

## **UKBFF BIKINI CATEGORY RULES**

The Bikini Category is aimed at women, who are keeping their body in shape by eating healthy and keeping fit. Muscular definition is not allowed, but body tone and a healthy overall physical appearance is essential. Balance of the upper and lower body is important and the face and hair will also be taken in to consideration.

The UKBFF do not permit crossover to Bodybuilding, Body-Fitness and/or Fitness categories.

### **ATTIRE**

The attire for the Bikini category will be a two piece suit.

- All two-piece suits must be in good taste.
- Any colour and/or pattern is allowed and will be the competitors own choice. Crystals or glitter is allowed.
- The bottom part of the bikini must be V-shaped and cover a decent part of the front at least 2/3 of the glutes. Thongs are strictly prohibited.
- High heel shoes must be worn, but platform soles are not permitted. The colour and style of the shoes will be the competitors own choice.
- Competitors may wear jewellery in good taste

### **TANNING**

The athlete is expected to have a natural and healthy looking tan. Tan that comes off is strictly prohibited.

### **HEIGHT CLASSES**

At Qualifiers there will be 2 or 3 classes. Up to & including 163 cm, Up to & including 169 cm and Over 169 cm (or Over 168cm).

The UKBFF Executive Committee may, at their discretion, decide to add more height classes if needed. If the category has too many competitors and splitting of the Bikini category is needed, the height classes will be to the discretion of the UKBFF officials present.

### **PREJUDGING**

#### **Presentation and Comparison Round 1**

The competitors will walk on stage in a line-up and will be guided through 4 quarter turns.

### **PRESENTATION**

#### **Prejudging: Presentation (Round 1) (Two-Piece Bikini)**

The procedures for Round 1 (Two-Piece Bikini) will be as follows:

1. The entire line-up is brought onstage, in numerical order and in a single line.
2. The line-up will be divided into two equal-size groups and will be positioned onstage so that one group is to the left of the stage; the other group is to the right of the stage. The center portion of the stage will be left open for comparison purposes.
3. In numerical order, and in groups of no more than five competitors at a time, each group will be directed to center-stage area to perform the four quarter turns.
4. This initial grouping of competitors, and performance of the quarter turns, is intended to assist the judges in determining which competitors will take part in the comparisons that follow.

Judges will be asked to note down their top 5 -**not placing them**. The Assistant of the Head-Judge will collect all the judges' top 5 and prepare the comparisons according the judges wishes.

The Head-Judge will call the comparisons according to the judges' notes.

## **COMPARISON ROUND**

### **Pre-judging (Round 1)**

All individual comparisons will be carried out center-stage and in the order, from left to right, as requested by the head-judge. These comparisons will be done in the following manner:

- Front stance: competitors will stand with one hand resting on the hip and one leg slightly moved to the side.
- Quarter turn right: competitors will perform the first quarter turn to the right. They will stand left side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Right hand resting on the hip, left arm down and slightly back from the centerline of the body, with open hand relaxed. Left foot (nearest the judges) on the toe, slightly in front of the right foot and hip slightly raised.
- Quarter turn face the back: competitors will perform the next quarter turn to the right and will stand with their back to the judges. Legs apart, but not too wide apart (see picture below), relaxed stance with stomach in, chest up, one hand on the hip. Stay upright, no curved back or sticking out of the bottom. The judges are looking at the whole physique, balance and symmetry between upper body and lower body.
  - Athletes are reminded that you are not just judged on the looks of your bottom, but the whole of your body viewed from behind. You should stand upright.
- Quarter turn right: competitors will do the next quarter turn to the right and will stand their right side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Left hand resting on the hip, right arm down and slightly back from the centerline of the body, with open hand relaxed. Right foot (nearest the judges) on the toe, slightly in front of the left foot and hip slightly raised.
- Quarter turn front: competitors will do the last quarter turn to the right and will perform front stance.

The total number of comparisons will be as decided by the Head Judge or Stage Director.

All competitors will undergo at least one comparison.

Upon completion of the last comparison, all competitors will return to a single lineup, in numerical order, before exiting the stage.

## **SCORING**

The PRESENTATION and COMPARISON ROUND will be judged as one (1) Round.

Judges will be scoring the competitors using the following criteria:

1. Balance and shape
2. Overall physical appearance including:
  - a. Complexion
  - b. Skin tone
  - c. Poise
  - d. Overall presentation

See notes for guidance in the **ASSESSMENT** below.

## **ASSESSMENT**

1. The assessment should take the whole physique into account. The assessment, beginning with a general impression of the physique, should take into consideration the hair and facial beauty; the overall body development and shape; the presentation of a balanced, symmetrically developed, complete physique; the condition of the skin and the skin tone (with tattoos/without tattoos); and the athlete's ability to present herself with confidence, poise and grace.
2. The physique should be assessed as to its level of overall body tone, achieved through athletic endeavors and diet. The body parts should have a nice and firm appearance with a decreased amount of

body fat. **The physique should neither be excessively muscular nor excessively lean and should be free from muscle separation and/or striations.** Physiques that are considered too muscular, too hard or too lean must be marked down.

3. The assessment should also take into consideration the tightness and tone of the skin. The skin tone should be smooth and healthy in appearance, and without cellulite. The face, hair and makeup should complement the “Total Package” presented by the athlete.
4. The judge’s assessment of the athlete’s physique should include the athlete’s entire presentation, from the moment she walks onstage until the moment she walks offstage. At all times, the bikini-fitness competitor must be viewed with the emphasis on a “healthy and fit” physique, in an attractively presented “Total Package”.
5. Judges are reminded that this is not a Body-Fitness contest. The competitors should have shape to their muscle but not the separation, definition, very low bodyfat level or hardness that is seen at Body-Fitness competitions. Any competitor who exhibits these features is to be marked down.

After pre-judging the top 3 (Qualifying events )or Top 6 (British) will go forward to the Finals.

## **FINALS**

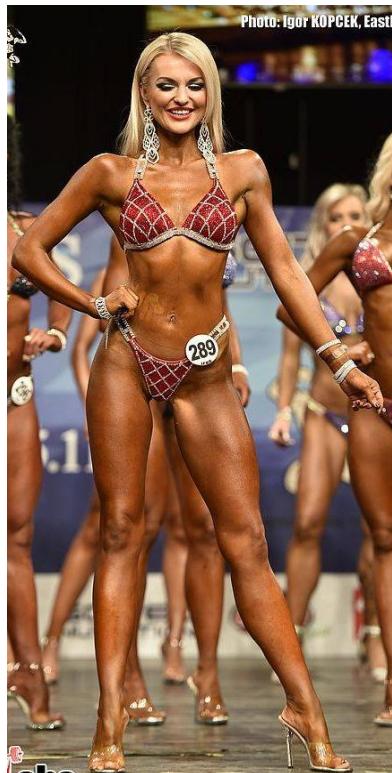
The competitor will enter the stage alone and perform an I-Walk.

The I-Walk consists of the following:

- The competitor will walk to the centre of the stage at the back. Stop and do a Front Stance
- She will perform a full turn to face the rear of the stage and do a Back Stance
- She will perform a full turn to the front again and face the Judges
- She will then walk to the front centre stage and do a Front Stance and Back Stance
- The competitor will take her place at the side of the stage as instructed by the stage marshal/director.

The Finalists will be judged in the Finals on their presentation as explained above (in Pre-Judging).

HERE ARE PICTURES OF THE 4 QUARTER TURNS



FRONT STANCE



SIDE STANCE



----- BACK STANCE -----



SIDE STANCE



FRONT STANCE -----