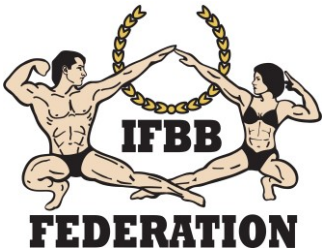

INTERNATIONAL FITNESS & BODYBUILDING FEDERATION

IFBB FEDERATION RULES

SECTION 6: WOMEN'S BODYFITNESS

2023 EDITION

IFBB FEDERATION
HEADQUARTERS:
Calle Dublin No. 39-I, 28232 Las Rozas, Madrid, Spain
Tel: +34 91 535 2819
e-mail: headquarters@ifbb.com
Website: www.ifbb.com

SECTION 6: WOMEN'S BODYFITNESS

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Article 1 - Introduction
Women's Bodyfitness was officially recognized as a new sport discipline by the IFBB Executive Council and IFBB Congress on October 27th, 2002 (Cairo, Egypt).

General:
Whenever possible, all the IFBB World Championships, including men, women, juniors, seniors and masters as well as the IFBB Annual Congress should be organized together as one big international event.

The IFBB Rules for Bodyfitness consist of regulations, policies, directives and decisions intended to guide the IFBB and its Members in the administration of the sport of Body Fitness.

1.2 Rules:
Certain administrative and technical rules that appear in the General Rules section are the same for Bodyfitness 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 Juniors 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 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 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:
Women's Bodyfitness competition at the World Championships is open in the following categories:

1. There are four categories in Senior Women's Bodyfitness world-level competitions, currently as follows:

   a. Class A: Up to and incl. 158 cm
   b. Class B: Up to and incl. 163 cm
   c. Class C: Up to and incl. 168 cm
   d. Class D: Over 168 cm

2. There are the following categories in Junior Women's Bodyfitness world-level competitions, currently as follows:

   - 16 to 20 years of age inclusive:
     a. One open category

   - 21 to 23 years of age inclusive:
     a. One open category

3. There are the following categories in Master Women's Bodyfitness world-level competitions:

   - 35 to 39 years of age inclusive:
     a. One open class

   - 40 to 44 years of age inclusive:
     a. One open category

   - 45 years of age and over:
     a. One open category

4. A category can only be run if there are not less than 3 athletes. If less than 3 athletes, the category will be combined with the next taller class, wherever possible. Masters categories will not be combined.

Crossovers: Women's Bodyfitness competitors may also participate in the Women's Acrobatic Fitness division at the same contest, if they meet specific requirements obligatory in that division.

Article 4 – Rounds
4.1 Rounds:
Women's Bodyfitness will consist of the following three rounds:

1. Prejudging – Elimination Round (Four Quarter Turns)
2. Prejudging – Round 1 (Four Quarter Turns and comparisons in Quarter Turns)
3. Finals – Round 2 (Individual presentation "I-walking" plus Quarter Turns)

Article 5 – Prejudging: Elimination Round
5.1 General:
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.

5.2 Elimination Round Procedures:
An elimination round will be held when there are more than 15 competitors in a category. If necessary, IFBB Chief Judge may decrease the number of competitors 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 competitors accordingly. Decision will be made and announced after the Official Athletes Registration. The elimination round will be carried out as follows:

1. The entire line-up is 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 ten competitors at a time, each group is directed to the center-stage area to perform the four quarter turns.

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

a. Quarter Turn Right
b. Quarter Turn Back
c. Quarter Turn Right
d. Quarter Turn Front

Note 1: *Detailed description of the Women's Bodyfitness quarter turns 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.*

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

1. The bikini will be plain opaque two-piece in style.
2. The colour, fabric, texture, ornamentation and style of the bikini 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. 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.
4. The bikini bottom will cover a minimum of ½ of the gluteus maximus and all of the frontal area. The bikini must be in good taste. Strings are strictly prohibited.
5. 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 standards 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 athleticism, proportion, symmetry, balance, shape and skin tone. Detailed criteria of Bodyfitness athletes assessment are provided in Article 10 of this Section.
The scoring for the Elimination Round will proceed as follows:

2. If there are more than 15 competitors, 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.

3. 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.

4. 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.

5. Only the top 15 competitors will advance to Round 1 If necessary, IFBB Chief Judge may decrease the number of competitors 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 competitors accordingly.

Article 8 – Prejudging: Presentation of Round 1
Round 1 may not be held if there are 6 or less competitors in a category. Decision will be made by the Chief Judge and will be announced after the Official Athlete Registration and will be included in the Running Order.

8.1 Presentation of Round 1:
The procedures for Round 1 will be as follows:

1. The entire category will be called onstage, in a single line and in numerical order.
The entire line-up is brought onstage, in numerical order and in a single line. If time permits, each semifinalist will be introduced by number, name, 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 ten competitors at a time, each group will be directed to center-stage area to perform the four quarter turns.

4. 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.

Detailed description of the Women's Body Fitness quarter turns provided in **Appendix 1** to this Section.

5. 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 ten 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.

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. 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 Judges 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 judge should first assess the overall athletic appearance of the physique. This 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 athletic development of the musculature; the presentation of a balanced, proportionally and symmetrically developed 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 muscle tone, achieved through athletic endeavours and diet. The muscle groups should have a round and firm appearance with a small amount of body fat. The physique should neither be excessively muscular nor excessively lean and should be free from deep muscle separation and/or striations. Physiques that are considered either too muscular 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.

4. 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 Bodyfitness competitor must be viewed with the emphasis on a "healthy, fit, athletic" physique, in an attractively presented "Total Package".

5. Judges are reminded that this is not a Women's Physique contest. The competitors should have shape to their muscle but not the size, definition or vascularity that is seen at Women's Physique 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 and 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 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 will 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 or Stage Director will direct the competitors, as a group, through the four quarter turns in numerical order and then in the reverse order.

4. The Detailed description of quarter turns is provided in **Appendix 1** to this Section.

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

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 Round 1, will place the competitors from 1st to 6th, giving no two athletes the same placing.

2. The statisticians will collect Form 6 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, 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 competitor 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).

Article 14 – Finals: Assessing of Round 2
14.1 Assessing of Round 2:
Round 2 is assessed using the same criteria as detailed in Article 10 (Assessing 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 Award Ceremony
15.1 The Award 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 his 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 – Overall Category and Award
16.1 In Women's Bodyfitness the Overall Category is conducted in:

a. Senior Women's Bodyfitness (for a maximum of four champions)
b. Junior Women's Bodyfitness (for a maximum of two champions)
c. Master Women's Bodyfitness (for a maximum of three champions)

16.2 The Overall Category will proceed as follows:

1. Immediately following the Award Ceremony for the last Bodyfitness 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 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:
- World Junior Championships*
-- Top 1 from the Junior Women's Bodyfitness 16-20 years old category
-- Top 1 from the Junior Women's Bodyfitness 21-23 years old category
- Top 2 Master Women's Bodyfitness athlete 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 THE QUARTER TURNS IN BODYFITNESS COMPETITION

INTRODUCTION:
Judges are strongly reminded that they are judging a women's BODYFITNESS competition and not WOMEN'S PHYSIQUE competition. The type of muscularity, vascularity, muscular definition, and/or dieted leanness displayed by Women's Physique athletes will not be considered acceptable if displayed by a Bodyfitness 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 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, with arms flexed and out to the side, displaying the muscularity.
A relaxed stance in the line-up means that the competitor will:
- stand erect, front to the judges, with arms hanging at the side and feet together, or
- stand with the body slightly turned, left side to the judges, so the start number of a competitor will be clearly visible, right hand resting on the hip and left leg slightly moved forward and to 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

Front position:
Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach
in, chest out, shoulders back, both arms kept at the side along the centerline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and hold about 10 cm out of the body, hands slightly cupped.
Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

Quarter Turn Right (left side to the judges):
Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, left arm kept slightly back from the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, right arm kept slightly front of the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the left, with the left shoulder lowered and the right shoulder raised. This is normal and must not be exaggerated.
Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

Quarter Turn Back:
Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms kept at the side along the centerline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and hold about 10 cm out of the body, hands slightly cupped.
Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

Quarter Turn Right (right side to the judges):
Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, right arm kept slightly back from the centerline of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, left arm kept slightly front of the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the right, with the right shoulder lowered and the left shoulder raised. This is normal and must not be exaggerated.
Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

APPENDIX 2:
ASSESSING OF THE FEMALE PHYSIQUE IN QUARTER TURNS

In all rounds, the competitors are brought onstage, in numerical order and in a single line, if possible. They are directed through the comparisons of the quarter turns in groups of no more than 8 competitors (semifinals) or 6 competitors (finals) at a time. Each judge is expected to watch all of the comparisons. Throughout the comparisons, a judge must not lose sight of the fact that he or she is judging the athlete as a "Total Package".
The judge should first assess the overall athletic appearance of the physique. This assessment should take the whole physique into account. The assessment, beginning with a 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 herself with confidence, poise and grace.
The physique should be assessed as to its level of overall muscle tone, achieved through athletic endeavours and diet. The muscle groups should have a round and firm appearance with a small amount of body fat. The physique should neither be excessively muscular nor excessively lean and should be free from deep muscle separation and/or striations. Physiques that are considered either too muscular or too lean must be marked down. 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. 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 bodyfitness competitor must be viewed with the emphasis on a "healthy, fit, athletic" physique, in an attractively presented "Total Package".

APPENDIX 3:
HOW TO PERFORM AND ASSES I-WALKING

I-walking is performed in the following manner:

- 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.

The judges will be assessing each competitor on how well they display their physique in move. Competitors shall be assessed on whether or not they carry themselves in a graceful manner while walking to and along the stage. The pace, the elegance of moves, gestures, "showmanship", personality, charisma, stage presence and charm, as well as a natural rhythm should play a part in the final placing of each competitor.

APPENDIX 4: PHOTOGRAPHS

BODY FITNESS

QUARTER TURNS