



## **NSABBA WOMEN'S PHYSIQUE DIVISION**

### **COMPETITOR RULES:**

- The bikini will be two-piece in style. It can be the athlete's choice of style and color. It can be an off-the-rack suit.
- The bikini will cover a minimum of 1/2 of the gluteus maximus. The bottom of the suit must be V-shaped. No thongs are permitted.
- The hair should be styled.
- Jewelry may be worn.
- The head judge or a delegated representative will have the right to determine if a competitor's attire meets an acceptable standard of taste and decency.
- No Heels may be worn at any time during the competition/judging

### **CLASSES:**

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

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

### **JUDGING CRITERIA:**

Physique Assessment will include:

- Symmetry
- Shape
- Proportion
- Muscle Tone
- Poise
- Beauty Flow

Physique should display all of the above criteria without compromising Femininity, Beauty/Flow of physique etc.

The Following are examples of common terms used in the Bodybuilding industry. These words can be helpful to assess what should NOT be descriptive to the physiques being judged in Women's Physique (RIPPED, SHREDDED, PEELED, STRIATED, DRY, DICED, HARD, VASCULAR, GRAINY, MASSIVE, THICK, DENSE, ETC)

While all types of physiques will be considered when it comes to height, weight, structure, etc. Excessive muscularity should be scored down accordingly.

Women's Physique should be judged as a standard between Women's Figure and Women's Bodybuilding.

## **MANDATORY POSES:**

Mandatory Poses will be performed with OPEN HAND style and include the following poses:

- Front Double Biceps/ Open Hands (No Flat Footed Full Front Pose- Some sort of twisting Pose)
- Side Chest with Arms Extended (Front Leg may also be Extended)
- Back Double Biceps/ Open Hands
- Side Tricep with Leg Extended
- Front Ab/ Thigh

## **PREJUDGING:**

Athletes will line up offstage in numerical order. Competitors will walk out on stage in a line as guided by the stage marshal and line up as directed, depending on the number of competitors on stage.

The Head Judge will then call up the line in groups of approximately five (5) competitors and proceed to request the group do the following four quarter turns for comparison:

- Quarter Turn Right
- Quarter Turn Back
- Quarter Turn Right
- Quarter Turn Front.

Judges will have the opportunity to compare competitors against each other in quarter turns.

The Head Judge will then request the group do their mandatory poses. Judges will have the opportunity to compare competitors against each other in mandatory poses. Once your group is finished you will return to the line. Stay posed.

The Head Judge will then call your # up in groups of 5 (no particular order). The Head Judge will then request the group do their mandatory poses. Once your group is finished you will return to the line. Stay posed.

When the judges are satisfied, the Head Judge will ask you to exit the stage.

## **FINALS:**

### **Posing Routine:**

Athletes will line up offstage in numerical order. Each individual is required to do a 60 second posing routine, to their choice of music (profanity, racial / sexual slurs and inappropriate verbiage is NOT allowed. If we find that your music contains any of these things, your music will be stopped and you may be disqualified from the competition).

- Your routine should include the following:
- Poses and movements that highlight your best features
- Smooth transitions between movements
- Good musicality
- Additional physical prowess that you have: flexibility, dance, gymnastics...

Once the individual routine is completed, exit the stage and line back up numerically.

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- Quarter Turn Right
- Quarter Turn Front

The Head Judge will then request the group do their mandatory poses. Once your group is finished you will return to the line. Stay posed.

The top 5 competitors will be called out to center stage line and may be asked to do mandatories and quarter turns. They will then do a pose-down. Awards will then be handed out.

## **NATIONAL QUALIFICATION:**

- Competitors that place in the top three (3) in each class qualify for national events during the current contest year.
- 1<sup>st</sup> place competitors in each class qualify for national events taking place in the current contest year PLUS the following year.