



## **NSABBA BIKINI DIVISION**

### **COMPETITOR RULES:**

- Competitors will compete in a two-piece suit of any color and pattern. The bikini bottom must cover a minimum of 1/3 of the gluteus maximus and bottom part of the frontal area. Strings and thongs are strictly prohibited. All swimsuits must be in good taste. Athletes will be warned about improper suits and are advised to bring two (2) suits to check in. Athletes will be scored down if the suit is not up to standard
- Competitors must wear high heels (any style or color but in good taste), platform high-heels will be strictly prohibited - keep soles to a MAXIMUM of ½ inch. Shoes are also at the discretion of the head judge.
- Competitors may wear jewellery provided it is good taste.
- Hair may be styled
- Athletes are expected to have a natural and healthy looking tan. Staining, removable bronzers are strictly prohibited.
- The NSABBA Chief Official, or delegated representative, will have the right to determine if a competitor's attire meets an acceptable standard of taste and decency. If these standards are not met, the official has the right to remove the competitor from stage and have them change attire.
- **NSABBA contests do not permit competitors to cross over into Bodybuilding, Figure, Fitness, Physique or Bikini at the same event.**

### **HEIGHT CLASSES:**

#### **Contests with two (2) classes:**

- Up to and including 5'4"
- Over 5'4"

#### **Contests with three (3) classes:**

- Up to and including 5'4"
- Over 5'4" and up to and including 5'6"
- Over 5'6"

#### **Contests with four (4) classes:**

- Up to and including 5'2"
- Over 5'2" and up to and including 5'4"
- Over 5'4" and up to and including 5'6"
- Over 5'6"

#### **Contests with five (5) classes:**

- Up to and including 5'2"
- Over 5'2" and up to and including 5'4"
- Over 5'4" and up to and including 5'6"
- Over 5'6" and up to and including 5'8"
- Over 5'8"

*Please note that height classes are subject to change depending on show size*

## **CHECK-INS:**

Bikini division competitors will be checked in and measured at registration. Suits will be verified by the Head Judge or designate.

## **PRE-JUDGING:**

### **Presentation:**

- The entire line-up is brought onstage, in numerical order and in a single line or two lines, if necessary.
- The line-up is divided into two equal-size groups and is positioned onstage so that one group is to the left of the stage; the other group is to the right of the stage. The center portion of the stage is left open for comparison purposes.
- In numerical order, and in groups of not more than ten competitors at a time, each group is directed to the center-stage area to perform the four quarter turns.
- At the completion of the quarter turns, the entire category will be reformed into a single line, in numerical order, before exiting the stage.

These quarter turns will be done in the following way:

1. **Front stance:** competitors will stand with one hand resting on the hip and one leg slightly moved to the side.
2. **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, feet placed freely but not together.
3. **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. 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.
4. **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, feet placed freely but not together.
5. **Quarter turn front:** competitors will do the last quarter turn to the right and will perform front stance.

### **Comparison Round:**

- Groups of 3 to 8 competitors will be called to center stage.
- As directed, facing the judges, the selected group will perform ¼ turns for comparison (performed same as presentation round).
- Then as directed group proceed to the side of the stage
- When all group comparisons are complete competitors will be directed to leave the stage.

### **Scoring:**

Judges will be scoring competitors using the following criteria:

- Balance and Shape
- Overall physical appearance including complexion, skin tone, poise and overall presentation.

At all times, the Bikini competitor must be viewed with the emphasis on a "healthy and fit" physique, in an attractively presented "Total Package". Judges are reminded that this is not a Figure contest. The competitors should have shape to their muscle but not the separation, definition, very low body-fat level or hardness that is seen at figure competitions. Any competitor who exhibits these features is to be marked down.

## **FINALS:**

### **Presentation:**

- Competitors will walk to the center of the stage alone and perform their Model Walk (personal preference), face the judges as directed then proceed to the side of the stage, standing on angle to back of stage.
- First group of athletes, from lowest number to highest called out in numerical order, and directed to do a full front and back stance, then leave stage, continue until all athletes compared and leave stage.
- Top finalists, 5 or less return to stage performing their Model Walk, personal routines, then moved to side of stage, stage marshal directed.
- Top finalists, 5 or less who are recalled onto stage, line up in a single line, directed to do a full front and back stance, then moved to back of stage, stage marshal directed.
- Presenter is called forward for last place (usually 5<sup>th</sup>), then MC calls 5<sup>th</sup> place athlete and continues until all finalists come forward to pick up trophies.
- If sponsor for class called forward, stands between 1<sup>st</sup> and 2<sup>nd</sup>, etc. for pictures.
- Class finished, leave stage.

The only scoring during finals is for overall title, finalists called to centre stage and comparison takes place.

## **ASSESSMENT OF THE PHYSIQUE:**

The assessment should take the whole physique into account. The assessment, beginning with a general impression of the physique, should take into consideration the hair, make-up and face, the overall body development and shape; the presentation of a balanced, proportionally and symmetrically developed, complete physique; the condition of the skin and the skin tone; and the athlete's ability to present herself with confidence, poise and grace.

Since muscularity development and muscle quality is not assessed, the judges should favour competitors with a harmonious, proportional, classic female physique, good posture, correct anatomical structure (including body framework, correct spinal curves, limbs and trunk in good proportion, straight legs, not bandy or knock-kneed). Vertical proportions (legs to upper body length) and horizontal proportions (hips and waist to shoulder width) are ones of the key factors.

The physique should be assessed as to its level of overall body tone, achieved through athletic endeavors and diet. The body parts should have a nice and firm appearance with a decreased amount of body fat but may have a "softer" and "smoother" look than in body fitness. The physique should neither be excessively muscular nor excessively lean and should be free from muscle separation and/or striations. Physiques that are considered too muscular, too hard, too dry or too lean must be marked down.

The assessment should also take into consideration the tightness and tone of the skin. The skin tone should be smooth and healthy in appearance, and without cellulite. The hair and makeup should complement the "Total Package" presented by the athlete.

The judge's assessment of the athlete's physique should include the athlete's entire presentation, from the moment she walks onstage until the moment she walks offstage. At all times, the Bikini Fitness competitor must be viewed with the emphasis on a "healthy and fit" physique, in an attractively presented, impressive "Total Package".

Judges are reminded that this is not a body fitness (figure) contest. The competitors should have shape to their muscle but not the separation, definition, very low body fat level, dryness or hardness that are seen at body fitness (figure) competitions. Any competitor who exhibits these features is to be marked down.