

WOMEN'S PHYSIQUE RULES

JUDGING CRITERIA/RULES

The women's physique competitors will be judged on Symmetry, Shape, Proportion, Muscle Tone, Poise and Beauty/Flow without compromising Femininity, Beauty/Flow of physique etc. Judges are NOT looking for physiques that are (*RIPPED, SHREDDED, PEELED, STRIATED, DRY, DICED, HARD, VASCULAR, GRAINY, MASSIVE, THICK, DENSE, ETC*).

While all types of physiques will be considered when it comes to height, weight, structure, etc. Excessive muscularity should be scored down accordingly. Women's Physique should be judged as a standard between Women's Figure and Women's Bodybuilding. The physique should not compromise femininity, beauty/flow of physique. The judges are looking for an attractive well-balanced and shapely physique where large ripped muscles are discouraged. Excessive Muscle size & muscularity is not desired and will be scored down accordingly.

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 makeup; 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 onstage with confidence.

During the comparisons of the Mandatory Poses, the judge will look at the primary muscle group being displayed. The judge will 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 has to compare muscle shape, density, and definition while still bearing in mind the competitor's overall balanced development and femininity.

The physique will be assessed as to the level of overall muscle tone, achieved through athletic endeavours and diet. 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 Women's Physique competitor must be viewed with the emphasis on a healthy, fit, athletic-looking, muscular physique, in an attractively presented "total package".

ATTIRE

The bikini will be two-piece in style, can be off-the-rack and style and color is the athlete's choice. The bikini will cover a minimum of 1/2 of the gluteus maximus and the bottoms of the suit must be V-shaped and no thongs are permitted. The hair should be styled and jewelry may be worn. During judging, judges will have the right to determine if a competitor's attire meets an acceptable standard of taste and decency and the competitor may be marked down. No heels may be worn at any time during the competition/judging.

PREJUDGING PROCEDURE

1. Competitors will be called by class and will enter the stage area in a line single file 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. Competitors will be lined up depending on the number of competitors on stage.
 - a. 7 competitors or less: Stage Marshals will direct you to walk towards **DOWNSTAGE CENTER** and line up for comparisons immediately.
 - b. 8 Competitors or more: Stage Marshals will direct you to line up on either the right or left slanted lines clearly marked and located **CENTER STAGE (LEFT or RIGHT)**. Groupings of 5 or 6 competitors or less will be called to center stage (from the lowest to the highest badge number) and will be called in numerical order and repeated for the next group.
5. The Chief Judge will call out Mandatory Poses /Comparisons. Poses will be performed with **OPEN HAND** style and include the following poses:
 - a. Front Double Biceps/ Open Hands (No Flat Footed Full Front Pose-twisting Pose)
 - b. Side Chest with Arms Extended (Front Leg may also be Extended)
 - c. Back Double Biceps/ Open Hands
 - d. Side Triceps with Leg Extended
 - e. Front Ab/ Thigh
6. 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.
7. 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.
8. As directed, facing the judges, the selected group will perform once again:
 - a. Front Double Biceps/ Open Hands (No Flat Footed Full Front Pose-twisting Pose)
 - b. Side Chest with Arms Extended (Front Leg may also be Extended)
 - c. Back Double Biceps/ Open Hands
 - d. Side Triceps with Leg Extended
 - e. Front Ab/ Thigh

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 to do their 60 second posing routine 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, you may get in position for your individual posing routine.

POSING ROUTINES

Your own choice of music (profanity, racial / sexual slurs and inappropriate verbiage is NOT allowed. If we find that your music contains any of these things, your music will be stopped and you may be disqualified from the competition). Your routine should include the following:

- a) Poses and movements that highlight your best features
- b) Smooth transitions between movements
- c) Good musicality
- d) Additional physical prowess that you have: flexibility, dance, gymnastics...
- e) There is no scoring of posing routines at the evening finals.

Once the individual routine is completed, competitor will exit the stage towards **UPSTAGE CENTER** directed by the Stage Marshal and leave the stage at the center or at the right, depending on the venue.

The top 3 finalists will be announced and will enter the stage from **UPSTAGE CENTER** directed by the Stage Marshal towards the **DOWNSTAGE CENTER LINE**.

The Chief Judge will call for a 30 second pose down.

The MC will then announce the placings beginning with 3rd, 2nd, & 1st place awards. They will remain on stage for trophy presentation and pose for photos.

OVERALL *If more than one class

Each class winner will be called on stage in numerical order for the 5 mandatory poses. This will be scored and judged. The overall winner will be announced and photos of only the winner will be taken.

DOUBLE BICEP
POSE
(Hands Open)



BACK BICEP
POSE
(Hands Open)



SIDE TRICEP
POSE
(Leg Extended)



SIDE CHEST
POSE
(Arms Extended)



FRONT
ABDOMINAL
POSE
(Leg Extended)

