



BBSA/IFBB

CRITERIA

ROUTINE WITH PROPS

WOMEN

2020





ROUTINE WITH PROPS – WOMEN

Just as for the men - a new category to be included into the IFBB shows in South Africa for the women. This division will be introduced during the 2010 and 2011 seasons and will be held on a Provincial level.

This is a women's open line up - consisting of a routine round with the use of props. There are **no quarter turns or mandatory poses**, or comparisons included in this division.

CRITERIA

- There is one division and one round only.
- There are no height/weight/age limitations.
- Any female athlete may enter this division (bodybuilders/fitness/fitness figure/bikini/body fitness/novices).
- Any female athlete in any age group/section may enter this division (juniors, seniors, masters)
- Even though the athletes have competed in one of the standard divisions of a show, she may also compete in this line up as her second entry in the same show if she so chooses. Or, an athlete also has the choice to enter this division as the sole division she participates in at the show.
- The athletes are not judged on the standard criteria for a line up in round one for a weight/height division – they are judged purely on their routine performance. And therefore, there are no height / weight / age limitations for this division.

PRESENTATION

All athletes in the division will be brought onto stage in numerical sequence and will stand in front of the judges for a short while – whilst being introduced by the compere. Athletes will then all leave the stage and return individually for their routines.

THE ROUTINE

- The routine is performed to music of choice/the routine is for a duration of 90 seconds.
- Props may be used in the routine.
- The routine should be creative, and well-choreographed.
- The athlete may perform her routine in whatever fashion or style she prefers. For example, she may add in one or more of the following elements into her routine:
- Fitness, elements of strength, elements of flexibility, gymnastics, bodybuilding, any form of dance, movement, and karate sequences, contemporary, aerobics, etc. The music, the routine and the props should be cohesive.
- She should also present confidence, showmanship and personality.





THE ATTIRE

- Attire will remain completely at the athlete's discretion and choice and she may wear whatever she wishes to tie in with her music / theme / routine.
- She may wear as much or as little attire she wishes - however, the minimum an athlete may wear is the standard bikini, the posing trunks (no thongs or G-strings will be allowed, and all areas must be covered appropriately).
- Athletes may wear makeup and/or accessories applicable to their theme.

THE JUDGES ASSESSMENT

The judge's assessment will be based purely on the overall routine performance meaning that this will be a standard assessment item used for all athletes as per list below)

- Choice of music *
- Choice of theme *
- Choice of dress *
- Gymnastic moves
- Gymnastic combinations
- Acrobatic moves **
- Elements of strength *
- Elements of flexibility *
- Elements of any form of dance
- Bodybuilding poses
- Movement *
- Any sporting sequences
- Speed or tempo of routine *
- Flow of routine with music *
- Showmanship *
- Choreography *
- Confidence *
- General body shape *
- Overall "fitness look" of the athlete *
- Posture *
- Poise and grace *
- Make up and accessories *
- Balance *
- Healthy skin tone *
- Overall presentation *
- Was the routine a crowd pleaser and was it entertaining *

