

Rules for Women's Figure Division

JUDGING WOMEN'S FIGURE COMPETITORS

Female Physique Judging Criteria

1. Muscularity - the amount of muscle varies by division.
2. Condition- will vary depending on the division
3. Symmetry and Balance
4. Presentation (Posing)

Figure athletes should display

1. An overall balance of muscular development, which includes rounded delts, sweep to the quads, back depth, and width, with emphasis on balance and symmetry
2. Small amount of muscle separation

FIGURE COMPETITOR RULES

- Competitors will compete in a two-piece suit. The bottom of the suit must be v-shaped. Competitors can compete in an off the rack suit.
- 30 second individual posing routine
- Competitors must wear high heels.
- Competitors may wear jewelry
- Take a look at online contest galleries for examples of approved swimsuits and styles in popular bodybuilding competitions today.

Classes

A- 5'5 and below

B- Above 5'5

FIGURE CHECK-INS

Figure division competitors will be checked in and measured at check ins.

FIGURE COMPETITION JUDGING

Individual Presentation

Competitors will walk to the center of the stage alone and perform individual routine (1/4) turns, then proceed to the side of the stage.

Comparison Round – Two Piece Swimsuit:

- Competitors will be judged wearing a two-piece swimsuit and high heels
- The competitors will be brought back out in a group and directed to do quarter turns
- Judges will have the opportunity to compare competitors against each other in quarter turns.

Scoring

Judges will be scoring competitors using the following criteria:

- Small degree of muscularity with separation, no visible striations
- Overall muscle tone with shapely lines, overall firmness and not excessively lean

- Full general assessment
- Healthy appearance
- Make-up
- Skin tone