

## **CATEGORY CRITERIA / JUDGES NOTES**

Every competitor must have their height, weight and age verified before the competition (Registration day) for final category, classification and grading.

The contestant's will be classified into their respective categories as illustrated in this info.

Athletes cannot change categories, on the day of the event.

Athletes will be categorised into Fitness, Performance, Athletic, Super body or Extreme based on their Height & Weight.

### **Judging Criteria**

The criteria to judge an athlete is based upon three equal aspects:

#### **Bikini & Mens Physique / Bermuda shorts**

Round 1 : T Walk 45 / 60 secs

Round 2 : Quarter turn round – Group

Round 3 : Call out round

#### **Other Classes**

Round 1 : Presentation I Individual Routine ( 60 Sec)

Round 2 : Symmetry I Quarter Turns Front, Back and Sides Line-up

Round 3 : Grade of Muscularity I Compulsory Poses/Comparisons

#### **Round 1 : Presentation I Individual Routine**

In the category 'Aerobics & Fitness Model' contestants can wear theatrical costumes use props and shoes to create a theme. Time for Aerobic routines is 90 seconds maximum.

All other competitor/categories will be allowed a maximum of 60 seconds to exhibit her/his figure, physical conditioning, charisma, and presentation ability through this free posing round. Contestants should show flexibility, creativity, overall presence and choreographed performance.

Presentation is the effective display of the contestant's asset through posing ability, posture, projection, and carriage on stage. Skin tone, grooming, and posing outfit are a part of presentation. The selection of poses and their proper execution, the smoothness of transitions, and the coordinated selection of music all enhance the routine and presentation.

In this round the judges look for qualified routines that demonstrate individual personality, style and muscle-coordination.

#### **Round 2 : Front, Back, and Sides Line-up**

In this round the judges analyse body shape, tone, symmetry, harmony and general presentation.

Symmetry refers to the structural harmony of the physique relative to the size of the various body parts. Shape, proportion, detail, definition, and balance of each body

part in relation to one another must give a cohesive whole and overall balance. All competitors in the class will present themselves on stage in serial order in a straight line or curve and assume a semi-relaxed stance. The head judge will then instruct the competitors as a group to execute a series of quarter turns allowing the judges to view them from all sides. When this procedure is finished and the judges are satisfied, round two is completed and all athletes must remain on stage.

### Round 3 : Grade of Muscularity I Compulsory Poses Comparisons

Muscularity refers to the size of the muscles in relation to skeletal structure, their shape and definition.

All competitors in the class will present themselves on stage in serial order and assume a relaxed stance. The head judge will call each of the poses in order giving the competitors sufficient time to hit and hold the pose for the judge's determination. After the initial comparisons are completed, the head judge shall shift the competitors about and conduct additional comparisons of selected subgroups.

Once the judging panel is satisfied, round three is finished.

#### Compulsory Comparisons:

FRONT DOUBLE BICEPS  
FRONT LAT SPREAD (no pose for women)  
SIDE CHEST  
SIDE TRICEPS  
BACK DOUBLE BICEPS  
BACK LAT SPREAD (no pose for women)  
ABDOMINALS AND THIGHS  
MOST MUSCULAR (no pose for women)

#### Categories:

- Junior Men – Under 24
- Men's Physique – Bermuda \*\*
- Men Over 40
- Men over 50
- Men's Fitness
- Men's Performance
- Men's Athletic
- Men's SuperBody
- Men's Extreme Body
  
- Women over 40
- Bikini Model – (Awards for u24 / o40)\*\*
- Women's Fitness
- Women's Performance
- Women's Athletic
- Women's Super-Body
- Women's Extreme

### 1. Junior Women – Under 24

- For Junior Female Figure Competitors
- Under 24
- Figure Suit Bikini
- Individual Routine
- Quarter Turns
- Compulsory Poses + Comparisons

#### Notes for Judges

Competitors should be placed in numerical order based on the size and condition of muscle, symmetry, proportion, and charisma of routine. Femininity, grace and poise should also be looked upon favourably.

Unfavourable aspects for Judges to consider:

None - this is an entry level category.

### 2. Junior men Under 24

- For Junior Male Bodybuilders
- under 24 years of age
- Stage briefs
- Individual Routine
- Quarter Turns
- Compulsory Poses + Comparisons

#### Notes for Judges

Competitors should be placed in numerical order based on the size and condition of muscle, symmetry, proportion, and charisma of routine.

### 3. Female Masters -

- For Female Master Figure Athletes
- 40 years of age & over
- Figure suit / bikini
- Individual Routine
- Quarter Turns
- Compulsory Poses + Comparisons

#### Notes for Judges

Competitors should be placed in numerical order based on the size and condition of muscle, symmetry, proportion, and charisma of routine. Femininity, grace and poise should also be looked upon favourably.

### 4. Male Masters 40

- For Male Master Bodybuilders
- 50 years of age & over
- Stage briefs
- Individual Routine

- Quarter Turns
- Compulsory Poses + Comparisons

#### Notes for Judges

Competitors should be placed in numerical order based on the size and condition of muscle, symmetry, proportion, and charisma of routine.

#### Male Masters 50

- For Male Master Bodybuilders
- 50 years of age & over
- Stage briefs
- Individual Routine
- Quarter Turns
- Compulsory Poses + Comparisons

#### Notes for Judges

Competitors should be placed in numerical order based on the size and condition of muscle, symmetry, proportion, and charisma of routine.

#### 5. Women's Fitness

- For Female Figure Athletes
- Class 1: U163cm - 45kg | Class 2: 0163cm - 60kg
- Figure suit / bikini
- Individual Routine
- Quarter Turns
- Compulsory Poses + Comparisons

#### Notes for Judges

Competitors should be placed in numerical order based on the size and condition of muscle, symmetry, proportion, and charisma of routine. Femininity, grace and poise should also be looked upon favourably.

#### 6. Men's Fitness

- For Male Bodybuilders
- Class 1: 0179cm - 80kg | Class 2: 172cm-179cm - 75kg | Class 3: 165cm - 172cm - 70kg | Class 4: Up to and incl.165cm - 65kg
- Stage briefs
- Individual Routine
- Quarter Turns
- Compulsory Poses + Comparisons

#### Notes for Judges

Competitors should be placed in numerical order based on the size and condition of muscle, symmetry,

proportion, and charisma of routine.

#### 7. Women's Performance

- For Female Figure Athletes
- Class 1: U163cm 45 - 50kg | Class 2: 0163cm 50 - 55kg
- Figure suit / bikini
- Individual Routine
- Quarter Turns
- Compulsory Poses + Comparisons

#### Notes for Judges

Competitors should be placed in numerical order based on the size and condition of muscle, symmetry, proportion, and charisma of routine. Femininity, grace and poise should also be looked upon favourably.

#### 8. Men's Performance

- For Male Bodybuilders
- Class 1: 0179cm 80-85kg | Class 2: 172cm - 179cm 75-80kg | Class 3: 165cm - 172cm 70-75kg | Class 4: Up to and incl. 165cm 65-70kg
- Stage briefs
- Individual Routine
- Quarter Turns
- Compulsory Poses + Comparisons

#### Notes for Judges

Competitors should be placed in numerical order based on the size and condition of muscle, symmetry, proportion, and charisma of routine.

#### 12. Women's Athletic

- For Female Figure Athletes
- Class 1: U163cm 50 - 55kg | Class 2: 0163cm 55 - 60kg
- Figure suit / bikini
- Individual Routine
- Quarter Turns
- Compulsory Poses + Comparisons

#### Notes for Judges

Competitors should be placed in numerical order based on the size and condition of muscle, symmetry, proportion, and charisma of routine. Femininity, grace and poise should also be looked upon favourably.

#### 13. Men's Athletic

- For Male Bodybuilders

- Class 1: 0179cm 85-90kg | Class 2: 172cm - 179cm 80-85kg | Class 3: 165cm - 172cm 75-BOkg | Class 4: Up to and incl.165cm 70-75kg
- Stage briefs
- Individual Routine
- Quarter Turns
- Compulsory Poses + Comparisons

#### Notes for Judges

Competitors should be placed in numerical order based on the size and condition of muscle, symmetry, proportion, and charisma of routine.

#### 14. Women's SuperBody

- For Female Figure Athletes
- Class 1: U163cm 55 - 60kg | Class 2: 0163cm 60 - 65kg
- Figure suit / bikini
- Individual Routine
- Quarter Turns
- Compulsory Poses + Comparisons

#### Notes for Judges

Competitors should be placed in numerical order based on the size and condition of muscle, symmetry, proportion, and charisma of routine. Femininity, grace and poise should also be looked upon favourably.

#### 9. Men's SuperBody

- For Male Bodybuilders
- Class 1: 0179cm 90-95kg | Class 2: 172cm - 179cm 85-90kg | Class 3: 165cm - 172cm 80-85kg | Class 4: Up to and incl.165cm 75-BOkg
- Stage briefs
- Individual Routine
- Quarter Turns
- Compulsory Poses + Comparisons

#### Notes for Judges

Competitors should be placed in numerical order based on the size and condition of muscle, symmetry, proportion, and charisma of routine.

#### 10. Men's Extreme

- For Male Bodybuilders
- Class 1: 0179cm 95kg+ | Class 2: 172cm - 179cm 90kg+ | Class 3: 165cm - 172cm 85kg+ | Class 4: Up to and incl.165cm 80kg+
- Stage briefs

- Individual Routine
- Quarter Turns
- Compulsory Poses + Comparisons

#### Notes for Judges

Competitors should be placed in numerical order based on the size and condition of muscle, symmetry, proportion, and charisma of routine.

#### 11. Women's Extreme

- For Female Figure Athletes
- Class 1: U163cm 50kg+ | O163cm 65kg+
- Figure suit / bikini
- Individual Routine
- Quarter Turns
- Compulsory Poses + Comparisons

#### Notes for Judges

Competitors should be placed in numerical order based on the size and condition of muscle, symmetry, proportion, and charisma of routine. Femininity, grace and poise should also be looked upon favourably.

#### 12. Bikini Model

- For Female Bikini Models
- Jr's under 24
- Masters 40 & over
- Bikini
- T-Walk in Bikini
- Quarter Turns
- Comparisons

#### Notes for Judges

Competitors should be placed in numerical order based on overall appearance, presentation and physique. Femininity, grace and poise should also be looked upon favourably.

Unfavourable aspects for Judges to consider:

This is a model class. Competitors should not appear hard with deep muscle separation & striation.

#### 13. Men's Physique (Board / Bermuda shorts)

- Junior Under 24 years
- Short Up to & including 172 cm
- Tall Over 172 cm
- Senior Over 40 years of age.

Competitors will wear Bermuda style board short's, the shorts will cover the whole upper leg, down to the upper point of the knee, the colour and fabric of the shorts is at the competitor's discretion.

Lycra tights, Speedo briefs or bike-shorts are prohibited and will be disqualified.

The Head Judge, or a delegated official may disqualify a competitor if attire does not meet the criteria established.

**JUDGING ONE ROUND ONLY** : judges will be reminded that extreme muscularity and definition will be marked down.

1. Each athlete is introduced individually by number, name and country by MC and proceeds to follow a T Model walk on stage and creates a line at the rear of the stage (Refer attached )

2. Each Class is then introduced as a group onstage, in numerical order in a single line or two rows, depending on the volume of athletes.

3. In numerical order, each group is directed to the centre-stage area facing the judges to perform the four quarter turns.

a. Quarter Turn Right

b. Quarter Turn Rear

c. Quarter Turn Right

d. Quarter Turn Front

4. On completion of the quarter turns the group is reformed and for further judging comparison.

6. A pose down is called to allow time for judging sheets to be collated.

7. Top three in each class are announced and requested to stand at rear of stage

### **WFF BERMUDA MODEL (Boardshorts)**

With the exception of the upper legs, which are covered by board shorts, the assessment should take the whole physique into account.

The model should neither be excessively muscular nor excessively lean and should be free from deep muscle separation and/or sharp striations as required in bodybuilding.

Physiques that are considered too big, too muscular, too hard, too dry or too lean will be marked down.

Judges should be reminded that this is not a bodybuilding contest rather a MODEL category.



**CLASS 1** Over 1.79m  
**CLASS 2** 1.72m up to 1.79m  
**CLASS 3** 1.65m up to 1.72m  
**CLASS 4** Up to and inc. 1.65m



-65kg



-70kg



-75kg



-80kg



65kg  
-70kg



70kg  
-75kg



75kg  
-80kg



80kg  
-85kg



70kg  
-75kg



75kg  
-80kg



80kg  
-85kg



85kg  
-90kg



90kg  
-95kg



95kg  
-100kg



100kg  
-105kg



105kg  
-110kg



110kg+



115kg+



120kg+



125kg+

FITNESS FITNESS FITNESS FITNESS

PERFORMANCE PERFORMANCE PERFORMANCE PERFORMANCE

ATHLETIC ATHLETIC ATHLETIC ATHLETIC

SUPERBODY SUPERBODY SUPERBODY SUPERBODY

EXTREME EXTREME EXTREME EXTREME

