

# **WOMEN'S PHYSIQUE/CLASSIC BODYBUILDING**

## **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. muscular development with full muscle bellies
4. Muscular development should be balanced between upper and lower body

## **athletes should NOT display –**

1. An overly striated physique
2. Graininess associated with female bodybuilding

## **JUDGING CRITERIA**

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

## **JUDGING FORMAT**

### **Prejudging**

- 30 second Individual routine to our house music Include mandatories make it your own style and personality
- Mandatory posing comparisons/callouts with quarter turns

## **SUITS**

Suits worn by Women's Physique competitors for prejudging must standard two piece. Suits do not have to be solid in color. The bottom of the suit must be v-shaped. No thongs are permitted. Competitors can compete in an off-the-rack suit

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.

## **MANDATORY POSES**

- Front double biceps/open hands (no flat footed full front pose – some sort of front twisting pose)
  - Back double biceps/open hands
  - Side triceps with leg extended
  - Side chest with arms extended
  - Front ab/thigh
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- No heels may be worn at any time during the competition/judging of women's physique.

## **HEIGHT CLASSES**

### **2 CLASSES**

- 5'5 and above
- under 5'5