

Rules for the bikini division

General information

- The starting numbers are placed on the right side in the front and on the left side in the back on the posing bottoms
- The competition consists of prejudging, finals and the overall

Judging criteria

- Role model of the bikini division is the athletic and feminine appearance of a typical fitness model
- Symmetric development of individual muscle groups
- Aesthetic, feminine muscle tone
- Beauty and femininity: make up, hair, nails, etc.
- Appearance and presentation: walk, posing, posture, charisma, personality
- The overall package is important

Suit

- Athletes have to wear a two-piece bikini
- Athletes have a free choice on color and rhinestones
- Swim suits are not permitted
- Bracelets, rings and hair accessories are permitted for the emphasis of femininity. Jewelry is not allowed to be distracting.
- Necklaces are not permitted.
- Shoes have to be clear but can vary in design. The maximal heel height is not allowed to be bigger than 15cm.
- The bikini has to be clean and free of tanning products

Behavior

- Athletes have to follow the jury's posing instructions
- Bumping and pushing other competitors on stage is strictly prohibited. Any kind of physical or vocal conflicts can lead to a disqualification. Companionable and with sportsmanship driven posing with other competitors is permitted.

Prejudging

- The jury evaluates the athletes during the comparisons of front, side and back poses
- All athletes enter the stage together and hit a front pose facing the jury. Upon request by the jury athletes will be asked to do quarter turns.
- Front pose:
 - Shoulders face the jury
 - Heels can, but don't have to be flat on the floor. One leg is allowed to be spread slightly to the side.

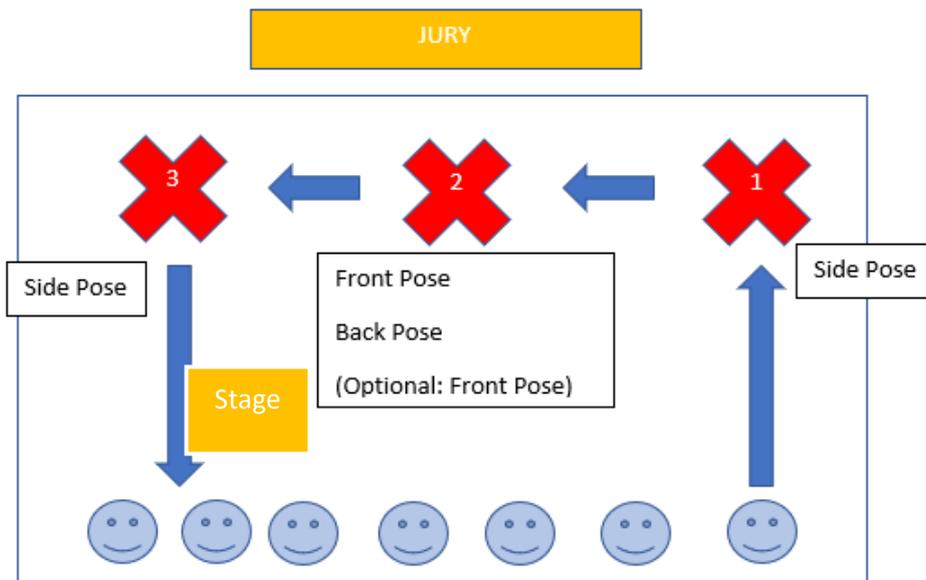
- Side pose:
 - Feet have to be placed closely together. The front leg can be extended or slightly elevated.
 - Toes and hips are rotated to the side. The upper body is facing the jury while the rear shoulder should be seen.
 - The rear hand can hang loosely or be placed on the rear hip.
- Back pose:
 - Feet can either be placed their shoulder width apart or together.
 - Knees don't have to be fully extended but are not allowed to be obviously bent.
 - Long hair has to be moved to the front so that the back can be seen.
 - Purposely bending over is strictly prohibited.
 - The upper body is supposed to be held straight.
- The heels are never allowed to be placed further than shoulder width apart.
- Arms are never allowed to be exaggeratedly spread.
- In every pose, besides the back pose, one hand has to be placed on a hip of choice.
- The line of vision has to be aligned with the foot positioning (except in the side pose).
- The jury is allowed to call out comparisons.
- The jury is allowed to let the line up walk to and back from the curtain.
- The jury is allowed to call out athletes to correct poses.

Finals

- **All athletes** are part of the finals.
- All athletes enter the stage together and hit a front pose facing the jury. Upon request by the jury athletes could be asked to do quarter turns.
- During finals the routines are presented in numerical order.
- The judges announce the Top 5.
- Awards ceremony will take place.
- The rules for finals are the same as for prejudging.

Routine

- The individual routine is part of the finals and takes place after comparisons
- The jury calls out the athletes in numerical order to let them perform their individual routine
- The maximal duration of the individual routine can't exceed 30 seconds per athlete. After that the jury is allowed to stop the routine and call out the next athlete.
- The music will be provided by the WNBf Germany
- The athletes are allowed to choose poses in her individual routine in accordance to the WNBf rules in order to accentuate their physique to their best.
- Every athlete performs a 3 point Walk style routine according to the following picture:



Overall

- Every first-place winner of the bikini classes is competing against each other in the overall.
- Upon request by the jury athletes will be asked to do quarter turns (front, side & back pose)
- In the so called posedown athletes can place themselves in directly in front of the jury. In a duration of 60 seconds music will be played where the athletes can choose their poses to accentuate their physique to their best and aim for the jury's attention.
- After the posedown the overall bikini winner will be announced. The winner gets rewarded with the WNBK Bikini Pro Card.