FIT SPORT MODALITIES

Article 1 – International Competition Procedures

1.1. The procedures for the judgement rounds of International Competitions are as follows depending on the number of participants in a determinate category:

1.1.1. 50 athletes or More
Prejudging: **PRE - Elimination Round**

When there are more than 50 athletes competing in a category, a PRE-elimination round will be held for the purpose of reducing the number to 40/30 depending on the Head judge's indication or even implementing another solution (Split in new categories). The decision will be made and announced after the Official Athletes Registration. The judges will select the top 30/40 by placing an "X" beside their numbers, using Form 1a, entitled "PRE-Elimination Round (Judges)".

Using Form 2a, entitled "PRE-Elimination Round (Statisticians)", the statisticians will transcribe the judge's selections onto this sheet and will then tally the judges' scores to select the top 30/40 competitors. When available, it may be done using a computer and other IFBB-approved software.

If there is a tie between two or more athletes at the 30th or 40th place, the tied athletes will be brought back onstage, for the purpose of breaking the tie. Only the top 30/40 competitors will advance to the Elimination Round.

The details of PRE-Elimination Round for each IFBB sports discipline are provided in a Section of rules for this discipline.

In case of more than 150 athletes in just one category, the Head Judge has to decide how to manage it, producing new categories or implementing another solution.

1.1.2. Between 18 and 49 Athletes
Prejudging: **Elimination Round**

When there are more than 17 athletes competing in a category, an elimination round will usually be held for the purpose of reducing the number to 15/10 depending on the Head judge's indication. If necessary, the IFBB Chief Judge may decrease the number of athletes 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. The decision will be taken and announced after the Official Athletes Registration. The judges will select the top 15/10 by placing an "X" beside their numbers, using Form 1, entitled "Elimination Round (Judges)".

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. When available, it may be done using a computer and IFBB-approved software.

If there is a tie between two or more athletes at the 15th/10th place, the tied athletes will be brought back onstage, for the purpose of breaking the tie or they can produce a semifinal with maximum 17 athletes. The details of Elimination Round for each IFBB sports discipline are provided in a Section of rules for this discipline.

1.1.3. Between 17 to 8 athletes. Prejudging: Semifinals

1. Semifinals (Round 1) will immediately follow the Elimination Round. Usually, the top 15 athletes from the Elimination Round compete in the Semifinals If necessary, the IFBB Chief Judge may decrease the number of athletes 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. The decision will be made and announced after the Official Athletes Registration.

Semifinals round(s) may not be held if there are 7 or less competitors in a category. The decision will be made by the Chief Judge and will be announced after the Official Athlete Registration. Using Form 3, entitled "Judge's Individual Placing (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. The scores for the Semifinals will be used to place the top 15 competitors from 1st place to last place. The top 6 competitors from the Semifinals will advance to the Finals. When available, it may be done using a computer and IFBB-approved software. The top 6 finalists may be announced after the Prejudging and before the Finals. The details of Semifinals for each IFBB sports discipline are provided in a Section of rules for this discipline. The IFBB Chief Judge will decide the number of competitors in comparisons.

1.1.4. Finals

Only the top 6 athletes from the Semifinals will take part in the Finals. Even though it is possible to have 7 athletes in a final, because from the registration of the low number in that particular category and always only top 6 will be awarded. They will start the Finals with zero points. Each judge will award each competitor an individual placing from 1st to 6th, ensuring that no two or more competitors receive the same placing. The statisticians will transcribe each judge's placing onto Form 5, entitled "Score Sheet (Statisticians)", under the Finals section. At the end of the Finals, the "FINAL SCORE" will be produced. When available, it may be done using a computer and IFBB-approved software. Points from the Prejudging (Round 1 and Round 2) are not taken into consideration in the Finals. Each competitor begins the Finals with "zero points". The competitor with the lowest "FINAL SCORE" is awarded 1st place while the competitor with the highest "FINAL SCORE" is awarded 6th place. Details of the Finals for each IFBB sports discipline are provided in a Section of rules for this discipline.

1.2. Head Jugde or Chief Judge

As the director of the competition, this person will be in charge of the whole process from the weigh in to the awarding ceremony. He will decide about every single step of the competition, always following the rules and procedures described in the general Rules of IFBB. Except in particular cases he will adopt these rules; whenever he considers necessary, he can implement new procedures, always based on the special requirements.

Article 2 – Overall Category and Award

2.1. The Overall Category is conducted in each IFBB sport discipline where two or more weight or height categories were held, except for Children Fitness, where the Overall category is not conducted.
At the World Championship or any other International Competition, the Overall Category will proceed immediately following the Award Ceremony for the last bodyweight or body height category or age division in a given sport discipline (in Acrobatic, Artistic and Men's Fitness the rules for the Overall category are a bit different and are explained in details in Sections devoted to these divisions).
2.2. The IFBB Chief Judge will direct the competitors through the compulsory poses or quarter turns and comparisons, if necessary.
2.3. The judges will use Form 6, entitled "Judge's Individual Placings (Finals)", to place each athlete from 1st to last. The judges must place each athlete and not just select the one whom they feel is the Overall Champion.
2.4. The statisticians, using Form 5, entitled "Score Sheet (Statisticians)", will tally the scores and determine the places of all competitors.
2.5. The "Overall Champion" will be announced and the IFBB overall trophy will be presented to him or her by the IFBB President or top IFBB official at the contest. The trophy will be supplied by the organizing National Federation.

Article 3 – Modalities for Fit competitions

3.1. The following modalities and categories will be open at some specific Fit Competitions or/and other activities.

Fit Men´s Physique:

- Under 1,70 m
- Under 1,78 m
- Over 1,78 m

Bodybuilding (by height):

- Under 1,70 m
- Under 1,78 m
- Under 1,78 m

Games Classic Bodybuilding:

- Under 1,71 m
- Under 1,80 m
- Over 1,80 m

Fit Classic Bodybuilding:

- Under 1,71 m
- Under 1,80 m
- Over 1,80 m

Fit Classic Physique:

- Under 1,71 m
- Under 1,80 m
- Over 1,80 m

Fit Bikini:

- Under 1,60 m
- Under 1,64 m
- Under 1,68 m
- Over 1,68 m

Fit Wellness:

- Under 1,64 m
- Over 1,64 m

Fit Artistic:

- Under 1,64 m
- Over 1,64 m

3.2. Judging Criteria, attire, tanning, rounds and other questions around the competition procedures for these Fits modalities are going to be the same than for regular Classic Bodybuilding, Bodybuilding, Wellness, Bikini and Men´s Physique. As is described in the general rules in ifbb.com.

Article 4 – Doping Control for Games competitions

4.1. Doping control will be conducted under the IFBB Doping Control Rules in urine. Any athlete who is not following these procedures or being positive in a doping control will be punished with the same years of suspension than in any IFBB (National or International) activity.

4.2. In addition to article 4.1, this person, positive in a doping control, cannot compete anymore in Fit Modalities after the period of the punishment. Exceptions can be considered only in cases of no hormone based doping.

4.3. Any person who has had a positive in a doping control procedure under IFBB or National Federations cannot compete in Fit Modalities after the period of punishment.

4.4. All winners in every category for Fit Modalities will be subject to the doping control. Moreover, there will be other doping controls by random and/or requested by the Head Judge, as minimum 1 in each, men and women. These controls can be communicated from the weigh in to 2 hours after the end of the whole competition.