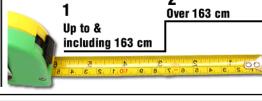




The Women's Physique category is aimed at women who prefer to develop a less muscular, yet athletic and aesthetically pleasing physique, unlike today's current bodybuilders.



····· NOTE: More categories may be added at any time if so decided by the IFBB.

Covering a minimum of

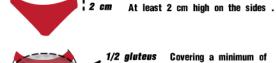
one-half of the gluteus

maximus and all of the

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

Colour at the discretion of the athlete. Plain opaque in style. Cloth fabric in material (no plastic, rubberized, or similar material). No ornamentation, frills,

lacework edges and/or borders.



maximus

covered



No jewellery or other accessories except for a wedding ring.















Assessing This Round

the overall female athletic appearance of the physique; the hair and facial features; 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.







(face front to the judges)

Quarter Turn Front



Assessing This Round







WEIGHT OF THE FINAL SCORE

the overall female athletic appearance of the physique; the hair and facial features; 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.









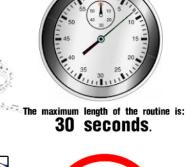
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1/3 WEIGHT OF THE FINAL SCORE

Evaluation of both physique and routine: display of muscularity, definition, style and grace, personality, athletic coordination and overall performance; a smooth, artistic, and well-choreographed routine.









The IFBB rules can be read in PDF format at: www.ifbb.com