



BIKINI DIVISION

WOMEN'S BIKINI

Categories: There are 6 categories in the Bikini classes:

- **a.** Up to 165 cm (Athletes under 165 cm)
- **b.** Up to 175 cm (Athletes from 165 cm to 175 cm)
- **c.** Over 175 cm (Athletes over 175 cm)
- **d.** Masters 40+ years
- **e.** Masters 50+ years
- **f.** Masters 60+ years

Attire:

- **a.** The bikini must be an opaque two-piece style (top and bottom).
- **b.** Bikini color, fabric, texture, ornaments, and style, as well as the color and style of high heels, are at the athlete's discretion, except as noted below.
- **c.** The sole thickness of the high heels must not exceed 2 cm, and the heel height must not exceed 12 cm. Platform shoes are not allowed. Footwear must be tastefully coordinated with the overall look.
- **d.** The bikini bottom must cover at least 1/3 of the buttocks and the entire front area. The bikini must be in good taste; G-strings (thongs) are strictly prohibited.
- **e.** Attire will be inspected during the official athlete registration.
- **f.** Hair may be styled. The hairstyle must be neat.
- **g.** Except for a wedding ring, bracelets, and earrings, other jewelry is prohibited.
- **h.** Competitors must not wear glasses, watches, wigs, or artificial body-shaping aids, except for breast implants.
- **i.** The use of removable tan and bronzers (that can be wiped off) is prohibited.

Bikini classes consist of two rounds:

Round 1: T-Walk Athletes enter the stage one by one, introduced by number, name, and country. They may choose to perform several poses (bodybuilding and vulgar movements are not allowed) during their "T-walk."

- The athlete walks to the center of the stage, stops, and performs 2 different poses of her choice.
- The athlete walks to the left side of the stage and performs 2 different poses of her choice.
- The athlete walks to the right side of the stage and performs 2 different poses of her choice.
- Afterward, the athlete joins the line-up at the back of the stage. While in the line-up, a natural yet professional posture must be maintained – poses should look effortless and



not overdone. Competitors must maintain a friendly, confident facial expression. More attention should be given to the smile and overall facial expressiveness.

Round 2: Comparisons in Quarter Turns Athletes are led onto the stage by number in a single line. In groups of no more than 5, they will be guided through four quarter turns. This allows judges sufficient time to prepare for individual comparisons. Following the preliminary assessment, each judge may call out no more than 5 competitors at a time. After individual comparisons, the stage marshals will lead the athletes off-stage.

Poses:

- **Front Position:** Athletes stand straight, head and eyes facing the same direction as the body, one hand resting on the hip, the other arm down along the body, slightly extended to the side with an open palm and straight fingers. Knees unbent, stomach in, chest out, shoulders back.
- **First Quarter Turn to the Left:** Athletes stand with their left side toward the judges, upper body slightly turned toward the judges, face directed at the judges. The right hand rests on the right hip, the left arm is held away from the body, slightly extended to the side with an open palm. The left leg is extended, foot facing forward.
- **Quarter Turn Back:** Athletes stand straight, without turning the upper body toward the front. One hand rests on the hip, the other along the body. The lower back curvature should be natural or with slight lordosis, head up.
- **Last Quarter Turn to the Left:** Athletes stand with their left side toward the judges, upper body slightly turned toward the judges, face looking at the judges. The right hand rests on the right hip, the left arm is held slightly away from the body with an open palm.

Transitions: The athlete must transition smoothly and gracefully from one pose to another. Transitions must be natural, and movements must be feminine and elegant.

Physical Assessment: Judges primarily assess body symmetry, proportions, femininity, muscle tone, and the level of physical conditioning. Judges also evaluate the overall impression, stage movement, elegance, posture, and poise. It is important to have a well-conditioned abdomen, legs, glutes, and shoulders, combined with a friendly face, beauty, femininity, and a healthy glow. Special attention must be given to hairstyle, makeup, and accessories, as these are also evaluated in the overall impression score.

Judges must note the following faults:

- If the competitor is too thin (emaciated).
- Cellulite and muscle jiggling (lack of firmness) in the thighs.
- A fat or "watery" (soft) overall body appearance.
- Excessive muscularity; over-developed abdominals and shoulders must also be noted.