



1. CLASSES

Contests with 2 classes:

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

What is the Wellness Division?

This division is for females with athletic physique's that showcase more body mass in the hips, glutes and thigh areas. The upper body is developed but not to the same degree as the lower body.

2. ATTIRE

1. Competitors will compete in a two-piece suit. The bottom of the suit must be V-shaped. No Thongs are permitted. Competitors can compete in an off the rack suit. All swimsuits must be in good taste.
2. Competitors must wear high heels.
3. Competitors may wear jewelry.

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.

3. 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.

4. FORMAT

Judging

Presentation

1. Competitors will walk to the center of the stage alone and perform quarter (1/4) turns, face the judges as directed then proceed to the side of the stage. Length of time allowed is 30 seconds.
2. 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 quarter turns at which time the entire class is called back onstage.
 - b. line up along diagonal lines on the sides of the stage.

5. MANDATORY POSES:

Front-Pose:

Competitors will face front with one hand on hip, one arm straight down and one leg slightly extended. We do not want to see the arm off to side with the elbow bent and the wrist bent upwards.

Quarter turn Right:

Competitors will turn slightly facing the judges with right hand on hip and left arm straight down and right leg bent at knee. More like a twisting side pose that Bikini competitors perform. We do not want to see the arm off to side with the elbow bent and the wrist bent upwards.

Quarter turn Rear:

Competitors will face the rear with lower back arched with glutes pushed back.

Quarter turn Left:

Competitors will turn slightly facing the judges with the left hand on the hip, right arm relaxed and left leg bent at knee. We do not want to see the arm off to side with the elbow bent and the wrist bent upwards.

NOTE: As with All Other Divisions, No Lewd Acts Are Permitted and will result in automatic disqualification.

Mandatory Poses (Front – Turn Right)



Mandatory Poses (Turn Rear – Turn Right)



Comparisons

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

6. SCORING

The Presentation and Comparisons are scored 100% using the following criteria:

Level of conditioning?

We are looking for conditioning almost on par with Bikini athletes, but the athletes will have slightly more muscle. We want to see a little body fat with slight separation but no striations.

Abs defined like Figure or less defined like Bikini?

As it currently is in Bikini.

Shoulders Rounded & Capped like Figure and Women's Physique or less pronounced like Bikini?

Slightly more developed than Bikini and a little less than Figure, but not as lean and with no striations. Not like Women's Physique.

How much definition for quads?

The quads should display an athletic appearance with slight separation but no striations. Not as lean and defined as Figure and Women's Physique.

Glute Development?

Full round glutes with a slight separation between the hamstring and glute area but no striations, as is in place for the Bikini Division. Glutes will be bigger than current Bikini competitors. They will not be as lean and defined as Figure and Women's Physique.

Rules & Restrictions on shoes and heels?

Shoes and heels same rules that are currently in place for the Bikini division.

Rules & Restrictions on jewelry?

Jewelry same rules that are currently in place for the Bikini and Figure divisions.

Rules & Restrictions on posing oil or not?

No Posing Oil but can be "glazed" as is currently done for the Bikini and Figure divisions.

*If necessary, the judging panel, at its sole discretion, reserves the right to re-judge at the Finals using a Confirmation round