



FIF INTERNATIONAL AND NATIONAL CRITERIA FOR JUDGING WOMEN'S BIKINI COMPETITORS

1. Criteria for Judging Female Physiques:
 1. Muscularity – the amount of muscle will vary between the divisions
 2. Condition- will vary depending on the division
 3. Symmetry and Balance
 4. Presentation (Posing)
2. Bikini
 1. **Bikini athletes should display-**
 1. A foundation of muscle which gives shape to the female body
 2. Full round glutes with a slight separation between the hamstring and glute area
 - Small amount of roundness in the delts
 1. Conditioned Core
 2. Overall look- hair, makeup, suit, and tan
 1. **Bikini athletes should NOT display –**
 1. Muscular density seen in a figure physique
 2. Squared glutes
 - Muscle separation seen in figure competitors
 1. Graininess
 2. Striations anywhere

BIKINI COMPETITOR RULES

- Competitors will compete in a two-piece suit. The bottom of the suit must be v-shaped. No Thongs are permitted. Competitors can compete in an off the rack suit. 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. If the fronts of the suit(s) bottoms are too low and the judges deem them so at check-in's, then the suit must be constructed higher, otherwise the Athletes will be scored down if the suit is not up to standard.
- Competitors must wear high heels.
- Competitors may wear jewelry.

**Note: FIF INTERNATIONAL AND FIF Singapore Have Not Authorized or Granted the license, authority or exclusivity to any competition suit company or designer to be their Official Suit Maker and to advertise their suits as an Official Cut or Approved Cut. There has never been an Official or Approved "Pro Cut Bikini" for Any Division! That term was erroneously created by suit makers.*

BIKINI HEIGHT CLASSES

NEW BIKINI HEIGHT CLASSES FOR 2020

Beginning in 2020, select FIF national level and non-national level contests will now have the option of offering up to Four (4) Height Classes. The promoters of these contests will indicate the amount of Height Classes available on their entries.

The breakdown is as follows:

Class 1 , under 160cm

Class 2 , under 165cm

Class 3, under 170cm

Class 4 under 175cm

A promoter can choose to have fewer height classes as follows:

BIKINI CHECK-INS

Bikini Division competitors will be checked in and measured the same as Lifestyle, Sport Model Women's Figure competitors.

All suits will be inspected at the check-in's. Every competitor must wear their competition suit under their clothing to weigh-in for inspection. If your suit is not inspected you will not be permitted to compete.

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.

BIKINI COMPETITION JUDGING

1. PRESENTATION

- Competitors will walk onstage alone and perform their Model Walk (personal preference)
- The Model Walk consists of the following:

Walk to the center of the stage , stop and do a front stance, then a full turn and do a back stance, then turn to the front again and face the judges as directed then proceed to the side of the stage. No lewd acts are permitted. Length of time allowed is 10 seconds.

2. COMPARISON ROUND, TWO-PIECE SWIMSUIT

- Competitors will be judged wearing a two-piece swimsuit and heels.
- The competitors will be brought back out in a group and directed to do a full front and back stance.
- Judges will have the opportunity to compare competitors against each other in half turns. (No side judging permitted, front and back only.)

3. SCORING

Judges will be scoring competitors using the following criteria:

- Balance and Shape
- Overall physical appearance including complexion, skin tone, poise and overall presentation.

Correct Posing



