



MOTERŪ KULTŪRIZMAS:

## **WOMEN BODYBUILDING**

### **Regulations according to categories**

#### **1. Categories**

**There are 4 categories in body building.**

- a. Up to 165 cm**
- b. Up to 175 cm**
- c. Above 175 cm**
- d. Master +40 years**

**Junior class till 21years old together with body building.**

**(open class without weight control + after can also compete in other category)**

**Master class +40, +50, +60 years together with bodybuilding.**

**(open class without weight control + after can also compete in other category)**

#### **2. Clothing**

- a. The bikini will be opaque two-piece in style.**
- b. The colour, fabric, texture, ornamentation and style of the bikini as well as the colour and style of the high-heels will be left to the competitor's discretion, except as indicated in the below.**
- c. The bikini bottom will cover a minimum of 1/3 of the gluteus maximus and all of the frontal area. The bikini must be in good taste. Strings are strictly prohibited.**
- d. The attire will be inspected during the Official Athlete Registration.**
- e. The hair may be styled.**
- f. Except for a wedding ring, bracelets and earrings, jewellery will not be worn.**
- g. Competitors will not wear glasses, watches, wigs or artificial aids to the figure, except breast implants.**
- h. The use of tans and bronzers that can be wiped off is not allowed.**

#### **3. Rounds:**

**Women Bodybuilding consists of 2 rounds as follows.**

##### **Round 1:**

**The competitors will enter the stage one by one, they will be introduced by number, name and country.**

**Comparisons in the 4 quarter turns following by the compulsory poses**

- a) Front double biceps**
- b) Lat spread front**
- c) Side chest**
- d) Back double biceps**
- e) Back lat spread**
- f) Triceps pose**



- g) Abdominals and Thighs
- h) Most muscular

The competitors are guided on stage by the onstage expeditors in numerical order in a single line. In groups of not more than 5 competitors at a time they will be guided through the four quarter turns. This will give the judges sufficient time to prepare for individual comparisons. Once this preliminary assessment in the quarter turns and the compulsory poses is completed each judge is given the possibility for call outs of not more than 5 competitors at one time. After the individual comparisons are concluded the onstage expeditors will guide the competitors off the stage.

## **Round 2**

**Routine : Free posing for maximum 1 minute .**

**The judges will score the competitors from the first place to the last place in the same way like in other disciplines.**

**The scoring of the preliminary is the same like in other disciplines.**

## **WOMAN MANDATORY POSES:**

### **a. Front Double Biceps:**

Standing face front to the judges, with one leg slightly moved forward and to the side, the competitor will raise both arms to shoulder level and bend them at the elbows. The hands should be clenched and turned down so as to cause a contraction of the biceps and forearm muscles, which are the main muscle groups that are to be assessed in this pose. In addition, the competitor should attempt to contract as many other muscles as possible as the judges will be surveying the whole physique, from head to toe.

### **b. Lat Spread front:**

Standing face front to the judges, with the legs and feet in-line and up to 15 cm apart, the competitor will place the open hands, or clenched fists, against, or gripping, the lower waist or obliques and will expand the latissimus muscles. At the same time, the competitor should attempt to contract as many other frontal muscles as possible. It shall be strictly forbidden for the competitor to pull up on the posing trunks so as to show the top inside of the quadriceps.

### **c. Side Chest.**

The competitor may choose either side for this pose, in order to display the “better” arm. He will stand with his left or right side towards the judges and will bend the arm nearest the judges to a right-angle position, with the fist clenched and, with the other hand, will grasp the wrist. The leg nearest the judges will be bent at the knee and will rest on the toes. The competitor will then expand the chest and by upward pressure of the front bent arm and contract the biceps as much as possible. He will also contract the thigh muscles, in particular, the biceps femoris group, and by downward pressure on his toes, will display the contracted calf muscles.

### **d. Back Double Biceps:**

Standing with his back to the judges, the competitor will bend the arms and wrists as in the Front Double Biceps pose, and will place one foot back, resting on the toes. He will then contract the arm muscles as well as the muscles of the shoulders, upper and lower back, thigh and



calf muscles.

**e. Back Lat Spread :**

Standing with his back to the judges, the competitor will place his hands on his waist with his elbows kept wide, with the legs and feet in-line and up to 15 cm apart. He will then contract the latissimus dorsi as wide as possible and display a calf contraction by pressing downward on the rear toes. The competitor should make an effort to display the opposite calf to that which was displayed during the back double biceps pose so the judge may assess both calf muscles equally. It shall be strictly forbidden for the competitor to pull up on the posing trunks so as to show the gluteus maximus muscles.

**f. Side Triceps :**

The competitor may choose either side for this pose so as to show the “better” arm. He will stand with his left or right side towards the judges and will place both arms behind his back, either linking his fingers or grasping the front arm by the wrist with his rear hand. The leg nearest the judges will be bent at the knee and the foot will rest flat on the floor. The leg farthest the judges moved back and the foot resting on the toes. The competitor will exert pressure against his front arm, thereby causing the triceps muscle to contract. He will also raise the chest and contract the abdominal muscles as well as the thigh and calf muscles.

**g. Abdominals and Thighs :**

Standing face front to the judges, the competitor will place both arms behind the head and will place one leg forward. He will then contract the abdominal muscles by “crunching” the trunk slightly forward. At the same time, he will contract the thigh muscles of the leg(s). The judge will survey the abdominal and thigh muscles, and then conclude with the head-to-foot examination.

**h. Most muscular**

Free most muscular pose