

# INFO GRAPHICS IFBB WOMEN'S PHYSIQUE International Rules

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**Def.** 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.

**CATEGORIES**

1 Up to & including 163 cm

2 Over 163 cm

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

**ATTIRE FOR ALL ROUNDS**

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

- Plain opaque in style.
- Cloth fabric in material (no plastic, rubberized, or similar material).
- No ornamentation, frills, lacework edges and/or borders.
- Colour at the discretion of the athlete.
- At least 2 cm high on the sides.
- 1/2 *gluteus maximus* covered
- Covering a minimum of one-half of the *gluteus maximus* and all of the frontal area.
- No jewellery or other accessories, except for a wedding ring.
- No footwear.

**ELIMINATION ROUND**

+ 15 competitors → Selection of top 15 through Mandatory Poses

Front Biceps (open handed)

Side Chest

Back Biceps (open handed)

Side Triceps

**FIRST ROUND**

**Quarter Turns and Mandatory Poses - PREJUDGING**

**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.

Quarter Turn Right (left side facing judges)

Quarter Turn Back (back facing judges)

Quarter Turn Right (right left facing judges)

Quarter Turn Front (face front to the judges)

Front Biceps (open handed)

Side Chest

Back Biceps (open handed)

Side Triceps

**SECOND ROUND**

**Mandatory Poses and Posedown - FINALS**

**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.

Front Biceps (open handed)

Side Chest

Back Biceps (open handed)

Side Triceps

THE POSEDOWN IS NOT SCORED.

**THIRD ROUND**

**Posing Routine - FINALS**

**Assessing This Round**

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 maximum length of the routine is: **30 seconds.**

**AWARD CEREMONY**

The use of props is prohibited.

**RESOURCES**

The IFBB rules can be read in PDF format at:  
[www.ifbb.com](http://www.ifbb.com)