



WFF International

Judges Training Course

Sports Model

Bikini Model

Bermuda/Beach Model



Formed in 1968

1.0 INTRODUCTION

1.1 OUR AIM:

To have the trust and confidence of our athletes in us as judges. To determine the best athlete on the day of the competition.

We as judges must be **NEUTRAL**.

No personal feelings towards an athlete should interfere with your decision as a judge

To ensure that the athlete with the best genetics/structure and with the least number of faults wins.

2.0 WFF Bodybuilding/Model Judges Criteria

2.1 Judges Responsibility and Rules:

(Note: Efforts must be made to adhere to all below rules)

1. Judges to be dressed appropriately:
 - a. Male Judges – Dark suit jacket/suit with WFF tie and badge
 - b. Female Judges – Dark jacket with official tie and badge
2. No unnecessary talking. Conferring with fellow judges is permitted but must be done discreetly and relevant to judging only.
3. No use of mobile phones at the judging table. All mobile phone to be kept out of sight.
4. No taking of photos from the judges table.
5. Judges to pay attention at all times to the stage and the athletes.
6. Judges may not assist competitors in any way during the competition – competitors requiring assistance should be referred to the Chairman of Judges.

2.2 Preparation & Information

1. The judging panel will consist of 2 panels:
 - a. Bodybuilding/Figure Judging Panel – usually consists of 7 or 9 or 11 judges.
 - b. Model Judging Panel - usually consists of 7 or 9 or 11 judges.
 - c. Judges can be on either panel but must not be on the 2 panels for any one competition.
2. Judges must be familiar with the judging criteria and competition regulations and any specific rules that are relevant to their specific areas.
3. Judges are to attend a briefing session prior to the contest at a time and place nominated by the Chairman of Judges to discuss:
 - a. Rules
 - b. Scoring requirements
 - c. Change or new judging criteria and competition rules.
 - d. Clarification of any other points to ensure fairness.
4. Judges to report to the nominated location 30/60 mins before the published competition start time.

2.3 Judging Process

1. Judges to evaluate each competitor according to the Judging Criteria in this document.
2. Judges must ensure that each competitor is judged in exactly the same manner and under the same condition.
3. Judges are to rate the competitor and rank them independently.

2.4 Scoring

1. The scoring method is by providing a ranking order as opposed to a points marking system. Objective of this ranking is to allocate the order of best developed and best proportioned bodybuilder or model. (Note: The athlete with the best genetics/structure and with the least number of faults wins)
2. Judges to score each category by providing a ranking order number for each athlete according to the Judging Criteria stated in this document.
3. Rating score sheets to be completed clearly and sent along with any notes to the Adjudicator (see Appendix for sample Rating Score Sheet)
4. Judges must write their names and sign the score sheet before submitting to the Adjudicator. The Adjudicator may nominate a Judge Number to each judge to be used and judges must write their number and sign each scoring sheet.
5. If a particular judge does not rank or miss a competitor, their score sheet for that category will not be counted.
6. The Adjudicator will validate the judges rating score sheets in consultation with the Chairman of Judges as required, compile the overall scores and take the results to the designated areas. (sample of the score sheet can be found in the Appendix)
7. No ties for any place is allowed.
8. In the event of a tie situation the competitor with the highest number of firsts will be declared winner. If two (or more) competitors have the same number of firsts the Chief Judge will carefully consider the judges score awarded to each competitor and make the final decision.

- Athletes are not allowed to compete in more than one Class within a Category. Athletes may compete in more than one class if these classes are in different Categories. There are 3 Categories in WFF:

Category 1: Bodybuilding and Figure

Category 2: Models

Category 3: Aerobic Performance

- Number of place to be ranked will be determined by the Chairman of Judges.
- All results will be kept confidential until the announcements of winners. Judges are not permitted to discuss contest results with anyone prior to the announcements of winners.
- Final results for all WFF International events must be sent to WFF Headquarters within 48 hours upon completion of the event.

3.0 Categories & Criteria Guidelines

The following are the list of WFF categories and their criteria:

Note: Athletes are only allowed to compete in one class within each category. However, athletes may compete in multiple classes but must be from a different category.

Men's Bodybuilding Category						
Category	Criteria	State	National	International	Amateur Overall	Pro Qualifier
First Timer	Never competed before.	✓	✗	✗	Yes	No
Novice	Competed but have never won the class.	✓	✓	✗	Yes	No
Masters Over 50s	Age over 50 years old.	✓	✓	✓	Yes	No
Juniors	Age under 24 years old.	✓	✓	✓	Yes	No
Fitness	Refer to the table below for the criteria for this 5 categories.	✓	✓	✓	Yes	Yes
Performance		✓	✓	✓	Yes	Yes
Athletic		✓	✓	✓	Yes	Yes
Superbody		✓	✓	✓	Yes	Yes
Extreme		✓	✓	✓	Yes	Yes
Professional	Professional Card holders	✗	✓	✓		

Men	Height	Fitness	Performance	Athletic	Superbody	Extreme
Class 1	>1.79m	<80kg	80-85kg	85-90kg	90-95kg	>95kg
Class 2	1.72-1.79m	<75kg	75-80kg	80-85kg	85-90kg	>90kg
Class 3	1.65-1.72m	<70kg	70-75kg	75-80kg	80-85kg	>85kg
Class 4	<1.65m	<65kg	65-70kg	70-75kg	75-80kg	>80kg



Women's Figure Category						
Category	Criteria	State	National	International	Overall Qualifier	Pro Qualifier
First Timer	Never competed before.	✓	✗	✗	Yes	No
Novice	Competed but have never won the class.	✓	✓	✗	Yes	No
Masters Over 45s	Age over 45 years old.	✓	✓	✓	Yes	No
Juniors	Age under 24 years old.	✓	✓	✓	Yes	No
Fitness	Refer to the table below for the criteria for this 5 categories.	✓	✓	✓	Yes	Yes
Performance		✓	✓	✓	Yes	Yes
Athletic		✓	✓	✓	Yes	Yes
Superbody		✓	✓	✓	Yes	Yes
Extreme		✓	✓	✓	Yes	Yes
Professional	Professional Card holders	✗	✓	✓		

Women	Height	Fitness	Performance	Athletic	Superbody	Extreme
Class 1	>1.63m	<50kg	50-55kg	55-60kg	60-65kg	>65kg
Class 2	<1.63m	<45kg	45-50kg	50-55kg	55-60kg	>60kg

Men's Sports Model Category						
Category	Criteria	State	National	International	Amateur Overall	Pro Qualifier
First Timer	Never competed before.	✓	✗	✗	Yes	No
Novice	Competed but have never won the class.	✓	✓	✗	Yes	No
Juniors	Age under 24 years old.	✓	✓	✓	Yes	Yes
Short	Height under or equal to 172 cm.	✓	✓	✓	Yes	Yes
Tall	Height over 172 cm.	✓	✓	✓	Yes	Yes
Over 30's	Age over 30 years old.	✓	✓	✓	Yes	Yes
Professional	Professional Card holders.	✗	✓	✓		

Men's Bermuda (Beach) Model Category						
Category	Criteria	State	National	International	Amateur Overall	Pro Qualifier
First Timer	Never competed before.	✓	✗	✗	Yes	No
Novice	Competed but have never won the class.	✓	✓	✗	Yes	No
Juniors	Age under 24 years old.	✓	✓	✓	Yes	Yes
Short	Height under or equal to 172 cm.	✓	✓	✓	Yes	Yes
Tall	Height over 172 cm.	✓	✓	✓	Yes	Yes
Over 30's	Age over 30 years old.	✓	✓	✓	Yes	Yes
Professional	Professional Card holders.	✗	✓	✓		

Women's Sports Model Category						
Category	Criteria	State	National	International	Amateur Overall	Pro Qualifier
First Timer	Never competed before.	✓	✗	✗	Yes	No
Novice	Competed but have never won the class.	✓	✓	✗	Yes	No
Juniors	Age under 24 years old.	✓	✓	✓	Yes	Yes
Short	Height under or equal to 163 cm.	✓	✓	✓	Yes	Yes
Tall	Height over 163 cm.	✓	✓	✓	Yes	Yes
Over 30's	Age over 30 years old.	✓	✓	✓	Yes	Yes
Professional	Professional Card holders.	✗	✓	✓		

Bikini Model Category						
Category	Criteria	State	National	International	Amateur Overall	Pro Qualifier
First Timer	Never competed before.	✓	✗	✗	Yes	No
Novice	Competed but have never won the class.	✓	✓	✗	Yes	No
Juniors	Age under 24 years old.	✓	✓	✓	Yes	Yes
Short	Height under or equal to 163 cm.	✓	✓	✓	Yes	Yes
Tall	Height over 163 cm.	✓	✓	✓	Yes	Yes
Over 30's	Age over 30 years old.	✓	✓	✓	Yes	Yes
Professional	Professional Card holders.	✗	✓	✓		

Aerobic Performance Category						
Category	Criteria	State	National	International	Overall Qualifier	Pro Qualifier
Open	No age, height or weight requirements.	✓	✓	✓	No	Yes
Professional	Professional Card holders.	✗	✓	✓		

Note: The judging criteria for Aerobic performance will follow the Fit Kids judging criteria.

4.0 Men's Model Judging Criteria

This WFF Models category consists of 2 categories:

1. Men's Sports Model
2. Bermuda (Beach) Model



Sports Model



Bermuda/Beach
Model



Bodybuilder

4.1 Men's Sports Model

Athletes will be judged on their masculine style, marketability and stage presence. Male Sports Models will also be judged on their ability to display their own unique character, style and self-confidence.

Male Sports Models will be expected to show off their physical attributes that project a fit and healthy lifestyle. A lean, well-proportioned, toned and athletic looking body is the look that is wanted.

Assessment:

1. Assess the athlete for their sports physique and photogenic qualities including marketability, personality and stage presence.
2. Judges to also look for overall physique shape, conditioning, balance, muscle definition and quality of individual and collective muscle groups which cannot be excessively muscular and should be free from deep muscle separation and/or striations.
3. The best overall symmetry combined with being photogenic and marketable will always be judged better than the more muscular and/or overly defined figure that looks like a men's bodybuilding competitor.

N.B. The athlete with the best genetics/structure and with the least number of faults wins.

The 4 Criteria Judged:

Men's Sports Models are judged on the overall quality of their muscular development, personality and marketability. Judging is based equally upon the presentation of:

1. Shape
2. Muscularity
3. Condition
4. Stage Presence

Criteria	Detail Breakdown
Shape	<ul style="list-style-type: none"> • Even balance of muscular development in comparison to each muscle group. • Lean muscular build with wide shoulders and narrow tapered waist and hips • Upper and lower body should be in proportion • Equal development between all muscle groups. • Equal development of muscularity on both right and left sides of the physique.
Muscularity	<ul style="list-style-type: none"> • Muscle mass quality not quantity (firm and tight) • A sports athlete level of muscular development with clear evidence of muscle definition especially the presence of a "six-pack" abdominals. • Density (hardness) Muscularity of the muscle • No deep muscle separation and/or striations and excessive vascularity as seen in men's Bodybuilding athletes • Muscles not holding excess water (retention), loose skin or high body fat content.
Condition	<ul style="list-style-type: none"> • Degree of muscularity brought about by the absence of subcutaneous body fat • Muscle Separation • Muscle Striations (none to light) • Vascularity • Water Retention (dryness) • Tight Skin <p>Defined muscularity is necessary to fully display the development of the physique.</p>
Stage Presence	<p>Effective stage presence is important to display the physique to its maximum potential.</p> <ul style="list-style-type: none"> • Posing performance • Charisma and Energy • Photogenic and Marketability • Pleasant facial expression • Skin Tone & Complexion • Grooming and Body Hair • Demonstrate physical fitness • Appear effortless on stage • Attentive and responsive

- Outfit:**
1. European style posing briefs/shorts (square cut spandex style swim shorts or high cut style spandex shorts)
 1. Shorts may be themed to a chosen sport
 2. Sports shoes permitted
 3. Sports equipment may be use as part of the theme chosen
Board Shorts, Swimming trunks and boxer/briefs will not be permitted.



N.B. Wearing of Boardshorts will be disqualified.

Rounds: 3 Rounds of judging

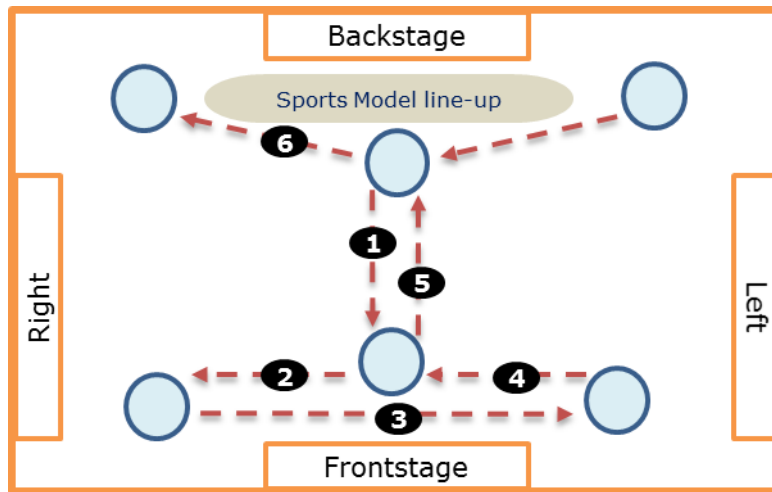
Round 1	Individual Ramp Walks ("T" or "V" walks)
Round 2	4 x Quarter Turns
Round 3	Comparison
To be completed by a "Pose Down" by all athletes	

Round 1 – Individual Ramp Walks (T or V Walks)

Each athlete will be introduced individually as they enter from the rear of the stage and proceed to the rear centre of the stage. Depending on the number of athletes and the decision of the Head Judge and the organiser of the competition, the decision of either the "T" or "V" walk pattern will be followed on stage.

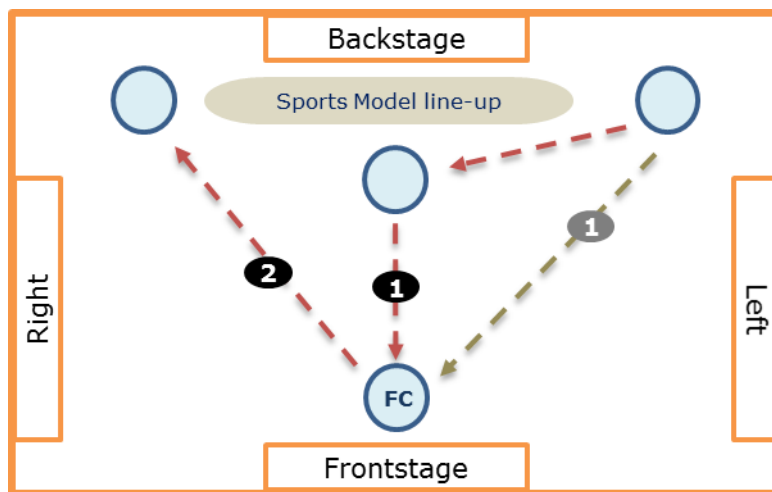
"T" Walk:

The athlete to enter from the rear of the stage and proceed to the rear centre of the stage. The athlete will then "model" walk to the front of the stage, pause and pose. Then turn to the right and walk to the side of the stage (Front Right), pause and pose. Next, the athlete is to walk across the stage to the other side (Front Left), pause and pose before walking back to the centre of the stage (Front Centre). Here the athlete will pause, turn around and show her back to the judges before completing her final pose. The athlete will then walk back to the rear of the stage to join the rest of the athletes in the line-up.



"V" Walk:

Athlete to enter from the rear of the stage and proceed to the rear centre of the stage. Athlete will then "model" walk to the front of the stage (Front Centre) pause, pose and turn around and show her back to the judges before completing her final pose. The athlete will then walk back to the rear of the stage to join the rest of the athletes in the line-up.



Round 2 – Quarters Turns (Front, Back & Side Line-Up's)

This round will require judges to evaluate the symmetry, proportion, tone and shape without being excessively muscular and should be free from deep muscle separation and/or striations.

Athletes to maintain poise, posture and general deportment, in a RELAXED State.

Athletes should remember this discipline is the first view the judges have of their physiques. By this stage all the serious training is over - so arguably

muscle development of a sports athlete, lean v-tapered shape, balance and symmetry, condition, photogenic, marketability and stage presence are the most important items on their list.



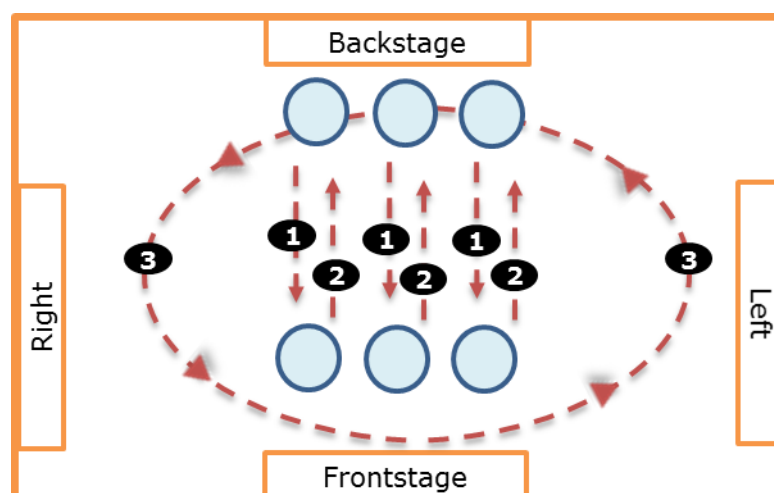
Round 3 – Comparison

This is the final round where the athlete has the opportunity to demonstrate their shape, poise and beauty to the judge. Judges will be making their final comparisons and assign a rank the athletes accordingly.

Judges will assess the athlete from the front, back and also how they walk while showing case their model flair and overall poise and beauty.

Athletes to “model” walk together in a line from the back to the front of the stage. They then pause, pose, turn around and model walk to the back of the stage. This walk will allow the Judges to compare from the front and also from the back.

After completion of the “model” walk, the athletes will collectively walk around the stage in a parade line and exit the stage.



4.2 Bermuda (Beach) Model

The Bermuda / Beach Model athlete is judged similar to the male bodybuilder with the focus only on the upper body. The athlete in this category will have a good level of deep muscle separation and/or striations and vascularity but not as extreme as those found in men's Bodybuilding athletes.

The athlete will have a higher level of muscularity compared to the Sports Model but not more than a bodybuilder. The physique remains lean and athletic with wide shoulders that tapers down to a narrow waist and hips.

When assessing a Bermuda /Beach Model physique, a Judge should follow a routine procedure, which will allow a comprehensive assessment of the physique as a whole.

During the anatomical stands the Judge should first look at the primary muscle group being displayed, the Judge should then survey the whole physique, starting from the head, and looking at every part of the physique in a downward sequence beginning with general impressions and looking for muscular bulk balance development, muscular density and definition.

The downward survey should take in the head, neck, shoulders, chest, all of the arms muscles, front of the trunk for pectorals, pec-delt tie-in, abdominals, waist thighs, legs, calves and feet. The same procedure for back stands will also take in the upper and lower trapezius, teres, infraspinatus and erector spinae, The lower body including the legs should be balance and proportioned with the upper body.

A detailed assessment of the various muscle groups should be made during the comparisons, at which time it helps the judge to compare muscle shape, density, and definition while still bearing in mind the competitor's overall balanced development.

Bermuda / Beach Models athletes will also be judged on their masculine style, marketability and stage presence. The athletes will need to demonstrate their ability to display their own personality, style and self- confidence.

Assessment:

1. Assess the athlete for superior physique from the standpoint of muscularity, balanced development, muscular density, definition (condition), photogenic qualities, marketability and stage presence.
2. Judges to also look for tone, shape and quality of individual and collective muscle groups both from front and back.
3. Assessing the physique is focused predominantly on the upper body.
4. The best overall symmetry combined with hard-defined muscle size will always be judged better than the larger bodybuilder lacking in definition quality is better than quantity.

N.B. The athlete with the best genetics/structure and with the least number of faults wins.

The 4 Criteria Judged:

Bermuda/Beach Model athletes are judged on the overall quality of their muscular development. Judging is based equally upon the presentation of:

1. Shape
2. Muscularity
3. Condition
4. Stage Presence

Criteria	Detail Breakdown
Shape	<ul style="list-style-type: none"> Even balance of muscular development in comparison to each muscle group. Lean muscular build with wide shoulders and narrow tapered waist and hips Upper and lower body should be in proportion Equal development between all upper body muscle groups. Equal development of muscularity on both right and left sides of the physique.
Muscularity	<ul style="list-style-type: none"> Muscle mass quality not quantity (firm and tight) Good level of muscular development with clear evidence of muscle definition with a clear "six-pack" abdominals. Density (hardness) of the muscle No deep muscle separation and/or striations and excessive vascularity as seen in men's Bodybuilding athletes Muscles not holding excess water (retention), loose skin or high body fat content.
Condition	<ul style="list-style-type: none"> Degree of muscularity brought about by the absence of subcutaneous body fat Muscle Separation Muscle Striations (none to light) Vascularity Water Retention (dryness) Tight Skin <p>Defined muscularity is necessary to fully display the development of the physique.</p>
Stage Presence	<p>Effective stage presence is important to display the physique to its maximum potential.</p> <ul style="list-style-type: none"> Posing performance Charisma and Energy Photogenic and Marketability Pleasant facial expression Skin Tone & Complexion Grooming and Body Hair Demonstrate physical fitness Appear effortless on stage Attentive and responsive

Outfit: 1. Bermuda shorts or Board shorts



Rounds: 3 Rounds of judging

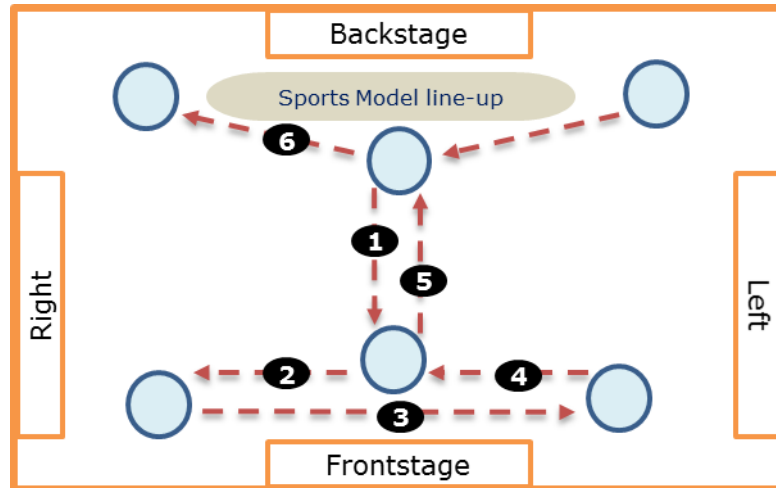
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Round 2	4 x Quarter Turns
Round 3	Comparison
To be completed by a “Pose Down” by all athletes	

Round 1 – Individual Ramp Walks (T or V Walks)

Each athlete will be introduced individually as they enter from the rear of the stage and proceed to the rear centre of the stage. Depending on the number of athletes and the decision of the Head Judge and the organiser of the competition, the decision of either the “T” or “V” walk pattern will be followed on stage.

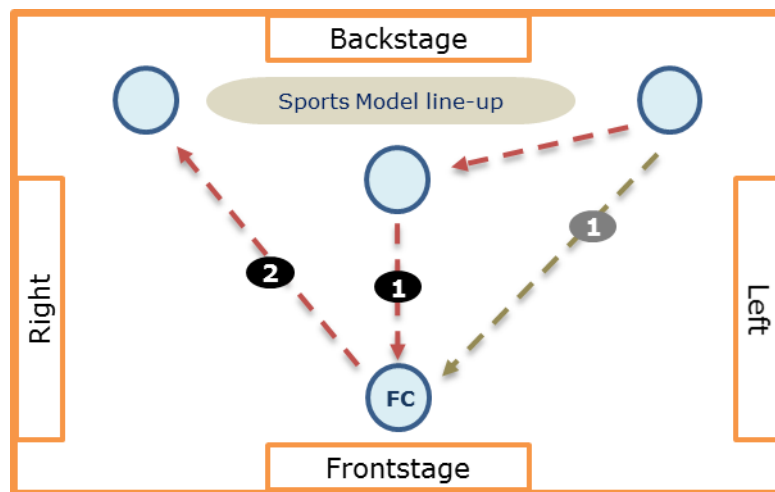
“T” Walk:

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"V" Walk:

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Round 2 – Quarters Turns (Front, Back & Side Line-Up's)

This round will require judges to evaluate the symmetry, proportion, tone and shape without being excessively muscular and should be free from deep muscle separation and/or striations.

Athletes to maintain poise, posture and general deportment, in a RELAXED State.

Athletes should remember this discipline is the first view the judges have of their physiques. By this stage all the serious training is over - so arguably muscular development, lean V tapered shape, balance and symmetry, condition, marketability and stage presence are the most important items on their list.



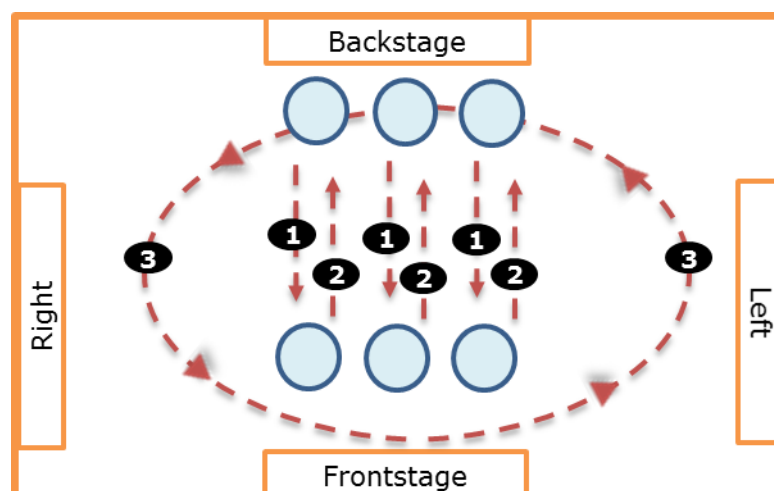
Round 3 – Comparison

This is the final round where the athlete has the opportunity to demonstrate their shape, poise and beauty to the judge. Judges will be making their final comparisons and assign a rank the athletes accordingly.

Judges will assess the athlete from the front, back and also how they walk while showing case their model flair and overall poise and beauty.

Athletes to “model” walk together in a line from the back to the front of the stage. They then pause, pose, turn around and model walk to the back of the stage. This walk will allow the Judges to compare from the front and also from the back.

After completion of the “model” walk, the athletes will collectively walk around the stage in a parade line and exit the stage



5.0 Women's Model Judging Criteria

This WFF Models category consists of 2 categories:

3. Women's Sports Model
4. Bikini Model



Bikini Model



Sports Model



Women's Figure

5.1 Women's Sports Model

The total package of an athlete for the Sports Model Class includes a high athletic level of development that is balanced and symmetrical, excellent skin condition and tone and have the ability to present confidence, poise and grace.

Judging criteria will be for a Sports Model figure and not "physique" or "trained" figure. Excessive muscularity and vascularity, high muscular definition and/or extreme diet leanness will not be considered acceptable. Competitors will be assessed as to the level of overall tone, achieved through athletic endeavours.

Athletes should have light muscle definition, especially in the mid-section and into the arms and shoulders, but this should not extend to a chiselled six-pack. This category is ideal for athlete that have been training for over 12 months and have a well-toned physique and a slight amount of muscularity.

Judges will be looking for a fit and shapely body, emphasizes on femininity, confidence and poise. The winner must be photogenic, marketable and epitomise the ideal fitness industry representative.

Assessment:

4. Assess the athlete for the round and firm appearance with small amount of body fat.
5. Judges to also look for tone, shape and quality of individual and collective muscle groups which cannot be excessively muscular and should be free from deep muscle separation and/or striations.
6. The best overall symmetry combined with being photogenic and marketable will always be judged better than the more muscular and/or overly defined figure that looks unfeminine.

N.B. The athlete with the best genetics/structure and with the least number of faults wins.

The 3 Criteria Judged:

Women Sports Models are judged on the overall beauty, grace, feminine shape, symmetry and tone. Judging is based equally upon the presentation of:

1. Shape
2. Poise
3. Beauty

Criteria	Detail Breakdown
Shape	<ul style="list-style-type: none">• Female athletic build with slightly wider shoulders and narrow hips• Well-toned physique with a slight amount of muscularity (e.g. light muscle definition on the abdominals similar to that of a sports athlete that has been training for over 12 months)• Upper and lower body should be in proportion• Shape of body to be symmetrical and balanced• Body not holding excess water (retention), loose skin or high body fat content• No deep muscle separation and/or striations and excessive vascularity as seen in Women's Figure athletes.
Poise	<ul style="list-style-type: none">• Demonstrate gracefulness and elegance with balanced control• Calm and confident• Appearing natural and yet controlled way of standing and moving.• Demonstrate graceful, natural and energetic style of walking in line with a runway model showing athletic fashion.• Excellent stage presence demonstrating feminine, creative and glamorous model poses.• Attentive and responsive. <p>Note: Effective stage presence whilst appearing effortless on stage is important to display poise.</p>
Beauty	<ul style="list-style-type: none">• Photogenic and Marketability• Charisma and continuously engaging judges/audience• Expressive and pleasant facial expression

	<ul style="list-style-type: none"> • Skin Tone & Complexion • Appropriate hair styles and make-up • Choice of outfit, theme and colour • Body Jewellery and/or accessories • Appropriate shoes • Demonstrate physical fitness
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- Outfit:**
1. Two piece sports outfit (High cut sports top and French cut sports bottoms)
 1. Sports shoes (flat or heeled)
 2. Appropriate accessories / jewellery



- Rounds:** 3 Rounds of judging

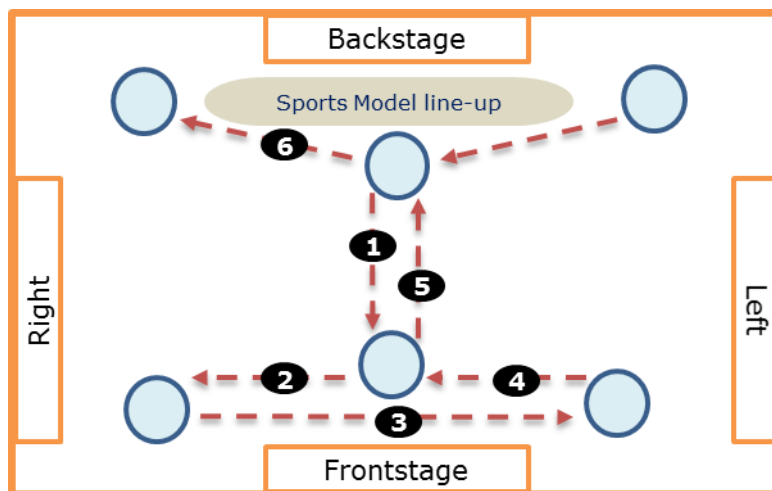
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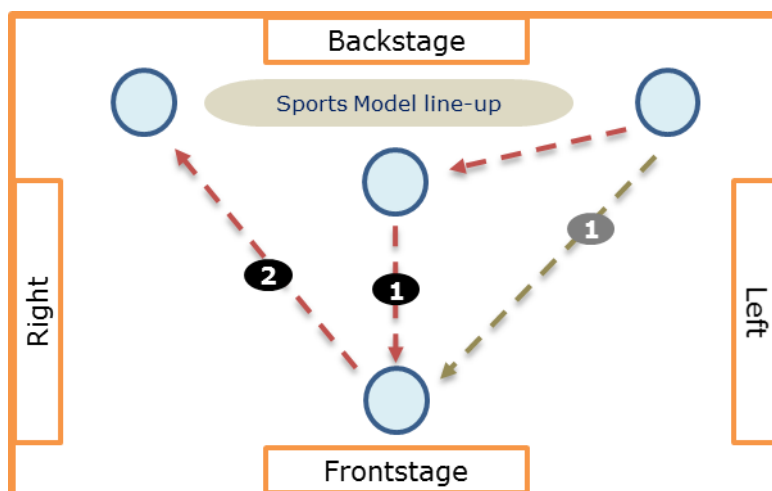
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Athletes to maintain poise, posture and general deportment, in a RELAXED State.

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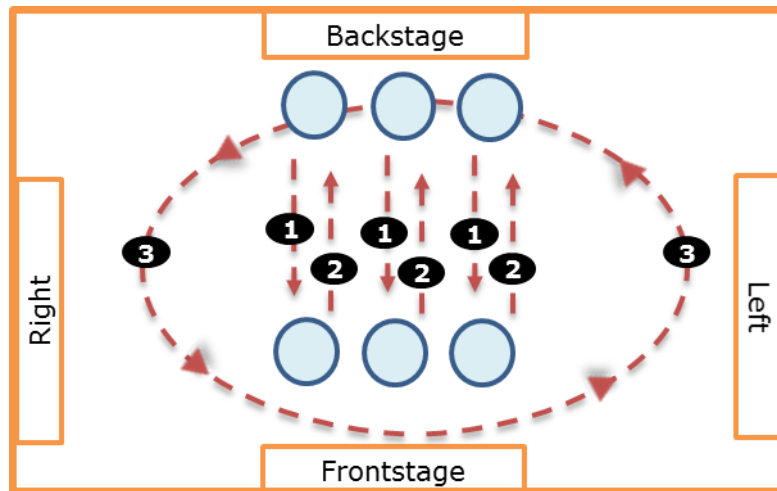
Round 3 – Comparison

This is the final round where the athlete has the opportunity to demonstrate their shape, poise and beauty to the judge. Judges will be making their final comparisons and assign a rank to the athletes accordingly.

Judges will assess the athlete from the front, back and also how they walk while showing case their model flair and overall poise and beauty.

Athletes to "model" walk together in a line from the back to the front of the stage. They then pause, pose, turn around and model walk to the back of the stage. This walk will allow the Judges to compare from the front and also from the back.

After completion of the "model" walk, the athletes will collectively walk around the stage in a parade line and exit the stage.



5.2 Bikini Model

The Bikini Model category is NOT a beauty pageant or modelling contest. Competitors are judged upon their overall shape, poise and beauty appropriate to a bikini model.

Unlike the Sports Model, the Bikini Model is softer in the body, voluptuous and rounder in shape than a Sports Model. However, a toned body is to be maintained. The Bikini model athlete must also be photogenic, marketable and a visual representation of fitness ideal for WFF.

The athlete competing in Bikini Model is usually an athlete who is looking at competing at a WFF entry level and progressing to Sports Model and eventually into the Figure category. However, there will be many athletes who will want to remain as a Bikini Model due to its focus on poise, beauty and femininity.

Assessment:

1. Assess the athlete for the round, voluptuous and toned appearance with firm abdominals and bottom.
2. Judges to also look for well balanced, symmetrical and feminine shape. No defined abdominals as seen in a Sports Model athletes and/or striations and excessive vascularity as seen in Women's Figure athletes
3. The best overall symmetry combined with beauty, glamour, poise and being photogenic and marketable will always be judged better than the more muscular or defined that looks unfeminine.

N.B. The athlete with the best genetics/structure and with the least number of faults wins.

The 3 Criteria Judged:

Bikini Models are judged on the overall beauty, poise, feminine shape, symmetry and tone. Judging is based equally upon the presentation of:

5. Shape
6. Poise
7. Beauty

Criteria	Detail Breakdown
Shape	<ul style="list-style-type: none"> Female voluptuous build with a rounder and softer shape/silhouette than the Sports Model. Upper and lower body should be in proportion Shape of body to be symmetrical and balanced Condition of body is toned with firm abdominals and bottom Body not holding excess water (retention), loose skin or high body fat content No defined abdominals as seen in a Sports Model athletes and/or striations and excessive vascularity as seen in Women's Figure athletes.
Poise	<ul style="list-style-type: none"> Demonstrate gracefulness, elegance, beauty and glamour with balanced control Calm and confident Appearing natural and yet controlled way of standing and moving. Demonstrate graceful, natural and pleasing style of walking in line with a runway model Excellent stage presence demonstrating feminine, creative and glamorous model poses. Attentive and responsive. <p>Note: Effective stage presence whilst appearing effortless on stage is important to display poise.</p>
Beauty	<ul style="list-style-type: none"> Photogenic and Marketability Charisma and continuously engaging judges/audience Expressive and pleasant facial expression Skin Tone & Complexion Appropriate hair styles and make-up Choice of bikini, style and colour that compliments the body Body Jewellery and/or accessories High heeled shoes that match the bikini Demonstrate physical fitness

- Outfit:**
1. Two piece bikini of any style complimentary to the physique (Thong style, G-string or any other two piece is allowed)
 2. Sequence and/or rhinestones on the bikini is encouraged
 3. High heeled shoes to match
 4. Costume and body jewellery is allowed but must be unobtrusive.



Rounds: 3 Rounds of judging

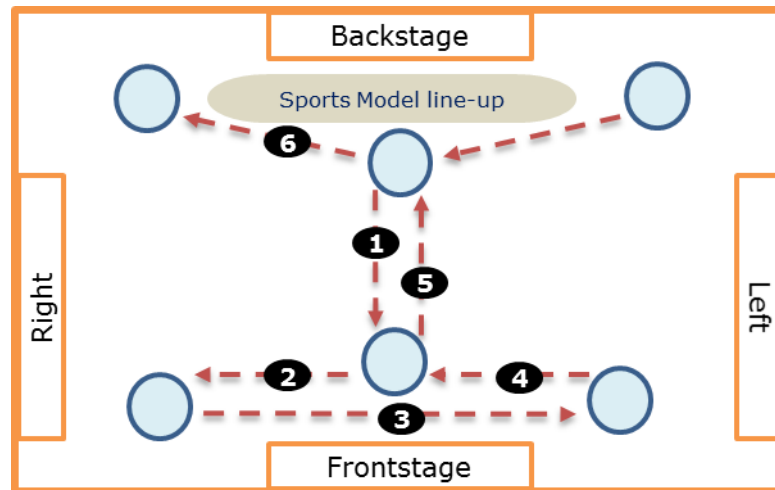
Round 1	Individual Ramp Walks ("T" or "V" walks)
Round 2	4 x Quarter Turns
Round 3	Comparison
To be completed by a "Pose Down" by all athletes	

Round 1 – Individual Ramp Walks (T or V Walks)

Each athlete will be introduced individually as they enter from the rear of the stage and proceed to the rear centre of the stage. Depending on the number of athletes and the decision of the Head Judge and the organiser of the competition, the decision of either the "T" or "V" walk pattern will be followed on stage.

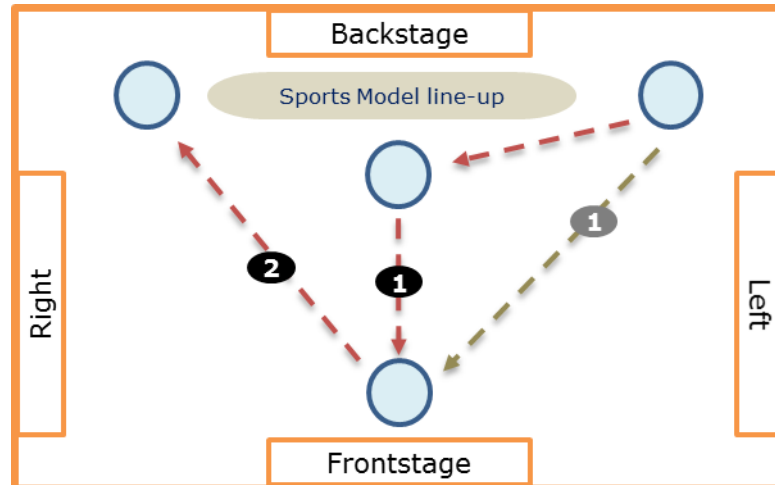
"T" Walk:

The athlete to enter from the rear of the stage and proceed to the rear centre of the stage. The athlete will then "model" walk to the front of the stage, pause and pose. Then turn to the right and walk to the side of the stage (Front Right), pause and pose. Next, the athlete is to walk across the stage to the other side (Front Left), pause and pose before walking back to the centre of the stage (Front Centre). Here the athlete will pause, turn around and show her back to the judges before completing her final pose. The athlete will then walk back to the rear of the stage to join the rest of the athletes in the line-up.



“V” Walk:

Athlete to enter from the rear of the stage and proceed to the rear centre of the stage. Athlete will then “model” walk to the front of the stage (Front Centre) pause, pose and turn around and show her back to the judges before completing her final pose. The athlete will then walk back to the rear of the stage to join the rest of the athletes in the line-up.



Round 2 – Quarters Turns (Front, Back & Side Line-Up’s)

This round will require judges to evaluate the symmetry, proportion, tone and shape without being excessively muscular and should be free from deep muscle separation and/or striations.

Athletes to maintain poise, posture and general deportment, in a RELAXED State.

Athletes should remember this discipline in the first view the judges have of their physiques. By this stage all the serious training is over - so arguably poise, posture, beauty and general deportment are the most important items on their list.



Round 3 – Comparison

This is the final round where the athlete has the opportunity to demonstrate their shape, poise and beauty to the judge. Judges will be making their final comparisons and assign a rank to the athletes accordingly.

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