

# WOMEN FITNESS

## Article 61 – Introduction

Women Fitness was officially recognized as a new sport discipline by the IFBB Executive Council and IFBB Congress on December 03, 1995 (Guam, USA).

### 61.1 General:

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

### 61.2 Rules:

Certain administrative and technical rules that appear in the General Articles section are the same for Fitness and therefore, are not repeated in this section.

## Article 62 – Responsibilities of Organizers to Athletes and Delegates

### 62.1 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. Women's World Bodybuilding, Fitness, Body Fitness, Bikini Fitness and Men's 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 A-team competitors per National Federation may not exceed the number of categories open at these Championships, with a maximum of two competitors allowed to compete in any one category.*

*Note 2: A maximum allowable number of A-team competitors per National Federation in any one discipline may not exceed the number of categories in that discipline.*

*Note 3: A maximum of eleven competitors is permitted in the A team (two female bodybuilders, two female fitness, four female body fitness, two female bikini fitness and one male fitness) and will be accepted per National Federation with a maximum of two competitors allowed to compete in any one category.*

*Note 4: Delegates without athletes will be responsible for the full cost of their participation at the event.*

*Note 5: Upon agreement between the IFBB and the Organizer, one additional category may be opened for competition.*

#### 2. In Senior Women's Fitness, each National Federation may enter an "A" team of up to a maximum of two competitors, with a maximum of two competitors allowed to compete in any one category.

#### 3. Juniors and Masters World Bodybuilding, Fitness & Body 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 A-team competitors per National*

*Federation may not exceed the number of categories open at these Championships, with a maximum of two competitors allowed to compete in any one category.*

*Note 2: A maximum allowable number of A-team competitors per National Federation in any one discipline may not exceed the number of categories in that discipline.*

*Note 3: A maximum of twenty one competitors in "A"-Team (one female junior bodybuilder, two male junior bodybuilders, two female junior fitness, one male junior fitness, two female junior body fitness, one male junior classic bodybuilder, one female master bodybuilder, seven male master bodybuilders, two male master classic bodybuilders, one female master body fitness, one male wheelchair bodybuilder) will be accepted per National Federation with a maximum of two competitors allowed to compete in any one category.*

*Note 4: Delegates without athletes will be responsible for the full cost of their participation at the event.*

*Note 5: Upon agreement between the IFBB and the Organizer, additional categories may be opened for competition.*

4. In Junior Women's Fitness, each National Federation may enter an "A" team of up to a maximum of two competitors, with a maximum of two competitors allowed to compete in any one category.

5. The rules governing "B" teams may be found in Article 9.5.

## **Article 63 – Categories**

### **63.1 Categories:**

Women's Fitness competition at the World Championships is open in the following categories:

1. There are two categories in senior women's fitness world-level competitions, currently as follows:

- a. Class A: Up to and incl. 163 cm
- b. Class B: Over 163 cm

2. There are two categories in junior women's fitness world-level competitions, currently as follows:

- a. Class A: Up to and incl. 163 cm
- b. Class B: Over 163 cm

## **Article 64 – Rounds**

### **64.1 Rounds:**

Women's Fitness will consist of the following four rounds:

1. Prejudging – Round 1 (Fitness Routines)
2. Prejudging – Round 2 (Quarter Turns)
3. Finals – Round 3 (Fitness Routines)
4. Finals – Round 4 (Quarter Turns)

## **Article 65 – Prejudging: Elimination Round**

### **65.1 General:**

A time-table for prejudging in each category should be published after the Official 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 30 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.

#### 65.2 Elimination Round Procedures:

An Elimination Round will be held when there are more than 15 competitors in a category. This 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 eight competitors at a time, each group is directed to the center-stage area to perform the four quarter turns.

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

- b. Quarter Turn Right
- c. Quarter Turn Back
- d. Quarter Turn Right
- e. Quarter Turn Front

5. On completion of the quarter turns, the entire line-up is reformed into a single line, in numerical order, before exiting the stage.

*Note: Competitors will not chew gum or candy while onstage.*

#### **Article 66 – Prejudging: Attire for Elimination Round, Round 2 and Round 4**

##### 66.1 Attire for Elimination Round, Round 2 and Round 4 (Two-Piece Bikini):

The attire for Elimination Round, Round 2 and Round 4 (Two-Piece Bikini) will conform to the following criteria:

- 1. The bikini will be plain opaque two-piece in style.
- 2. The colour and style of the bikini and high-heels will be left to the competitor's discretion, except as indicated in the below.
- 3. The bikini will cover a minimum of ½ of the gluteus maximus and all of the frontal area.

66.2 The hair may be styled.

66.3 Except for a wedding ring and/or small stud-type earrings, jewellery will not be worn.

66.4 The IFBB Chief Official, or a delegated representative, will have the right to determine if a competitor's attire meets an acceptable standard of taste and decency.

#### **Article 67 – Prejudging: Scoring of the Elimination Round**

##### 67.1 Scoring of the Elimination Round

1. At this time, the judges will be assessing the overall physique for the degree of athleticism, proportion and skin tone. 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)".
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 at the 15th place, the tied athletes will be brought back onstage, and the judges will perform a reassessment of the four quarter turns.
5. Only the top 15 competitors will advance to Round 1.

### **Article 68 - Attire for Round 1 and Round 3 (Fitness Routine)**

#### 68.1 Attire for Round 1:

The attire for Round 1 will conform to the following criteria:

1. Competitors may dress as they deem appropriate in order to perform their routines, except as detailed below.
2. G-strings are strictly prohibited. G-strings cannot be worn on top of leotards, fishnet stockings, or tights. Also, G-strings cannot be worn underneath a skirt or other type of outerwear so as to reveal the buttocks while the competitor is moving around onstage. The bikini bottom must cover a minimum of ½ of the buttocks during the whole routine.
3. While onstage, if clothing is removed to reveal a G-string, the posing music will be stopped and the competitor will be immediately disqualified.
4. The routine attire will be inspected backstage before the competitor is allowed onstage. If the routine attire does not meet IFBB standards, the competitor will be given five (5) minutes to comply, failing which the competitor will be disqualified.
5. Sport footwear may be worn, at the discretion of the competitor.
6. Competitors may wear sponsorship logos on their routine attire, the dimensions of which will not exceed 4 cm X 8 cm.
7. National Federations and head delegates are responsible for making sure that their fitness athletes are fully aware of the IFBB Articles as detailed below.
8. Any questions concerning posing attire must be brought to the attention of the IFBB Chief Official or IFBB Chief Judge during the Official Athlete Registration.

### **Article 69 – Prejudging: Presentation of Round 1**

#### 69.1 Procedure:

Round 1 will proceed as follows:

1. Each competitor will be called onstage in numerical order to perform a fitness routine to music of her own choice, the length of which will be up to a maximum of 90 seconds.
2. Each competitor will be introduced by number, name and country.
3. The use of props is limited.

*\*Note: Except as otherwise noted herein, a competitor, and/or other person or persons, shall not carry or otherwise transport any object, device or item onstage or offstage, whether before, during or after a routine. A competitor shall be allowed a small item, either worn or handheld, that will be considered part of the competitor's costume e.g. hat, ball, cane. Any item that is discarded during the routine must be removed by the competitor as she exits the stage without causing any delay in the*

*competition. Competitors must declare all props at the Official Registration.*

4. No competitor will use any device that would leave material on the stage platform that would 1) presented a safety hazard to other competitors, and/or 2) require that the stage platform be cleaned or repaired before further use.
5. A competitor must enter and exit the stage to perform the routine without the assistance of any other person or persons e.g. cannot be carried onstage.
6. For safety reasons, the use of body oil in the routine round is strictly prohibited.

### **Article 70 - Prejudging: Scoring of Round 1**

70.1 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 place the athlete from 1st to 15th, giving no two athletes the same placing.
2. The judges may use Form #4, entitled "Judge's Personal Notes", to write notes about the athletes.
3. The statisticians will gather Form #3 from the judges and will transcribe their placings onto Form #5, entitled "Score Sheet (Statisticians)", under Round 1. They will then discard two high and two low scores; add the remaining five scores, and write the total under the column marked "Round 1 Subscore".
4. Should a tie occur in the "Round 1 Subscore", the tie need not be immediately broken since the "Round 1 Subscore" must be added to the "Round 2 Subscore" to produce a "PREJUDGING SCORE".

### **Article 71 - Prejudging: Assessing Round 1**

71.1 Assessing of Round 1:

Round 1 will be assessed using the following criteria:

1. Each judge will assess the routine with a view towards style, personality, athletic coordination and overall performance. Judges will also look for competitors who perform strength and flexibility moves, as well as gymnastic moves. The routine may include aerobics, dance, gymnastics or other demonstrations of athletic talent. There are no required moves.
2. The judges are reminded that, during this round, they are judging ONLY the fitness routine and NOT the physique. More details in **Appendix 7**.

### **Article 72 – Prejudging: Presentation of Round 2 (Quarter Turns)**

72.1 Presentation of Round 2:

The procedures for Round 2 will be as follows:

1. The entire category will be called onstage, in a single line and in numerical order.
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 eight 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.
5. All judges will be asked now to submit individual propositions for comparisons to the IFBB Chief Judge. The number of athletes to be compared will be determined by the

Chief Judge but no less than three and no more than five competitors will be compared at any one time. Chief Judge and his assistant will analyze propositions submitted by the panel judges and, based on them, they will form the first comparison with competitors most often proposed by the panel judges. Then the second comparison and the next, till all competitors will be called out one time at least.

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

7. The total number of comparisons will be as decided by the Chief Judge.

8. All competitors will undergo at least one comparison.

9. Upon completion of the last comparison, all competitors will return to a single lineup, in numerical order, before exiting the stage.

## **Article 73 – Prejudging: Scoring of Round 2**

### **73.1 Scoring of Round 2:**

The scoring for Round 2 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 15th, 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. Using Form #5, entitled “Score Sheet (Statisticians)”, with nine judges, two high and two low scores will be discarded. The remaining scores will be added to produce a “Round 2 Subscore” and a “Round 2 Place”.

3. Ties in the “Round 2 Subscore” need not be immediately broken as the “Round 2 Subscore” will be added to the “Round 1 Subscore” to produce a “PREJUDGING SCORE” and “PREJUDGING PLACE”.

4. Should a tie occur in the “PREJUDGING SCORE”, the tie will be broken using the “Round 2 Subscore” first. If a tie still exists, it will be broken using the “Relative Placement” method and the athlete’s Round 2 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 the lower placing. All nine regular panel judge’s scores 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.*

5. The top 6 athletes from the Prejudging will advance to the Finals.

## **Article 74 – Prejudging: Assessment of Round 2**

### **74.1 Assessment of Round 2:**

Round 2 will be assessed using the following criteria:

1. The judge should first assess the overall athletic appearance of the physique. This assessment should begin at the head and extend downwards, take the whole physique into account. The assessment, beginning with a general impression of the physique, should take into consideration the hair and facial beauty; 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.

2. The physique should be assessed as to its level of overall muscle tone, achieved through athletic endeavours. 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 face, 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 fitness 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 bodybuilding contest. The competitors should have shape to their muscle but not the size, definition or vascularity that is seen at bodybuilding competitions. Any competitor who exhibits these features is to be marked down. More details in **Appendix 7**

### **Article 75 – Finals: Round 3 (Fitness Routines)**

#### 75.1 Procedures:

The top six athletes from the Prejudging advance to the Finals, which consists of two round as follows:

1. Round 3: (Fitness Routine).
2. Round 4: (Quarter Turns).

### **Article 76 - Finals: Attire for Round 3**

76.1 The attire for Round 3 must conform to the same criteria as described in Article 68.

*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 68.*

### **Article 77 - Finals: Presentation of Round 3 (Fitness Routine)**

77.1 The procedures for conducting Round 3 are as follows:

1. The top 6 finalists, wearing their fitness routine attire, will be called onstage individually and in numerical order, to perform their individual fitness routines to their own choice of music, the length of which shall be up to a maximum of 90 seconds.
2. Each competitor is to be introduced by number, name and country.

### **Article 78 - Finals: Attire for Round 4 (Quarter Turns)**

78.1 The attire for Round 4 must conform to the same criteria as described in Article 66.

*Note: Competitors may use a different costume that in Round 2; however, it must still conform to the standards of taste and decency as described in Article 66.*

### **Article 79 - Finals: Presentation of Round 4 (Quarter Turns)**

79.1 The procedures for conducting Round 4 are as follows:

1. The top six finalists are called onstage, in numerical order and in a single line.
2. In numerical order, each competitor will be introduced by number, name and country.
3. As a group, the line-up is directed to perform the four quarter turns.
4. The Stage Director may, at his/her discretion, have the group perform the quarter turns at center-stage in numerical order and then in the reverse order.
5. On completion of the quarter turns, the competitors exit the stage.

#### **Article 80 - Finals: Scoring of Round 4**

80.1 The scoring of Round 4 is carried out 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, 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 discard two high and two low scores; will add the remaining five scores, and will write the total under the column marked "Round 4 Subscore".
3. The statisticians will then add the "Round 3 Subscore" to Round 4 Subscore" to produce a "FINAL SCORE" and "FINAL PLACE".
4. Should a tie occur in the "Round 4 Subscore", the tie need not be immediately broken as the "Round 4 Subscore" must be added to the "Round 3 Subscore" to produce a "FINAL SCORE". Should a tie occur in the "FINAL SCORE", the tie will be broken using the "Round 4 Subscore" first. If a tie still exists, the "Relative Placement" method and the athlete's "Round 4 Subscore" will be used.
5. The judges use Form #6; the Statisticians use Form #5.

#### **Article 81 – Finals: Assessment of Round 4**

81. 1 Round 4 is assessed using the same criteria as detailed in Article 74 (Quarter Turns). More details in **Appendix 7**.

#### **Article 82 – Finals: The Award Ceremony**

82.1 Award Ceremony:

The award ceremony will proceed as follows:

1. The top 6 finalists will be called onstage to take part in the award ceremony.
2. The Master of Ceremonies, using Form #7, entitled "Top 6 Finalists (for MC)", will announce the number, name and country of the competitor in 6th place and that competitor will stand to the right side (when viewed from the front) of the victory pedestal and shall receive his or her award. The Master of Ceremonies will then announce the number, name and country of the competitor in 5th place and that competitor will stand to the right side of the victory pedestal and shall receive his or



her award. The Master of Ceremonies will then announce the number, name and country of the competitor in 4th place and that competitor will stand to the left side of the victory pedestal and will receive his or her award. The Master of Ceremonies will continue to announce the results from 3rd, 2nd and finally, the winner.

3. The President of the IFBB, or the top IFBB official at the contests, accompanied by the other officials invited by him to take part in this Ceremony, will present the IFBB Medals and/or trophies to the winners.

4. The national anthem of the country of the 1st-place winner will be played immediately following his or her receipt of the 1st-place award(s).

5. After the national anthem and flag-raising ceremony is complete, the finalists may be asked to remain onstage for a brief period of time for photographic purposes. More detailed description of the Award Ceremony is available in **Article 36**.

### **Article 83 – Overall Category and Award**

83.1 The Overall Category will proceed as follows:

1. Immediately following the Award Ceremony for the last fitness category, the two 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 at the center of the stage, in numerical order and then in the opposite order.

3. The judges will use Form #6, entitled “Judge’s Individual Placings (Finals)”, to place each athlete either 1st or 2nd.

4. The statisticians, using Form #5, entitled “Score Sheet (Statisticians)”, will tally the scores and determine the final places of the competitors.

5. The “Overall Champion” will be announced and the IFBB competitor’s overall Gold Medal and trophy will be presented to her by the IFBB President or top IFBB official at the contest. The medal and trophy will be supplied by the organizing National Federation.

### **Article 84 – Teams Classification Results and Award**

84.1 Best National Team:

The Best National Team scoring includes the “A” – Team competitors only and will proceed as follows:

1. The Judges Secretary will use the “Score Sheet (Statisticians)” for all of the categories included in the Championships in order to enter the names of the top 10 athlete’s countries in each category on Form #8, entitled “Best National Team”, and will then use this sheet to calculate each country’s points “total” and “place”. The scale of awarded points shall be as follows: 1st-16, 2nd-12, 3rd-9, 4th-7, 5th-6, 6th-5, 7th-4, 8th-3, 9th-2, 10th-1. When the top three national teams have been determined, a victory ceremony similar to that of the category victory ceremony will be held. The President, or his representative, will present the Best National Team awards, said awards which will be provided by the organizing national federation, to the top 3 countries.

2. The chief delegates or team leaders of the top 3 countries will accept the awards on behalf of their countries.

- Teams Classification Results and Award – according to **Article 38**.

- Publication of Results – according to **Article 39**.

## **APPENDIX 7 HOW TO ASSESS A FITNESS COMPETITION**

### **INTRODUCTION:**

Judges are strongly reminded that they are judging a women's FITNESS competition and not a women's BODYBUILDING competition. The type of muscularity, vascularity, muscular definition, and/or dieted leanness displayed by a female bodybuilder will not be considered acceptable if displayed by a fitness 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 and self-confidence. This is especially true at all times when the competitor is standing relaxed in the line-up and during the comparisons of the quarter turns. When standing relaxed in the line-up the competitors shall be warned against adopting a tense pose, with arms flexed and out to the side in a display of 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, left 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.

### **QUARTER TURNS**

#### **Quarter Turn Right:**

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:**

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.

**Quarter Turn Front:**

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.

**ASSESEMENT OF THE FITNESS ROUTINE:**

In this rounds, athletes perform a fitness routine, to music selected by the competitor, the length of which shall not exceed 90 seconds.

Once again, the judge should consider the “Total Package”, that is, the entire routine from the moment the athlete presents herself onstage until the moment the athlete walks offstage.

The judges are reminded that, during this Round, they are judging ONLY the fitness routine and NOT the physique. The judge should look for a well-choreographed and creative routine performed at a high tempo/speed.

Although compulsory movements are not a requirement, the routine should include:

1. Elements of STRENGTH - for example, straddle hold, leg extension hold, and/or one-arm pushups (gymnastic movements such as front and back flips, handsprings, and cartwheels are not considered strength elements). The number of strength moves, their degree of difficulty, and the overall creativity of the moves should be considered in the judging of the routine.
2. Elements of FLEXIBILITY – for example, high kicks, side splits, and/or front splits. The number of flexibility moves, their degree of difficulty, and the overall creativity of the moves should be considered in the judging of the routine.
3. The SPEED or tempo of the routine demonstrates a degree of cardiovascular fitness, stamina, and endurance. For example, if two routines contain the same type and number of strength and flexibility movements, the routine that is performed at a faster tempo is the more difficult to achieve so long as the movements are correctly performed. Once again, the judge must always consider the “Total Package” and not just the sum of the individual movements. There is a component - an element of

“showmanship”, which competitors bring to a fitness routine that is unique to them. This is their personality, charisma, stage presence, and charm, as well as a natural rhythm that should play a part in the final placing of each competitor.

#### ASSESSMENT OF THE PHYSIQUE IN QUARTER TURNS

In this rounds competitors are brought onstage, in numerical order and in a single line. They are directed through the comparisons of the quarter turns in smaller groups of no more than 5 competitors (semifinals) or 6 competitors (finals) at a time. Each judge is expected to watch all of the comparisons and not just those that a specific judge has requested. 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 facial beauty; 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. 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 face, 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 fitness competitor must be viewed with the emphasis on a “healthy, fit, athletic” physique, in an attractively presented “Total Package”.