

BIKINI RULES

NBPFA & SJ FALL CLASSIC CHAMPIONSHIPS

JUDGING CRITERIA/RULES/ATTIRE

The Bikini competitor will be judged on balance and shape. They must present an athletic, symmetrical and fit physique. We are not looking for extreme definition and a drawn emaciated appearance to the point of looking skinny. The ideal Bikini competitor should possess nice shape and symmetry with reasonable muscle tone. The competitor must also display a marketable appearance, personality, poise, and confidence. The judges will also consider overall physical appearance and grooming, including complexion, skin tone, style of hair, make-up, facial beauty, as well as, poise and overall presentation showing modeling ability and confidence during their introduction and presentation.

At all times, the Bikini competitor must be viewed with the emphasis on a "healthy and fit" physique, in an attractively presented "Total Package". Judges are reminded that this is not a Figure contest. The competitors should have shape to their muscle but not the separation, definition, very low body-fat level or hardness that is seen at figure competitions. Any competitor who exhibits these features is to be marked down.

Competitors must wear high heels (any style or color but in good taste), platform high-heels not recommended and soles should be up to a MAXIMUM of ½ inch. There are no height restrictions on shoes. Competitors may also wear jewelry and hair may be styled. Athletes are expected to have a natural and healthy looking tan.

Competitors will compete in a two-piece suit of any color and pattern. The bikini bottom must cover a minimum of 1/3 of the gluteus maximus and bottom part of the frontal area. Strings and thongs are strictly prohibited. Athletes will be warned about improper suits and are advised to bring two (2) suits to check in and athletes will be scored down if the suit is not up to standard. Competitor's attire must meet an acceptable standard of taste and decency. If these standards are not met, the official has the right to remove the competitor from stage and have them change attire.

Atlantic contests do not permit Bikini competitors to cross over into Women's Physique or Figure at the same event. Bikini division competitors will be checked in and measured at registration.

PREJUDGING PROCEDURE

1. Each competitor will be called out individually and will enter the stage from UPSTAGE RIGHT OR UPSTAGE CENTER (depending on Venue Set-up).
2. **For UPSTAGE RIGHT entry**, competitors will walk straight ahead across the back of the stage, stop half-way and turn right walking towards the DOWNSTAGE CENTER direction.
3. **For UPSTAGE CENTER entry**, competitors will walk straight ahead towards the downstage center direction.
4. When you reach the square where an X is clearly marked, perform 1 pose of choice (back not recommended), then proceed to the side of the stage.

5. There will be two (2) slanted lines clearly marked and located **CENTER STAGE LEFT** and **CENTER STAGE RIGHT**. You will be directed by the stage marshal to line up on one of those slanted lines (to the left or right).
6. This process is repeated until all competitors are called on stage and lined up on either side to prepare for judging.
7. For 7 competitors or less, all competitors will be called to center stage for comparisons.
8. For 8 Competitors or more, in numerical order, groupings of 5 or 6 competitors or less will be called in numerical order and repeated for the next group.
9. In the group comparisons, Chief Judge will call out the mandatory $\frac{1}{4}$ turns.
 - a. **FRONT STANCE:** Competitors will stand with one hand resting on either hip and one leg slightly moved to the side.
 - b. **QUARTER TURN RIGHT:** Competitors will perform first quarter turn to the right. They will stand left side to judges, with upper body slightly turned toward the judges and face looking at the judges. Right hand resting on right hip, left arm held down and slightly back from the centerline of the body, feet placed freely but not together.
 - c. **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 and with one hand resting on either hip with one leg slightly moved to the side. The second hand, hanging down along the body, slightly out to the side, with open palm and straight with aesthetically configured fingers. Competitors are not permitted to turn their upper body towards the judges and should face the back of the stage at all times during the comparisons.
 - d. **QUARTER TURN RIGHT:** Competitors will do the next quarter turn to the right. They will stand right side to judges, with upper body slightly turned toward the judges and face looking at the judges. Left hand resting on left hip, right arm held down and slightly back from the centerline of the body, feet placed freely but not together.
 - e. **QUARTER TURN FRONT:** Competitors will perform the last quarter turn to the right and perform front stance (one hand resting on either hip and one leg slightly moved to the side).

** Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.*

10. For 8 competitors or more, after the group has been compared, they will return to their original position on the slanted diagonal line (s). This process will be repeated until all groups have been compared.
11. Chief Judge will then conduct the group call-outs announcing numbers in no particular order. They will be called center stage to be compared. The competitors may be asked to move or change their original position if necessary.

12. As directed, facing the judges, the selected group will perform once again:

- a. FRONT STANCE
- b. QUARTER TURN RIGHT
- c. QUARTER TURN BACK
- d. QUARTER TURN RIGHT
- e. QUARTER TURN FRONT

SCORING & STAGE EXIT

While the judges finalize their scores, the selected group will exit UPSTAGE CENTER directed by the Stage Marshal and leave the stage at the center or at the right, depending on the venue. This process will be repeated for the next selected group call-outs.

EVENING FINALS (No scoring during evening finals)*

1. The MC will introduce each competitor individually and enter the stage from UPSTAGE RIGHT or UPSTAGE CENTER depending on the venue.
2. *For UPSTAGE RIGHT entry*, competitors will walk straight ahead across the back of the stage, stop half-way and turn right walking towards the DOWNSTAGE CENTER direction.
3. *For UPSTAGE CENTER entry*, competitors will walk straight ahead towards the downstage center direction.
4. When you reach the square where an X is clearly marked, perform 2-3 poses of choice (approx. 15 seconds).
5. You will be directed to proceed to the side of the stage where two (2) slanted lines will be clearly marked and located CENTER STAGE LEFT and CENTER STAGE RIGHT. Process repeated until all competitors have been introduced.
6. The top 3 finalists will be announced to FRONT CENTER STAGE and the MC will announce that the rest of the competitors to leave the stage. They will be directed by the stage marshal towards the UPSTAGE RIGHT or UPSTAGE CENTER exit.
7. The MC will then announce the placing's beginning with 3rd, 2nd, & 1st place awards. They will remain on stage for trophy presentation & pose for photos.

OVERALL

Each class winner (excluding Masters) will be called on stage in numerical order for the mandatory quarter turns. This will be scored and judged. The overall winner will be announced and photos of only the winner will be taken.

MANDATORY POSES

1. Front Stance (Hand on either hip)
2. Quarter Turn Right - Left Side to Judges (Right hand on Right hip)
3. Quarter Turn Back - Back to Judges (Hand on Either Hip)
4. Quarter Turn Right - Right Side to Judges (Left hand on Left hip)
5. Quarter Turn Front - (Hand on either hip)

WOMEN'S BIKINI DIVISION

1. FRONT Stance

2. Quarter Turn RIGHT

3. Quarter Turn BACK

4. Quarter Turn RIGHT

5. Quarter Turn FRONT



Facing Judges
ONE Hand on Hip



LEFT Side to Judges
RIGHT Hand on Hip



Back to Judges
ONE Hand on Hip



RIGHT Side to Judges
LEFT Hand on Hip



Facing Judges
ONE Hand on Hip