

# **WOMEN'S BIKINI Beachbody-Division Rules**

## **Criteria for Judging**

1. Muscularity
2. Condition
3. Symmetry and Balance
4. Presentation (Posing)

### **Bikini athletes should display**

1. A foundation of muscle gives shape to the female body
2. Full-round glutes with a slight separation between the hamstring and glute area
3. Small amount of roundness in the delts
1. Conditioned Core
2. Overall look: hair, makeup, suit, and tan

### **Bikini athletes should NOT display**

1. Muscular density seen in a figure physique
2. Squared glutes

## **BIKINI COMPETITOR RULES**

- Competitors will compete in a two-piece suit. Competitors can compete in an off-the-rack suit.
- Competitors must wear high heels.
- Competitors may wear jewelry.

## **BIKINI CHECK-INS**

Bikini Division competitors will be checked in and measured at check-in

## **Classes**

- A- 5'5 and below
- B- Above 5'5

## **COMPETITION JUDGING**

## **1. PRESENTATION**

- Competitors will walk onstage alone and perform their Individual routine for 30 seconds, including front stance and back stance.

### **Show Your Personality!**

- After completion, you will be directed to line up on the stage while the other competitors are performing.

## **2. COMPARISON ROUND, TWO-PIECE SWIMSUIT**

- The competitors will be lined up in a group and directed to do a full front and back stance pose.
- Judges will have the opportunity to compare competitors against each other in Front and back poses.

## **3. SCORING**

Judges will be scoring competitors using the following criteria:

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

