



WOMEN'S PHYSIQUE

Women's Physique Height Classes

Open women's classes

- Short Up to and including 5'4
- Medium over 5'4 and up to and including 5'6
- Tall over 5'6
- Master Women
- one class
- * For all contests with two (2) classes:
 - Up to and including 5'6"
 - Over 5'6"

PREJUDGING

A. After all competitors are on stage; the line up will be called forward in groups at the discretion of the head official to perform the following:

B. QUARTER TURNS

C. MANDATORY POSING

MANDATORY POSES WILL BE PERFORMED WITH OPEN HAND STYLE AND INCLUDE THE FOLLOWING POSES IN THE FOLLOWING ORDER:

1. FRONT DOUBLE BICEPS/ OPEN HANDS (**NO FLAT FOOTED** FULL FRONT POSE – SOME SORT OF FRONT TWISTING POSE)
2. BACK DOUBLE BICEPS/ OPEN HANDS
3. SIDE TRICEP WITH LEG EXTENDED
4. SIDE CHEST WITH ARMS EXTENDED
5. FRONT AB/ THIGH

Then followed by

D. CALL OUTS and COMPARISONS

Prejudging portion complete, return for finals.

FINALS

1. ALL competitors are required to return to finals.
2. INDIVIDUAL POSING ROUTINE- individual routine should include mandatory poses.
3. *FINALS ROUTINE WILL BE **60 SECONDS** IN LENGTH, PERFORMED TO MUSIC OF ATHLETES CHOICE ADHERING TO RULES SET FORTH BY THE BCABBA.
4. AWARDS



PLEASE NOTE YOU ARE REQUIRED TO SHOW UP AT THE NIGHT-SHOW FINALS OR YOU WILL RECEIVE A 1 YEAR SUSPENSION DUE TO POOR SPORTSMANSHIP

JUDGING CRITERIA

1. SYMMETRY, SHAPE, PROPORTION, MUSCLE TONE, POISE AND BEAUTY FLOW
2. PHYSIQUE SHOULD DISPLAY ALL OF THE ABOVE CRITERIA WITHOUT COMPROMISING FEMININITY, BEAUTY/ FLOW OF PHYSIQUE
3. THE FOLLOWING ARE EXAMPLES OF COMMON TERMS USED IN THE BODYBUILDING INDUSTRY.

THESE WORDS CAN BE HELPFUL TO ASSESS WHAT **SHOULD NOT** BE DESCRIPTIVE TO THE PHYSIQUES BEING JUDGED IN WP: EX.) RIPPED, SHREDDED, PEELED, STRIATED, DRY, DICED, HARD, VASCULAR, GRAINY, MASSIVE, THICK, DENSE, ETC.

4. WHILE ALL TYPES OF PHYSIQUES WILL BE CONSIDERED WHEN IT COMES TO HEIGHT, WEIGHT, STRUCTURE, ETC. EXCESSIVE MUSCULARITY WILL BE SCORED DOWN ACCORDINGLY.

5. WP SHOULD BE JUDGED AS A STANDARD BETWEEN WOMEN'S FIGURE AND WOMEN'S BODYBUILDING.

QUARTER TURNS

On the head official commands, Quarter Turns to the Right. Transitions should be smooth. Always look straight ahead.

POSING SUITS

1. Competitors will compete in a two-piece suit. The bottom of the suit must be **V-shaped**. No thongs are permitted. Competitors may compete in an off the rack suit, however custom competitive attire is recommended for proper fit and to adhere to stage guidelines. All posing suits must be in good taste.

2. Suits do **not** have to be solid in colour.

3. Posing suits will be worn and are subject to approval at registration.

4. Numbers issued at the weigh-in must be worn on the left side of the suit bottom

1. No gum chewing on stage or excessive oil

2. Banned Poses are the moon pose and lying flat on the stage. Performing banned poses will result in point deductions.

3. MUSIC CONTAINING PROFANITY OR EXPLICIT LANGUAGE will immediately be stopped and the competitor will exit the stage and lose their placing.

4. NO PROPS WILL BE USED.

5. NO HEELS MAY BE WORN



CHECK IN

* All WP competitors are heighten in at registration by the Head Judge or designated official.

FAQ For Women's Physique

Can our suits have underwire? **Yes.**

Can our suits cross at the top in the front? **No.**

How wide do the bottoms have to be? **Half of your glutes must have coverage.**

Can our bottoms have the booty scrunch? **Yes**

Can our suits be jewelled? **Yes**

Can we wear jewelry at Pre Judging and the Night Show? **Except for a wedding ring, bracelets and earrings, jewelry will not be worn. Competitors will not wear glasses, watches, pendants, and necklaces. You may wear jewelry for the night show ONLY.**

What poses do we do for the pre judging? **Quarter turns and mandatory poses.**

What poses do we do for the night show? **Quarter turns and mandatory poses.**

Do we do our routines in the morning show? **No you do not.**

Can we use props and / or costumes for our routines? **No you may not.**

How long are routines? **(60) sixty seconds**

Does the timing of our routines begin when the music starts or when we hit our first pose? **Your time begins when the music begins to play.**

Can there be cursing in our song choice? **No. If it occurs, the athlete will be disqualified and could face a 2-year suspension.**

Are there any poses not permitted in our routines? **Absolutely no rear bending over, nothing sexual in nature, no gang hand signals, no revealing poses.**

Does everyone do their routine at night or only the top five? **ONLY the top five will do their routines at the night show.**

Do we go bare foot? **Yes.**