



WOMAN FITNESS MODEL (no muscle)

1. Categories:

There are 4 categories in women's model physique.

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

NO muscularity and definition must be marked down!!!

Women's Fitness Model consists of two rounds as follow:

Round 1 in evening dress

The competitors will enter the stage one by one in evening dress they will be introduced by number, name and country and may upon their discretion present a few poses (Bodybuilding and vulgar Poses are not allowed) during their "catwalk".

1. The competitor will walk to the center of the stage, will stop and perform four different positions of her choice.

Comparisons in the quarter turns in evening dress

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 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.

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.

Evening dress choice from competitor

Round 2 in bikini

ATTIRE

- 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. Sole thickness of the high-heels may have maximum of 1 cm and stiletto height may have maximum of 12 cm. Platform shoes are not allowed.
- d. 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.
- e. The attire will be inspected during the Official Athlete Registration.
- f. The hair may be styled.
- g. Except for a wedding ring, bracelets and earrings, jewellery will not be worn.
- h. Competitors will not wear glasses, watches, wigs or artificial aids to the figure, except breast implants.



i. The use of tans and bronzers that can be wiped off is not allowed.

The competitors will enter the stage one by one, they will be introduced by number, name and country and may upon their discretion present a few poses (Bodybuilding and vulgar Poses are not allowed) during their “T-walk”.

1. The competitor will walk to the center of the stage, will stop and perform four different positions of her choice.

2. The competitor will walk to the left of the stage, and perform 2 different position of her choice.

3. The competitor will walk to the right (other side) of the stage, and perform 2 different position of her choice.

4. The competitor will then walk to the line-up in the rear part of the stage.

Comparisons in the quarter turns.

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 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.

Front Position:

Competitors will stand erect, head and eyes facing the same direction as the body, with one hand resting on the hip and one leg slightly moved to the side. Second hand hanging down along the body, slightly out of to the side, with open palm and straight, aesthetically configured fingers. Knees unbent, stomach in, chest out, shoulders back.

Quarter turn right:

Competitors will perform the first quarter turn to the right. They will stand left side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Right hand resting on the right hip, left arm hold down and slightly back from the centerline of the body, with open palm and straight, aesthetically configured fingers. Left hip slightly raised, left leg (nearest the judges) slightly bent in the knee, left foot moved forward a couple of centimeters, resting on the toes.

Quarter turn back:

Competitors will perform the next quarter turn to the right and will stand back to the judges. They will stand straight, not leaning the upper body forward. with one hand resting on the hip and one leg slightly moved to the side. Second hand hanging down along the body, slightly out of to the side, with open palm and straight, aesthetically configured fingers. Knees unbent, stomach in, chest out, shoulders back. Lower back curvature natural or with slight lordosis, upper back straight, head up. Competitors are not allowed to turn their upper body towards the judges and should face the back of the stage at all time during the comparison.

Quarter turn right:

Competitors will do the next quarter turn to the right and will stand their right side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Left hand resting on the left hip, right arm hold down and slightly back from the centerline of the body, with open palm and straight, aesthetically configured fingers. Right hip slightly raised, right leg (nearest the judges) slightly bent in the knee, right foot moved forward a couple of centimeters,



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

- **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.**

6. Evaluation of the body.

- **The jury evaluates primarily the Body's symmetry, feminine musculature and fitness level.**
- **The jury evaluates the overall impression, the nice posture, and marks the movements as well.**
- **It is important to have nice abdomen, legs, buttocks, but paired with a friendly face, beauty, femininity and healthy radiance.**
- **Particular attention should be paid to the hairstyle, makeup and accessories, since these also count in the evaluation of the overall impression.**
- **The judges has to mark down if a competitor is too skinny.**
- **Cellulite, jiggling thighs are going to be marked down too.**
- **Fatty, watery total body image is also going to be marked down.**
- **Excessive muscularity and definition must be marked down.**