



FIF BODYBUILDING WEIGH-IN

Competitors will need to report and weigh.

POSING SUITS

- All suit bottoms must be V-shaped, no thongs are permitted.
- Suits worn by male competitors must be plain in color with no fringe or wording.
- Posing Suits worn by female competitors must be two-piece but may include a printed design with fringes, lace, sparkle or fluorescents that are in good taste.
- All suits will be inspected at the Weigh-in/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. No Exceptions.
- 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. No Exceptions.
- Competitors are not permitted to alter the fit of the posing suit by hiking it up in the back or by pulling up the sides at any time while posing on stage.

POSING MUSIC

- Posing music will be used at the Finals.
- Posing Music in a Thumb Drive, must be the only music in the thumbdrive. Competitors name must be on the thumb drive for identification
- If a contest is using Digital Music Uploads, please follow the directions for that specific contest.
- Posing music must not contain vulgar lyrics. Competitors using music containing vulgar lyrics will be disqualified.

ONSTAGE

- During the Prejudging male and female competitors are not permitted to wear any jewelry onstage other than a wedding band and earrings. Decorative pieces in the hair are not permitted.
- No props or gum are permitted onstage.
- Lying on the floor is prohibited.
- Bumping and shoving is prohibited, that includes elbowing the competitor on either side of you. All persons involved will be disqualified.
- Competitor's numbers will be worn on the left side of the suit bottom with the exception of Bikini and Lifestyle.
- Bikini and Lifestyle competitors have the option of wearing their number on their dominant hip forward when standing to the front, meaning on the left or right side of their suit bottom.

BACKSTAGE

- The only people permitted in the backstage area are competitors, expeditors, FIF officials & FIF Media Online.

COMPETITOR'S HEALTH

- Any competitor who appears to be disoriented, light-headed or experiences undue cramping will not be permitted to compete.
- Any competitor disqualified for health reasons must be checked by the attending EMT and, if it is advised by the EMT, must go to the nearest hospital for evaluation.
- Competitors who refuse to be evaluated by the EMT or at the hospital will be suspended from competition for a period of one year from the date of the occurrence.







