



# WELLNESS DIVISION

## Categories

There are 6 categories in the Wellness 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.** Attire – an opaque two-piece bikini that conforms to good taste and aesthetic figure standards.
- **b.** Bikini color, fabric, texture, ornaments, and style are at the athlete's discretion, maintaining elegance and aesthetics. 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.
- **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.** Attire may be inspected during the official athlete registration.
- **e.** Hairstyle and makeup must be neat and complement the overall stage image.
- **f.** Jewelry is allowed, but it must not be overly flashy or interfere with the assessment of the figure. Competitors must not wear glasses, watches, wigs, or artificial body-shaping aids, except for breast implants.
- **g.** The use of artificial body-shaping aids is prohibited. The use of removable tan and bronzers (that can be wiped off) is prohibited.
- **h.** The use of props or demonstrating vulgar behavior on stage is strictly prohibited.

## The Wellness class consists of two judging rounds:

### Round 1: Individual "I-Walk"

Each competitor performs an individual "I-Walk." The athlete enters from the back or side of the stage and walks to the rear center. Then, she walks to the front of the stage, stops, and performs chosen poses. This is the athlete's opportunity to showcase her physique in the best possible way. After the performance, 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. Special attention is given to the smile and overall facial expression. *Note: Background music does not need to be provided.*



## Round 2: Comparisons

Judges evaluate the competitors from the front, side, and back, as well as during movement. Athletes walk in a line from the front of the stage to the back, demonstrating the back pose, then turn around and return to the front of the stage, maintaining the front pose. After the comparisons are completed, the athletes leave the stage.

## Poses

- **Front Position:** Athletes stand straight, one hand on the hip, the other arm down. Stable posture, stomach in, shoulders back. The body line should be graceful and feminine.
- **First Quarter Turn to the Left:** Upper body slightly turned toward the judges. One hand on the hip, the other arm free. The front leg is slightly bent.
- **Quarter Turn Back:** The back is naturally arched, with glutes emphasized through posture. The body must not lean forward.
- **Last Quarter Turn to the Left:** The body is slightly turned toward the judges. One hand on the hip, the other arm free. An elegant, harmoniously expressed line is maintained.

**Transitions:** Transitions between poses must be smooth, natural, and feminine.

## Physique Assessment

The **WFF Wellness class is NOT a Bikini or Figure class**. Athletes are evaluated based on:

- Overall body proportions.
- Symmetry.
- Feminine shape.
- Development of the quadriceps and glutes.
- Stage presence and confidence.

The lower body (especially quads and glutes) must be more developed than the upper body, while maintaining overall harmony. Muscles must be firm, but:

- There must not be extreme muscularity.
- There must not be deep muscle separation.
- There must not be excessive "dryness" or extremely low body fat. **Excessive muscularity or visible "striations" are unacceptable.** Skin tone must be even and healthy. Cellulite will be noted.

**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.

