensure that this round is judged from a “fresh” perspective, ensuring that all competitors receive fair assessment based upon their body condition presented in this round.

Article 15 – Finals: The Awarding Ceremony

15.1 Awarding Ceremony:

The top 6 finalists will be called onstage to take part in the award ceremony. The Master of Ceremonies will announce the number, name and country of the competitor in 6th place and will continue to the competitor 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 winner will be played immediately following her 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, competitors are not allowed to display their country’s flag.

Competitors are expected to accept their places, medals and/or awards and to take part in the Awarding Ceremony to its end (photo session). Competitor, who ostentatiously manifests his/her 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 – Finals: Overall Category and Award

16.1 In Women’s Bikini the Overall Category is conducted in:

- a. Senior Women’s Bikini (for a maximum of eight champions)
- b. Junior Women’s Bikini (for a maximum of six champions)
- c. Master Women’s Bikini (for a maximum of four champions)

16.2 The Overall Category will proceed as follows:

1. Immediately following the Award Ceremony for the last Women’s Bikini category, all category winners will be brought onstage in numerical order and in a single line, wearing their two-piece bikini and high heels.

2. The IFBB Chief Judge will direct the competitors through the quarter turns performed at the center of the stage, in numerical order, in one or two groups if necessary, and then in the reverse order.

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

4. The judges will use Form 6, entitled “Judge’s Individual Placings (Finals)”. Each judge will award each competitor an individual placing from 1st to last, ensuring that

no two or more competitors receive the same placing.

5. Using Form 5, entitled “Score Sheet (Statisticians)”, with nine judges, two highest and two lowest scores will be discarded. The remaining scores will be added to produce an “Overall Category Score” and an “OVERALL CATEGORY PLACE”.

6. Should a tie occur in the “Overall Category Score”, the tie will be broken using the “Relative Placement” to this category (see Article 9, point 3).

7. The “Overall Champion” will be announced and the IFBB Overall Trophy will be presented to her by the IFBB President or top IFBB official at the contest. The trophy will be supplied by the organizing National Federation.

Article 17 – Teams Classification Results and Award

17.1 Best National Teams:

The Best National Teams scoring includes:

- Top 5 Women’s Bikini athletes at the World Fitness Championships
- World Junior Championships:*
 - Top 1 from the Junior Women’s Bikini 16-20 years old category
 - Top 2 from the Junior Women’s Bikini 21-23 years old category
- Top 2 Master Women’s Bikini athletes at the World Masters Championships*

**- If categories are combined, the best teams scoring includes as many top competitors as the number of categories.*

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

DESCRIPTION OF QUARTER TURNS IN A WOMEN’S BIKINI COMPETITION

INTRODUCTION:

Judges are strongly reminded that they are judging a WOMEN’S BIKINI competition. The extreme muscularity, vascularity, muscular definition and separation, dryness and/or dieted leanness will not be considered acceptable if displayed by a Women’s Bikini competitor and therefore, must be marked down.

GENERAL PRESENTATION:

Judges are reminded that the competitor’s posture and bearing, at all times while onstage, is to be considered. The overall image displayed should demonstrate poise, femininity and self-confidence. This is especially true at all times when the competitor is performing I-walking in the finals, standing in the line-up and during the comparisons of the quarter turns. When standing in the line-up, the competitors shall be warned against adopting a tense pose, displaying the muscularity.

A relaxed stance in the line-up means that the competitor will stand erect, front to the judges, with one hand resting on the hip and one leg slightly moved to the side.

Second arm hanging at the side.

Head and eyes towards the front, shoulders back, chest out, stomach in.

On the IFBB Chief Judge command, competitors standing in the line-up should perform the Front Position.

QUARTER TURNS

An athlete, who despite being pre-warned by the IFBB Chief Judge, performs quarter

