



1. CLASSES

Contests with 2 classes:

Class A	up to and including 5' 6" (168 cm)
Class B	over 5' 6" (168 cm)

Contests with 3 classes:

Class A	up to and including 5' 4" (163 cm)
Class B	over 5' 4" (163 cm) up to and including 5' 6" (168 cm)
Class C	over 5' 6" (168 cm)

Contests with 4 classes:

Class A	up to and including 5' 2" (157 cm)
Class B	over 5' 2" (157 cm) up to and including 5' 4" (163 cm)
Class C	over 5' 4" (163 cm) up to and including 5' 6" (168 cm)
Class D	over 5' 6" (168 cm)

2. WOMEN'S PHYSIQUE ATHLETES SHOULD DISPLAY:

1. More muscular density than seen in figure.
2. Clear muscle separation – small amount of striations is acceptable.
3. Emphasis is on muscular development with full muscle bellies.
4. Muscular development should be balanced between upper and lower body.

Women's Physique athletes should NOT display:

1. An overly striated physique.
2. Graininess associated with Women's Bodybuilding.

3. ATTIRE

1. Competitors will compete in a two-piece suit.
2. The bottom of the suit must be V-shaped. No Thongs are permitted.
3. Competitors can compete in an off the rack suit. All swimsuits must be in good taste.
4. The bikini does not have to be solid in color.

All suits will be inspected at the check-in's. Every competitor must wear their competition suit under their clothing to check-in's for inspection. If your suit is not inspected you will not be permitted to compete. **NO EXCEPTIONS.**

If you change your competition suit from prejudging to finals and the judges deem it not to conform to the rules you will be directed to leave the stage. **NO EXCEPTIONS.**

4. MUSIC

1. Posing Music will used for the final.
2. Posing music must be uploaded to MUSCLEWARE when registering or be included on a USB stick by the Registration (Check-In).
3. Posing music must be the only music on the USB stick.
4. Posing music must not contain vulgar lyrics. Competitors using music containing vulgar lyrics will be disqualified.

5. ONSTAGE

1. Prescription eyewear (except sunglasses) is permitted.
2. Competitor numbers must be worn on the left side of the suit bottom at all times while onstage.
3. No heels may be worn at any time during the competition/judging of women's physique.
4. The "Moon Pose" is prohibited.
5. No props will be used.
6. No Gymnastics Moves are Allowed.

5. FORMAT

Judging

Presentation

1. Each competitor, in numerical order, walks onstage and performs the mandatory poses.
2. The competitor has up to 60 seconds to perform the mandatory poses. A 10 second warning will be given.
3. Depending on the number of competitors in the class, each competitor may be directed to:
 - a. exit the stage until the entire class has performed the mandatory poses at which time the entire class is called back onstage.
 - b. line up along diagonal lines on the sides of the stage.
4. The mandatory poses are:
 - a. Front double biceps/open hands (no flat footed full front pose – some sort of front twisting pose).
 - b. Side chest with arms extended.
 - c. Back double biceps/open hands.
 - d. Side triceps with leg extended.
 - e. Front Abdominals and Thighs.

Mandatory Poses (a-c)



Mandatory Poses (d-e)



Quarter Turns



Comparisons

1. The Head Judge will call the competitors, in small groups and in numerical order, to center stage to perform the quarter turns and mandatory poses.
2. In the call-outs, the Head Judge will direct specific competitors to perform the quarter turns and mandatory poses. Judges will have the opportunity to compare competitors against each other.

Finals

Posing-Routine

1. Competitors are called onstage individually in numerical order to perform a posing routine to music of the competitor's choice.
2. The length of the posing routine is a maximum of 60 seconds.
3. Depending on the number of competitors, the promoter and Head Judge may decide that only the top finalists shall perform their posing routine.

Confirmation

Competitors are called onstage and, under the direction of the Head Judge, are compared in groups while performing the mandatory poses.

The judging panel, at its sole discretion, reserves the right to re-judge using a Confirmation round.

Posedown (overall title only)

The class winners take part in a 60-second posedown in which free posing is allowed.

6. SCORING

1. The Judging is scored 100%. The posing routine is therefore not included in the score.
2. Ties are broken using the Relative Placement method.
3. Symmetry, shape, proportion, muscle tone, poise and beauty flow.
4. Physique assessment and comparison will take place during prejudging.

Comments on Judging

Women's Physique Division has been created to give a platform for women who enjoy weight training, competing, contest preparation. Competitors should display a toned, athletic physique showcasing femininity, muscle tone, beauty/flow of physique.

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 competitors should have the overall aesthetics and look that is found in figure with a little more overall muscularity.