

## The 1st. Step into IFBB Fitness Events.

**FEBRUARY, 2026**

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### DESCRIPTION:

This is an **Open category** (no age divisions) in which participants **must not present a developed muscularity**.

Therefore, **overly defined muscles with visible veins** are grounds for disqualification and may result in **penalties, in the final scores & results**.

An **athletic, fit & healthy physique** is expected. Excessive muscular definition & vascularity are not accepted.

**Crossovers are not permitted** with any other IFBB category.

If the number of participants is high, **height classes** may be introduced, culminating in an **Overall Absolute Winner**.



## DRESS CODE & COMPETITION RULES:

**1.<sup>a</sup> Round:** Contestants step on stage in **sportswear** consisting of a **top, shorts, & white knee-high socks**.

**Plain white running shoes are mandatory.**

**2nd Round:** Contestants step on stage wearing a **one-piece swimsuit, uniform & same color**. (*Fit Model swimsuits, as well as suits with rhinestones or transparent fabrics, are not permitted*). This second round is optional for National events.

**Official IFBB competition shoes are mandatory.**

In beauty contests, a **standard model walk** must be presented on stage.

The choreography is a simple walk. Contestants enter one after another, with a few seconds in between. The official pose is performed by placing **one hand on the hip**. There are **2 poses: front & back**.

During comparisons, contestants line up side by side, placing one hand on the hip, under the supervision of the Judges.

**Call-outs & challenges** may be conducted, but the **4 basic turns do not apply**.

