



Women's Judging Criteria

Figure and Classic Figure

Competitors should have a general athleticism to the body "feminine conditioning" will be viewed in mandatory quarter (1/4) turns. The competitor should show good muscular development and proportion of her physique. Figure competitors must present a wide back with depth, a sweep to the quads, a well-conditioned core, definitive roundness in the delts, a small amount of muscle separation with a nice V-taper, and separation between glutes and hamstrings. Figure competitors should show muscularity and conditioning but not to the extent of a Women's Physique competitor.

The required suit for Figure is a 2-piece bikini style posing suit. The bottom of the suit must be a V-shape. In Classic Figure a one-piece suit is required. Clear heels will be worn at all times for both categories.

Quarter Turns:

In each quarter turn: a relaxed erect stance, eyes and head facing the same direction as the body, heels together, knees together and unbent, stomach in, chest out, shoulders back, arms relaxed at side and slightly back from center line of the body, elbows slightly bent.

Bikini

Toned and sculpted with a firmness and a fitness style physique. Mild definition and not muscular separation, striation, graininess, square glutes or muscle density as seen in figure. The competitor should have an upper torso as developed as the lower, side to side and back to front. Muscle groups are complete and proportionate and not overly developed or defined. Bikini competitors must present a conditioned core, small amount of roundness in the delts, slight separations between the glutes and hamstrings, with full round glutes.

Stage presence, individuality, and beauty are important for a bikini competitor. How an athlete carries themselves, posture, gait, balance, graceful movement, positioning, stature, and finesse. Athletes should demonstrate their own self-expression, appeal, camera savvy, and posing in creative and attractive ways. Athletes overall look is important and should include a sense of vibrancy, charisma, and confidence as well as a positive and fun attitude.

The required suit for bikini is a 2-piece bikini style posing suit. Clear heels will be worn at all times.

Quarter Turns:

In each quarter turn: present a confident stance but not overly flexed. Arm and leg positions are at the athlete's discretion. Athlete should present relaxed poses that show off tone and condition. The Bikini back pose will show a slight and evident V-taper to the lower back, full round glutes with separation



Women's Judging Criteria

between glutes and hamstrings. Competitors may not bend over excessively when performing their back pose. Excessive bending will result in point deduction.

While posing, competitors should stand erect with arms down to their sides of their torso, and elbows slightly bent. No teapot pose or excessively flailing arms.

Athletes may be instructed by the Head Judge to walk to the back of the stage and then turn to face the judges, then walk back to the front line.

Women's Physique

Competitors should display more muscular development than Figure. A very conditioned and very lean runners look is NOT acceptable in this division. Athlete should have a v-taper and a harmonious blend of all body parts for a total aesthetic and proportionally developed physique.

The required suit for Figure is a 2-piece bikini style posing suit. The bottom of the suit must be a V-shape.

Muscular Proportion: Competitors will be instructed by the Head Judge to stand erect with their feet together, and arms down to their sides of their torso, shoulders and head facing directly front.

Competitors will make quarter turns to the right on command as they are judged on overall balance and shape of their physique. Competitors should be slightly flexed, not aggressively posing. Feet will remain flat on the floor while the body and head facing stage left and right for each side pose.

Their structure should be overall aesthetically pleasing from all four sides viewed.

Muscular Development and Conditioning: Competitors will perform a number of mandatory poses on command of the Head Judge. The competitors will be judged on overall muscularity, size, muscle shape, fullness, and muscle density.

- Conditioning is judged on the competitor's distinct muscular detail level that separates the different muscle groups of their physique while attaining the mass and fullness of their muscle groups.
- Separation would constitute the clear borderline between adjoining muscles also known as *muscle tie-ins* which is a distinct visible separation between muscles.

Group comparisons will be conducted with a series of quarter turns followed by mandatory poses.

Mandatory Poses

Hands must always remain open, not clenched, and toes pointed during posing.

Mandatory Poses will be called in this order:

- 1) Front Double Biceps
- 2) Side Chest (L/R)
- 3) Side Tricep (L/R)



Women's Judging Criteria

- 4) Rear Double Biceps
- 5) Abdominal and Thigh
- 6) Side Intercostals
- 7) Favorite Women's Physique Pose

Note: High heeled shoes are required during prejudging and awards, but are not required during individual routine. Jewelry and hair decorations are allowed. No gymnastics moves will be allowed during individual routine.

Women's Bodybuilding

Competitors should display more muscular development than Women's Physique. A very conditioned and very lean runners look is NOT acceptable in this division. Athlete should have a v-taper and a harmonious blend of all body parts for a total aesthetic and proportionally developed physique.

Women will wear a 2-piece suit crossing in the back and attaching to V-shaped bottoms. No thongs are permitted. Posing Suits worn by female competitors may include a printed design with sparkle or fluorescents that are in good taste. Female competitors are not permitted to wear any jewelry onstage other than a wedding band and earrings. Decorative pieces in the hair are not permitted. All women's bodybuilders will remain barefoot while on stage for prejudging, routines, and finals.

Any competitor doing the "Moon Pose" will be disqualified.
Lying on the floor is prohibited and will be disqualified.

Muscular Proportion: Competitors will be instructed by the Head Judge to stand erect with their feet together, and arms down to their sides of their torso, shoulders and head facing directly front.

Competitors will make quarter turns to the right on command as they are judged on overall balance and shape of their physique. Competitors should be slightly flexed, not aggressively posing. Feet will remain flat on the floor while the body and head facing stage left and right for each side pose.

Their structure should be overall aesthetically pleasing from all four sides viewed.

Muscular Development and Conditioning: Competitors will perform a number of mandatory poses on command of the Head Judge. The competitors will be judged on overall muscularity, size, muscle shape, fullness, and muscle density.

- Conditioning is judged on the competitor's distinct muscular detail level that separates the different muscle groups of their physique while attaining the mass and fullness of their muscle groups. An overly conditioned and very lean runners look will not be scored highly.
- Separation would constitute the clear borderline between adjoining muscles also known as *muscle tie-ins* which is a distinct visible separation between muscles.

Group comparisons will be conducted with a series of quarter turns followed by mandatory poses.



Women's Judging Criteria

Mandatory Poses

Hands must remain closed during posing.

Mandatory Poses will be called in this order:

- 1) Front Double Biceps
- 2) Front Lat Spread
- 3) Abdominals & Quad
- 4) Side Chest (R/L)
- 5) Side Triceps (R/L)
- 6) Rear Double Biceps
- 7) Rear Lat Spread
- 8) No most muscular poses will be called in Women's Bodybuilding

Wellness

Toned and sculpted with a firmness and a fitness style physique. The competitor should showcase more body mass in the hips, glutes, and thighs with an upper body that is developed but not to the same degree as the lower. Wellness competitors must present a conditioned core, roundness in the delts, slight separations in quads and between the glutes and hamstrings, with full round glutes. The level of conditioning displayed is similar to that of bikini but with slightly more muscle.

Stage presence, individuality, and beauty are important for a wellness competitor. How an athlete carries themselves, posture, gait, balance, graceful movement, positioning, stature, and finesse. Athletes should demonstrate their own self-expression, appeal, camera savvy, and posing in creative and attractive ways. Athletes overall look is important and should include a sense of vibrancy, charisma, and confidence as well as a positive and fun attitude.

The required suit for wellness is a 2-piece bikini style posing suit. Clear heels will be worn at all times.

Quarter Turns:

In each quarter turn: present a confident stance but not overly flexed. Athlete should present relaxed poses that show off tone and condition.

Front pose: Competitors will face front with one hand on hip, one arm straight down and one leg slightly extended.

Side poses: Competitors will turn slightly facing the judges with one hand on hip and other arm straight down and one leg bent at knee. Similar to a twisting side pose that Bikini competitors perform.

Back pose: Competitors will face the rear with lower back arched and glutes pushed back. Back pose will show an evident V-taper to the lower back, full round glutes with separation between glutes and hamstrings. Competitors may not bend over excessively when performing their back pose. Excessive bending will result in point deduction.

While posing, competitors should stand erect with arms down to their sides of their torso, and elbows slightly bent. No teapot pose or excessively flailing arms.