

Ladies Physique

LADIES PHYSIQUE

When assessing the physique of a competitor judges should take into account overall physical presentation. Ladies Physique competitors should present with poise, grace, elegance and femininity as well as stage presence. These attributes will be assessed during the i-Walk.

The physique of competitors during the quarter turns will be assessed as follows:

1. Balance – Ladies Physique competitor should have a balanced physique between the upper and lower body.
2. Proportion – Flowing proportions and lines should be sort after that are pleasing to the eye. Body parts although trained should remain in balance and proportional to each other. The judges will be looking for an X-frame with width in the clavicles, shoulders and back and a tapered waist
3. Symmetry – The athlete should strive to maintain symmetrical muscular development from the left to right side of the physique.
4. Muscle mass – The typical Ladies Physique competitor is defined. The judges should expect well quadricep and hamstring development. Well-rounded and complete glutes should be a key trait of a Ladies Physique athlete however the glutes should be in proportion to the upper leg and not on the level of mass of a wellness athlete.

The upper body of a Ladies Physique competitor should be representative of a competitor that has been training for many years to develop a physique that is complete and carrying a moderately high amount of muscular density. WE ARE NOT LOOKING FOR A FEMALE BODYBUILDER. The back of a Ladies Physique competitor should be fully developed and complete.

The upper body in general should be in proportion in relation to all body parts. And it should be strived to have a balanced upper to lower body ratio.

5. Condition – Condition is defined as muscle tone which is revealed by a level of bodyfat that can be deemed to have been achieved through regimented fat loss through nutrition.

The athlete should display exceptional condition along with the well-developed muscularity in the category

6. Implants – Except for breast implants no other implants will be allowed. No oil or fluid-based injections will be allowed, and the athlete will be marked down if anything of the nature is assessed by the judges.

Ladies Physique does not have height line ups. There will only be one line up BUT if the line up has grown too large the organisers reserve the right to split the line up into height category or age categories

What can the athlete expect on stage?

A live judging format will be applied.

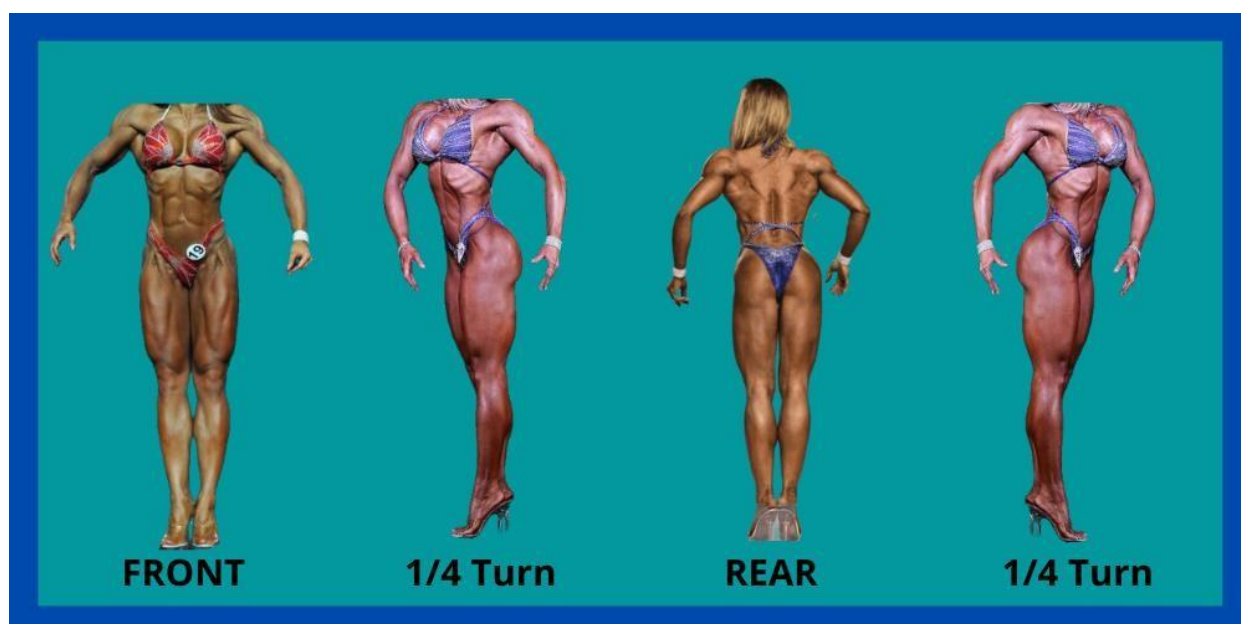
Athletes will be brought on stage and placed into a predefined space in numerical order.

The athletes will be compared to each side by side other in quarter turns.

Once compared athletes will be moved to the rear of the stage and be asked to perform their i-Walk.

During this time athletes will be assessed on poise, grace, elegance, and femininity as well as stage presence and the overall package being presented.

Quarter Turns



NB. Please note the athlete will be asked to remove the hair from the back to be assessed on the rear pose. NO HEELS IN THIS CATEGORY

POSING ROUND

1. Quarter Turns as above

Compulsory poses

1. Front Double Bicep
2. Front Lat Pose
3. Side Chest
4. Side Tricep
5. Rear Double Bicep
6. Rear Lat Pose
7. Abdominal Thigh

Stage Attire

The Bikini

The athlete will be required to wear a 2-piece bikini with connectors across the back

The bikini top must be of a sturdy construction and should be designed to fit the athlete well to prevent the risk of sliding up or breaking to protect the athlete's dignity on stage.

The bikini bottoms connectors must be sturdy and may either be "blinged" but backed by a strong plastic backing to support and strengthen the bottoms OR should be material.

The front of the bikini bottom should be no less than 4 fingers width from the bottom of pelvis of the athlete. This measurement should be assessed using the athletes own hand at registration by the head judge.

See image below for guidance on choosing your bikini bottom.

NB. No thong cut bikinis will be allowed. No bling hanging off the bikini top or bottom will be allowed and the judges will have the right to request to the removal of any parts that obscure the body.



PREFERRED/ALLOWED BIKINI BOTTOM CUTS

Stage Heels

No Stage Heels for this category

Jewelry

Competitors will be allowed to wear bracelets, earrings, wedding rings and glasses if required. All other jewelry will not be allowed.

Tan

No Dream Tan will be allowed or any tan that rubs off to the touch. No body bling in the form of sparkles, glitter or diamantes or any other additional decorative items may be added to the body.

Home or self-tan kits are allowed as long as they do not rub off to the touch. It is highly advised to make use of professional tan service providers.

TAKE SPECIAL COGNISANCE:

The colour of the athlete's tan should not be excessively dark or light. The tan should enhance the individual's physique thereby making it easier for the judges to have the best version of the athlete presented on stage.

While athletes will not be judged or penalized on their tan. It is important to note that the tan has the ability to either hide or display the athlete's strengths. It is advised that the athlete secures the services of professional and reputable tan service providers and if the athlete is a first timer it is recommended that the athlete performs a test tan to better be able to select the product and service that best suits the athlete.

No spray and cook or any type of oil that encourages the rubbing off, of tan will be allowed.

NB. The head judge reserves the right to remove any athlete from competition if it is deemed that any of the rules are not adhered to.