



## **BIKINI AND FIGURE RULES**

### **COMPETITOR RULES:**

- Competitors must wear their suits to the athlete meeting and bring any other suits they plan on possibly wearing for the show. Please also bring your heels
- Competitors will compete in a two-piece suit of any colour and pattern. The bikini bottom must cover a minimum of 1/3 of the gluteus maximus and bottom part of the frontal area. Strings and thongs are strictly prohibited. All swimsuits must be in good taste. Athletes will be warned about improper suits and are advised to bring two (2) suits to check in. Athletes will be scored down if the suit is not up to standard Suit top cannot crisscross in the front.
- Competitors must wear high heels. Although shoes are not inspected at the CBBF National events, it is strongly recommended that athletes adhere to the IFBB International standards when selecting shoes (any style or colour but in good taste, sole thickness should be a maximum of 1/2 inch and stiletto should be a maximum of 12cm). This is to be used as a guide. Shoes should not be distracting to the full package and are intended to compliment athletes. Athletes should also consider shoe fit and how easy the shoes are to walk in.
- Competitors will not wear glasses, watches, wigs or artificial aids to the figure, except breast implants. Implants or fluid injections causing the change of the natural shape of any other parts or muscles of the body are strictly prohibited and may result in disqualification of the competitor
- Competitors are not allowed jewellery in the morning pre judging but may wear jewellery at the night show. Gold or silver stud earrings and wedding rings / bands are the only jewellery permitted in the AM. No body piercings, no dermal piercings (if one has a dermal they must be camouflaged with make up). No jewels on eye make up. If you have a tongue ring take it out or ABSOLUTELY DO NOT PLAY WITH IT IN YOUR MOUTH or you will be reprimanded and if you are caught a second time you will be asked to leave the stage.



- Hair may be styled
- The use of tans and bronzers that can be wiped off is not allowed. If the tan comes off by simply wiping, the athlete will not be allowed to enter the stage. Professional competition tanning methods (airbrush tanning, cabin spray tanning) may be used if applied by the professional companies and qualified personnel. Sparkles, glitter, shiny metallic pearls or gold colouring are prohibited whether applied as part of a tanning lotion and/or cream or applied separately, and regardless of who applied them on the competitor's body.
- The excessive application of oil on the body is strictly prohibited; however, body oils and moisturizers may be used in moderation
- The BCABBA Chief Official, or delegated representative, will have the right to determine if a competitor's attire meets an acceptable standard of taste and decency. If these standards are not met, the official has the right to remove the competitor from stage and have them change attire