

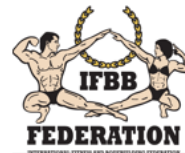


# **BBSA/IFBBSA**

# **CRITERIA**

## **Fit Model**

## **2025**



## **LADIES FIT-MODEL**

The IFBB SA rules for Fit Model consists of regulations, policies, directives and decisions intended to guide IFBB affiliates in the administration of the sport of Women's Fit Model.

The Ladies Fit Model division was officially recognised as a new sport discipline by the IFBB Executive Council on November 6th, 2015, in Benidorm, Spain and has continued to grow in popularity across the world.

This division is currently presented at World's level. Athletes are of the highest standard and a lot of emphasis is placed on beauty – not only with regard to the athlete's body but also with regard to facial beauty, choice of attire and presentation.

In this division the condition and skin tone of the athlete plays a big role as it contributes to the overall beauty.

The Fit Model division was created to cater for women who prefer a physique that is neither excessively muscular nor excessively lean. The overall appearance of a fit model competitor needs to be shapely, proportional and symmetrically balanced. The competitor's overall beauty, skin tone and condition, complimentary hair and make-up and their ability to present themselves with confidence, poise and grace is also considered by the judges.

**NOTE: CROSSOVERS:** Women's Fit-Model competitors may also participate in **Women's Bikini** and **Women's Artistic Fitness** divisions at the same contest, if they meet specific requirements in each of those divisions. **With the Cross Overs these will not happen at Novice or intermediate shows. They will happen at Provincial shows, Promotor shows, Private shows, National Shows and International shows.**

**IMPORTANT NOTICE:** When an athlete does not adhere to the Head Judges reprimand to correct their wrongs based on the IFBB rules, he/she will receive a yellow card warning. If the athlete still does not adhere to the Head Judges reprimand to correct their wrongs based on the IFBB rules after receiving the yellow card warning, a red card will be issued by the Head Judge, which will result in the athlete losing a placing.

The following will be taken into consideration:

- Overall skin tone and condition
- The presentation of a healthy, balanced & symmetrical figure
- Balance, proportions, symmetry
- No muscle definition
- Facial beauty
- Femininity
- NB: Hair and make up
- **NO RUB OFF TAN ALLOWED**
- Poise, grace, sophistication and elegance
- Confidence
- Overall presentation

The categories available

There are five categories available in this division on world-level competitions:

- Up to and including 158cm
- Up to and including 160cm

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- Up to and including 164cm
- Up to and including 168cm
- Up to and including 172cm
- Over 172cm
- Beginner Women's Fit Model: Open
- Junior Women's Fit Model: Open
- Master's Women's Fit Model: Up to/including 164cm / Over 164cm

## **ATTIRE**

### **The attire and other general requirements**

#### **One-piece swimsuit**

- The one-piece swimsuit must be tight-fitting, made of opaque fabric with **NO mesh insertion**. There are to be no cut out panels, the material should be consistent throughout with no other fabrics stitched into the swimsuit.
- The color, fabric, texture, ornamentation and style of the swimsuit as well as the color and style of the high-heels will be left to the competitor's discretion but note that the sole thickness of the shoes may be a maximum of 1cm, and stiletto height may be a maximum of 12cm.
- Platform shoes are not allowed.
- Competitors may wear jewellery (wedding ring, bracelets and earrings). No watches, belly rings, wigs or any artificial aid. **PROHIBITED JEWELLERY: NECKLACES, CHAINS, DIADEMS, PIERCINGS, WATCHES.**
- The hair may be styled.
- Competitors will not wear glasses, watches, wigs or artificial aids to the figure, except breast implants. Implants or fluid injections causing the change of the natural shape of any other parts or muscles of the body are strictly prohibited and may result in disqualification of the competitor.
- The swimsuit will cover minimum ½ of the gluteus maximus and lower half of the back.
- All swimsuits must be in good taste.
- Competitors must wear high heels to complement their costume choice (i.e. pretty open sandals or closed pump style shoes).
- Make up should be applied tastefully.
- The use of tans and bronzers that can be wiped off is not allowed. If the tan come off by simply wiping, the athlete will not be allowed to enter the stage. Artificial body colouring and self-tanning products may be used. Professional competition tanning methods may be used if applied by professional companies. Sparkles, glitter, shiny metallic pearls or gold colouring are prohibited whether applied as part of a tanning lotion and/or cream or applied separately, regardless of who applied them on the competitor's body.
- The IFBB Chief Judge or a delegate will have the right to make decisions if a competitor's attire meets the criteria established in the rules. The athlete may be disqualified if the attire doesn't meet the criteria.

#### **Evening gown**

- The evening gown must be floor length.
- The evening gown can be a proper evening dress, or it can consist of a top and a skirt, which must complement each other in such a way that it gives the impression of an evening gown.
- The gown must cover the lower half of the back.
- **Sophistication** counts!

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- All competitors are permitted to wear an evening gown of their choice.
- Shoes: Sole thickness of the shoes may have a maximum of 1cm, and the heel may have a maximum height of 12cm.
- Competitors may wear jewellery (wedding ring, bracelets and earrings). No watches, belly rings, wigs or any artificial aid.
- The hair may be styled.
- Competitors will not wear glasses, watches, wigs or artificial aids to the figure, except breast implants. Implants or fluid injections causing the change of the natural shape of any other parts or muscles of the body are strictly prohibited and may result in disqualification of the competitor.
- Make up should be applied tastefully.
- **THE DISPLAY OF NUDITY, INCLUDING EXPOSURE OF BREASTS, IS STRICTLY PROHIBITED!**
- **THE USE OF THE EVENING GOWN TRAIN ATTACHED TO THE FINGER IS STRICTLY PROHIBITED!**
- **TRANSPARENT DRESS FABRIC IS PROHIBITED!**
- **THE SPLIT OF THE DRESS **MUST NOT** EXPOSE THE HIP AND BOTTOM!**
- **CORSETS ARE STRICTLY PROHIBITED!**
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## ROUNDS


Women's Fit-Model competition will consist of the following rounds as per the diagram below:

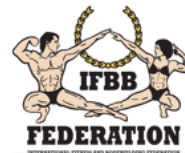
- Rounds 1 & 3 (V-walking, quarter turns in dress)
- Round 2 & 4 (V-walking, quarter turns in swimsuit)

### WOMEN'S FIT MODEL ROUNDS

**EVENING GOWNS (rounds 1&3)**  
*V-walking, quarter turns*

**SWIMSUITS (rounds 2&4)**  
*V-walking, quarter turns*





### Judges assessment of the rounds

- The entire category will be called onto the stage in a single line or two lines if necessary, in numerical order.
- During these procedures athletes will stand in the relaxed position. The relaxed position comprises of one leg to the side and the opposite hand on the hip.
- In numerical order, and in groups of not more than ten competitors at a time, each group is directed to the centre-stage area to perform the four quarter turns. Quarter turns are exactly the same as described for the beach bikini and bikini division (also later described in this document).

Quarter turn right

Quarter turn back

Quarter turn right

Quarter turn front

- Upon completion of the quarter turns, all competitors will return to a single line-up (or two lines) in numerical order, before exiting the stage.
- **LATS SPREAD IS NOT ALLOWED IN ANY OF THE ROUNDS!**

### Presentation of the rounds:

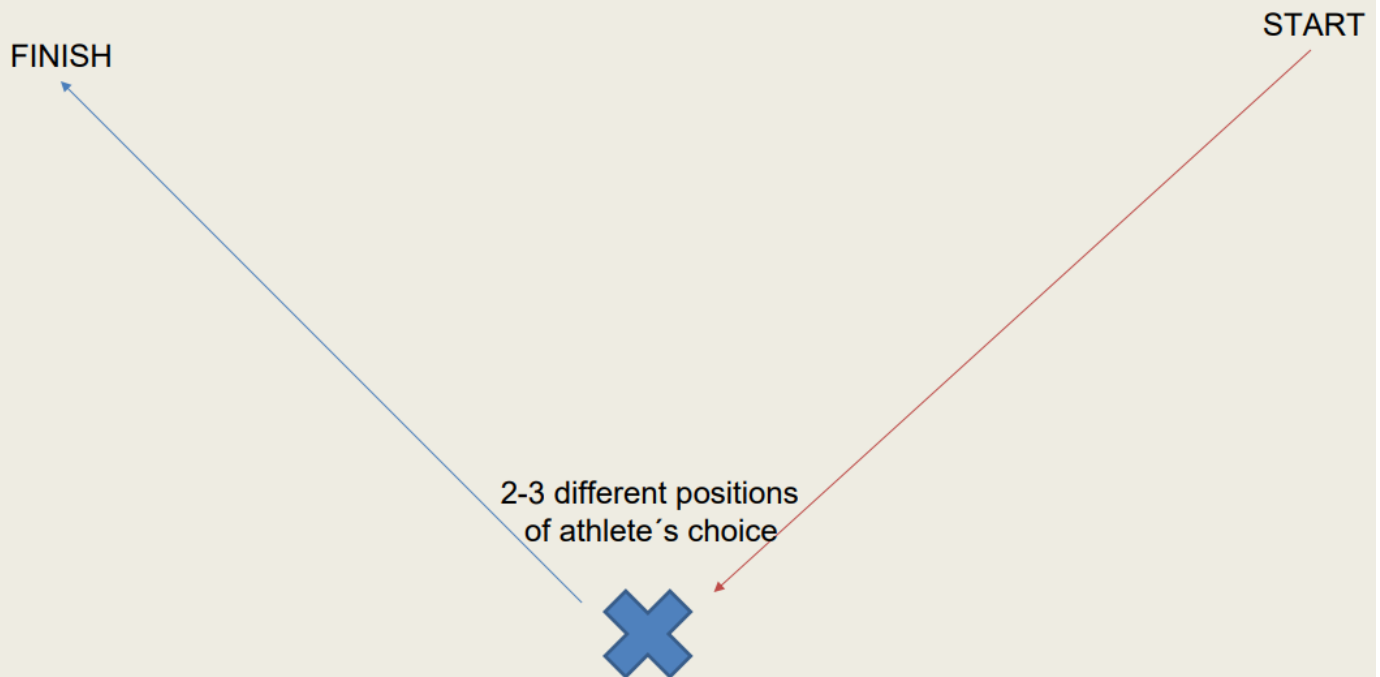
- During this round the competitors will wear their one-piece swimsuit with heels (full description of attire to follow).
- The athletes will resume in the relaxed position. The relaxed position comprises of one leg to the side and the opposite hand on the hip.
- Athletes will be divided into two groups and do their quarter turns. Judges will now have the opportunity to select their top 6 athletes, where necessary.
- The line-up is divided into two groups and is positioned onstage so that one group is to the left of the stage and the other group is to the right of the stage. The centre position of the stage is left open for comparison purposes. Judges submit their requests for the top 6 comparisons and the comparisons will be carried out in the centre of the stage.
- Upon completion of the quarter turns of the possible top 6 competitors, all competitors will return to a single line-up (or two lines) in numerical order, before exiting the stage.
- During this round the competitors will wear their one-piece swimsuit with heels (full description of attire to follow).
- The top 6 finalists will be called on stage, one by one, in numerical order and will perform the V-walk:

### The V-walk consists of the following:

The athlete will start her V-walk at the back on the one side of the stage and walk across the stage to the middle of the stage, where she will perform 2-3 different positions of her choice (front or back), after which she will walk to the opposite side of the stage to the back, where she will finish her V-walk as per the diagram below. The stage manager will direct the athlete where to go from here.

## WOMEN'S FIT MODEL

### V-WALKING FOR ROUNDS 3&4



#### Judges assessment of rounds:

- Overall appearance of the competitor, including the whole physique.
- Overall body development and shape
- Balance, proportions and symmetrical development
- Complete physique
- Condition and skin tone
- Hair and facial beauty
- Presentation with confidence, poise and grace

#### Judges assessment of quarter turns:

- Take the whole physique into account
- Assessment begins with general impression of the physique
- Hair, make-up and facial beauty
- Overall body shape and body lines
- Balance, proportion, symmetrical development
- Skin condition and skin tone

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- Confidence, poise and grace
- Since muscular development and muscle quality is not assessed, the judges should favor competitors with a harmonious, proportional, classic female physique with good posture, correct anatomical structure
- Body framework, correct spinal curves, limbs and trunk in good proportion
- Straight legs (no knock-knees)
- Vertical as well as horizontal proportions
- Body parts should have a nice and firm appearance with a decreased amount of body fat
- The physique should neither be excessively muscular nor excessively lean
- Too muscular, too dry, too hard – mark down
- Tightness, tone and condition of the skin
- Healthy appearing athlete
- No cellulite
- Hair and make-up together with facial beauty
- Total package

## WOMEN'S FIT MODEL QUARTER TURNS



**LATS SPREAD IS NOT ALLOWED**

### Quarter turn instruction

Quarter turns in Fit Model is the same as for Beach Bikini and Bikini and should be performed according to the following detailed description:

### QUARTER TURNS

Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score. Performing each quarter turn, competitors will stand motionless.

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### **Front Position:**

Competitors will stand erect, head and eyes facing the same direction as the body, with one hand resting on the hip and one leg slightly moved to the side. Second hand hanging down along the body, slightly out of to the side, with open palm and straight, aesthetically configured fingers. Knees unbent, stomach in, chest out, shoulders back.

### **Quarter turn right (left side to the judges):**

Competitors will perform the first quarter turn to the right. They will stand left side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Right hand resting on the right hip, left arm hold down and slightly back from the centreline of the body, with open palm and straight, aesthetically configured fingers. Left hip slightly raised, left leg (nearest the judges) slightly bent in the knee, left foot moved forward a couple of centimetres, resting on the toes.

### **Quarter turn back:**

Competitors will perform the next quarter turn to the right and will stand back to the judges. They will stand straight, not leaning the upper body forward. With one hand resting on the hip and one leg slightly moved to the side. Second hand hanging down along the body, slightly out of to the side, with open palm and straight, aesthetically configured fingers. Knees unbent, stomach in, chest straight, head up. Competitors are not allowed to turn their upper body towards the judges and should face the back of the stage at all times during the comparison.

### **Quarter turn right (right side to the judges):**

Competitors will do the next quarter turn to the right and will stand their right side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Left hand resting on the left hip, right arm holds down and slightly back from the centreline of the body, with open palm and straight, aesthetically configured fingers. Right hip slightly raised, right leg (nearest the judges) slightly bent in the knee, and right foot moved forward a couple of centimetres, resting on the toes.

## **LADIES SWIMSUIT SIZES AND SHOE STYLES**

‘Mesh’ inserts or see-through material on the sides or anywhere on the swimsuit is not allowed!





The swimsuit bottom **have to** cover all of the frontal area



The side of the swimsuit **must not** expose the hip and bottom



The swimsuit **have to** cover a minimum of  $\frac{1}{2}$  of the gluteus maximus



Strings are strictly prohibited.





The slit of the dress **must not** expose the hip and bottom



A dress of opaque fabric is allowed



Transparent dress fabric is prohibited



The evening gown must cover lower half of the back



Bare back of the evening gown is strictly prohibited



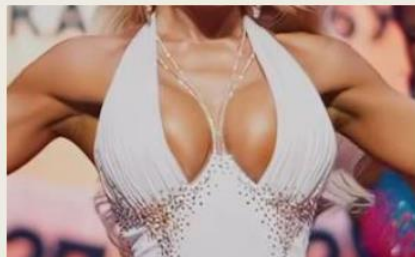
The use of the evening gown train attached to the finger is strictly prohibited





### Cup shape

The display of nudity, including exposure of breasts, is strictly prohibited



### Women's Artistic Fitness – Women's Bikini – Women's Fit-Model – Wellness – Fit Pairs





