



BBSA/IFBB

CRITERIA

WOMEN'S PHYSIQUE

2021





WOMEN'S PHYSIQUE

The women's physique category, which is aimed at women who prefer to develop a less muscular, yet athletic and aesthetically pleasing physique, unlike today's current bodybuilders.

PLEASE NOTE: THE WOMEN'S BODYBUILDING CATEGORY WAS REMOVED. It seems that the pure bodybuilding, aimed at extreme muscular development and extreme dryness was not a popular category amongst women.

The categories available

New categories came through from IFBB International as follows:

- Up to and including 163cm
- Over 163cm
- There is one open category in master Women's World-level competitions: Age 35 and over.

Attire

The attire for all rounds is a two-piece bikini, which must conform to the following criteria:

- Plain opaque in style.
- Colour at the discretion of the athlete.
- The bikini must cross at the back.
- Costumes may have ornamentation and stones (crystals). In this way costumes will be more attractive and artistic, emphasizing woman's beauty.
- At least 2 cm high on the sides and covering a minimum of 1/2 of the gluteus maximus and all of the frontal area.
- No footwear.
- Jewellery may be worn.

Elimination round

- An Elimination Round is held when there are more than 15 competitors in a category and is carried out as follows, under the direction of the Chief/Head Judge:
- The entire line-up is brought onstage, in numerical order and in a single line.
- 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 centre portion of the stage is left open for comparison purposes.
- In numerical order, and in groups of not more than five competitors at a time, each group is directed to the centre-stage area to perform the following four Mandatory Poses:





Front biceps pose (open handed)

Side Chest

Back biceps pose (open handed)

Side triceps

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

Rounds

Women's Physique consists of the following three rounds:

- Round one - Quarter turns (**same as Bikini Fitness, Body Fitness, Figure Fitness and Fitness**).
- Round two - Mandatory poses
- Round three – 30 seconds individual posing routine

Round one: Quarter turns and mandatory poses

Presentation of Round 1 (Quarter Turns and Mandatory Poses):

Under the direction of the Chief Judge, round one is carried out as follow:

- The entire line-up is called onstage, in a single line and in numerical order.
- 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 centre portion of the stage is left open for comparison purposes.
- In numerical order, and in groups of no more than five competitors at a time, each group is directed to the centre-stage area to perform the following four quarter turns and four mandatory poses:

Quarter turns:

Quarter Turn Right

Quarter Turn Back

Quarter Turn Right

Quarter Turn Front

Mandatory poses:

Front biceps pose (open handed)

Side Chest

Back biceps pose (open handed)

Side triceps





This initial grouping of competitors, and performance of the four quarter turns, is intended to assist the judges in determining which competitors take part in the comparisons of the mandatory poses.

All individual comparisons are to be carried out centre-stage and in the order, from left to right, as directed by the Chief Judge.

All judges are given the opportunity to submit at least one request for comparisons, which will be handed to the Chief Judge. Any additional requests are at the discretion of the Chief Judge.

All competitors undergo at least one comparison.

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

Scoring (quarter turns and mandatory poses):

The scoring is carried out as follows:

- Each judge awards each competitor an individual placing, ensuring that no two or more competitors receive the same placing.
- With nine judges, two high and two low scores are discarded. The remaining scores are summed to produce a 'round sub-score and placing'.
- Statisticians will collect the judges' scoring papers for this round before the next round begins.
- Ties are broken using the relative placement method.

Assessment: Round one and two (quarter turns and mandatory poses):

- The judge should first assess the overall female athletic appearance of the physique. This assessment should begin at the head and extend downwards, taking the whole physique into account. The assessment, beginning with the general impression of the physique, should take into consideration the hair and facial features; the overall athletic development of the muscle maturity; the presentation of a balanced, symmetrically developed physique; the condition of the skin and the skin tone; and the athlete's ability to present onstage with confidence.
- During the comparisons of the Mandatory Poses, the judge should first look at the primary muscle group being displayed. The judge should then survey the whole physique, starting from the head, and looking at every part of the physique in a downward sequence, beginning with general impressions, and looking for a symmetrical balanced development of all the muscle groups and definition. The downward survey should take in the head, neck, shoulders, chest, all of the arm muscles, front of the trunk for pectorals, *pec-delt* tie-in, abdominals, waist, thighs, legs, calves and feet. The same procedure for back poses will also take in the upper and lower *trapezius*, *teres* and *infraspinatus*, *erector spinae*, the gluteus group, the leg biceps group at the back of the thighs, calves, and feet. A detailed assessment of the various muscle groups should be made during the comparisons, at which time the judge must compare muscle shape, density, and definition while still bearing in mind the competitor's overall balanced development and femininity.





- The physique should be assessed as to the 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 assessment should also take into consideration the tightness and tone of the skin. The skin tone should be smooth and healthy in appearance.
- 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 competitor must be viewed with the emphasis on a healthy, fit, athletic-looking muscular physique, in an attractively presented total package.

The scores are used only to place the competitors from 1st to 15th and to determine the top 6 finalists who then advance to the Finals in Round 2 and Round 3. The top 6 finalists start the finals with zero points.

Round two: 30 second individual posing routine

- Each individual athlete will be called onstage to perform her 30 second individual posing routine.
- After all the athletes completed their individual posing routines, all athletes will be brought onstage for prize giving.

Assessment round three (posing routine)

- There are no mandatory poses that should be included in the individual posing routines. Each athlete can use her imagination to present her body to the fullest.
- Movements should be fluent and feminine; no bodybuilding poses are allowed.
- Movements should be done in harmony to the music.
- All physique mandatory poses that are performed during the routine must be performed open handed.
- Each judge assesses the posing routine with a view towards the display of muscularity, definition, style and grace, personality, athletic coordination and overall performance.
- Judges look for a smooth, artistic, and well-choreographed routine. The use of props is prohibited. The judges are reminded that, during this round, they are judging the routine and the physique.

Scoring (individual posing routines)

- Each judge awards each competitor an individual placing, ensuring that no two or more competitors receive the same placing.
- This round shall have a weight of one-third of the final score, or 33%.
- Statisticians will collect judging papers and work out the final placing.







Beach Bikini VS Bikini Fitness VS Body Fitness VS Physique:

Beach Bikini

Bikini Fitness





Wellness Fitness



Body Fitness



Physique





Beach Bikini

Bikini Fitness



Wellness Fitness





Body Fitness

Physique

