



## WNBF UK BIKINI CRITERIA

Bikini is the “softest” and lightest of the female divisions. Competitors should have a look that emphasises a fit, tight toned physique, especially in the glutes and legs. Please see the model featured for an example of the bikini look.

Athletes displaying levels of muscularity (both muscle size and conditioning) that are more appropriate for Figure, Fit Body or Bodybuilding competition will be marked down by the judges. In these cases athletes may be better suited to the aforementioned classes.

Bikini is for competitors who appear trained and athletic, but without muscular detail, separation and vascularity and have a level of muscle size lower than that rewarded in the Figure or Fit Body disciplines.

### COMPETITION FORMATS AND COMPETITION ATTIRE

**SHOW FORMAT-** All WNBF UK Competitions take place as a “ Straight Run Through” Event (Athletes appear on stage once and all rounds are judged and then presented their awards) Athletes should follow the competition attire rules below.

**BIKINI** - In the bikini division athletes wear a two-piece bikini posing tied across the back suit. The top will tie straight across the back (not a crossover suit), the bottom is a bikini cut that flatters the athlete’s physique. “Thongs” or suits that do not provide moderate coverage are NOT allowed. “Brazilian OR Pro Cut” suits are preferred in the WNBF UK..

- Multi coloured or solid colour
- Two-piece bikini. Fabric may be decorated, studs, rhinestones, beads or appliques (sequins/glitter) are allowed.
- Designs may include connectors, straps and hip connectors.

**JEWELLERY** - Jewellery is permitted; body jewellery (piercing) is allowed, so long as it is not offensive. Other jewellery (earrings, necklace, bracelets) may be worn, but should not obscure the physique or be in poor taste.

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**FOOTWEAR** High-heeled shoes are required. Height of the heel is at the discretion of the competitor however without an excessive platform (no more than 1cm inch) the WNBF UK prefers a no platform classical heel. So the ball of the foot and toes are flush or close to flush with the floor. A good example of these can be found below.



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## ROUNDS SCORED

### Round #1 - Fitness & Balance

- Round shoulders, serratus lines in abs, soft lines in legs, tight hamstrings and tight glutes, split in the calf
- Overly lean, muscular, or hard or vascular physiques will be scored down

### Round #2 - Stage Walk

The overall appearance of the athlete. Stage presentation, suit choice, tanning, hair, makeup, etc. is encompassed in this round.

## EXECUTION

The information below outlines competitor's poses for the Fitness and Physical Appearance rounds.

**Face front:** → See examples of what we want in our posing

- Hips facing forwards and one leg slightly extended to the side. A slight twist off in the hips is allowed as long as both hips and shoulders are visible from the front.

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- One hand must be on the hip, the other arm should hang down below the hips sweeping glute (not extended to the side). Arms should not be raised above the hips or spread wide impeding in another competitor's space next to you.

**Quarter turn to the right** From the front. Competitors execute a 1/4 turn to the right and adjust stance:

- Side position, left side showing
- Right leg straight, left leg slightly bent OR the other way around
- One hand on the hip hanging freely sweeping glute (should not be above hip height)
- Long hair should be pushed back behind the shoulder.



**Face back of stage** From the side pose, competitors execute a 1/4 turn to the right and face the rear of the stage.

- Feet must be spaced hip width apart. Weight can be centred or shifted to either side.
- Arm position - both arms off and extended to the sides slightly hold for 3 seconds then place hands down on thighs, pinch elbows in and keep chest lifted.
- Lats will be open but not over flared to show upper body shape
- Hair should be pushed to the front to show the back.
- At no time during the rear stance is a competitor permitted to turn their head to look at the judges.
- Standing in a wide straddle or bending over excessively is not permitted and will be scored down.
- At any time if competitors posing does not meet the criteria the head judge will issue a general warning. If it is not corrected they may call the specific athlete number to correct an issue. If the competitor still does not correct an issue the competitor may be scored down.



**Quarter turn to the right**

- Side position, Right side showing
- Left leg straight, right leg slightly bent OR the other way around
- One hand on the hip hanging freely sweeping glute (should not be above hip height)
- Long hair should be pushed back behind the shoulder.

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## TRANSITIONS

Quarter turn transitions between poses are at the discretion of the athlete to show artistry and fluidity, however any over exaggerated and distracting movements on stage will not be permitted and the head judge reserves the right to tell the competitor to hold their pose. Please don't spend too much time transitioning. Get to the next pose efficiently.

### Round 2 - STAGE WALK: I WALK

The Stage Walk is the competitor's opportunity to further show their physique and stage presence, grace, poise and confidence to the judges. The Stage walk is 30 seconds from entry to exit. Competitors should execute the I- walk in a tasteful, confident manner. Over exaggerated posing or performance outside bikini division (bodybuilding poses, gymnastic moves, etc.) will be scored down.

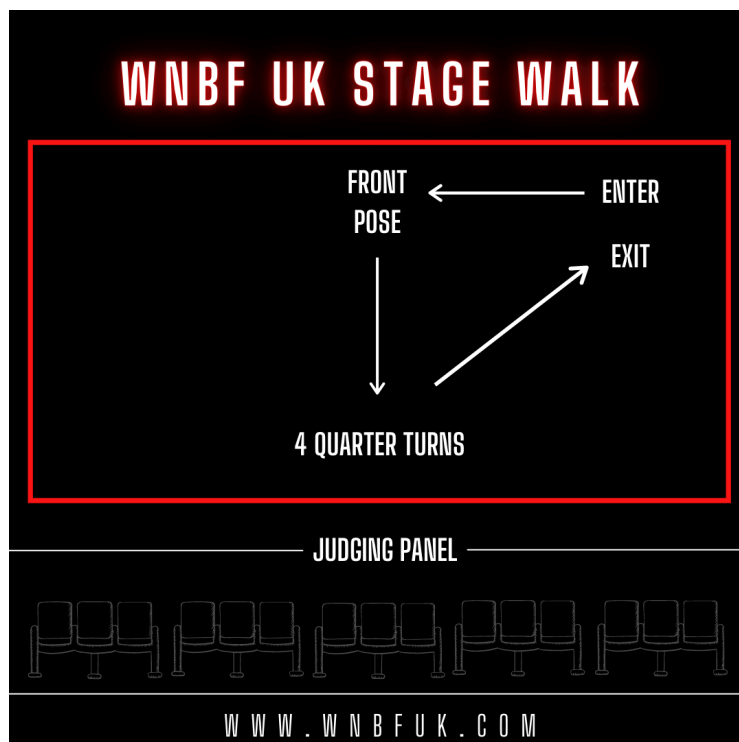
You will execute the mandatory poses at the locations specified below (also please see below diagram):

1st Location: Rear Centre stage----- Front "relaxed" pose (as in quarter turns)

2nd Location: Front Centre stage ----- All 4 quarter turns in sequence, finishing with the front pose.

Competitors will then exit the stage.

**POSES SHOULD BE HELD FOR NO LONGER THAN 3 SECONDS AND THE ENTIRE WALK COMPLETED IN 30 SECONDS OR LESS FROM ENTERING TO LEAVING THE STAGE.**



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