



Competition Rules – Pro Women’s Bodybuilding

Judging

1. Each competitor is called onstage individually in numerical order and has up to a maximum of 60 seconds to perform the following 7 mandatory poses in the order shown:
 1. front double biceps
 2. front lat spread
 3. side chest
 4. back double biceps
 5. back lat spread
 6. side triceps
 7. abdominals and thighs
2. The entire lineup is then called onstage in numerical order and forms in equal numbers along diagonal lines at each side of the stage. The center stage area is left clear for the callouts.
3. The head judge then directs groups of competitors in numerical order through the quarter turns and mandatory poses. The size of the groups is at the discretion of the head judge.
4. The head judge then directs selected competitors through the callouts, where the selected competitors are compared against each other in the quarter turns and mandatory poses. The number and placement of competitors in the callouts is at the discretion of the head judge.
5. The Judging is worth 50% of the Final Score.

Finals (Confirmation Round)

1. The Finals, which includes the posing routine and confirmation round, is worth 50% of the Final Score.
2. Each competitor is called onstage individually in numerical order and has up to a maximum of 3 minutes to perform a posing routine to music of the competitor’s choice.
3. The entire lineup is then called onstage in numerical order and forms in equal numbers along diagonal lines at each side of the stage. The center stage area is left clear for the callouts.
4. The head judge directs selected competitors through the callouts, where the selected competitors are compared against each other in the quarter turns and mandatory poses. The number and placement of competitors in the callouts is at the discretion of the head judge.
5. The competitors then perform a 60-second posedown to music of the promoter’s choice.



Other Competition Rules

1. For all rounds, competitors must wear a two-piece bikini of a solid, non-distracting color, made from cloth fabric, which is clean and decent. Metallic material, such as gold or silver lame, or shiny rubberized material, may not be used to make up the bikini. The fastenings of the bikini must be plain with no attached ornamentation. The bikini must reveal both the abdominal muscles and the lower back muscles. The use of padding anywhere in the bikini is prohibited. The bikini and/or the competitor's body must not contain any commercial advertising and/or endorsements. If a competitor's bikini does not conform to the above rules, or does not conform to acceptable standards of taste and decency, the head judge has authority to direct that the competitor change her bikini, failing which the competitor may be disqualified.
2. The competitor's number must be securely attached to the left side of the bikini bottom at all times.
3. During the Judging, competitors cannot wear footwear, watches, bangles, pendants, chains, bracelets (wrist or ankle), ornamentation or artificial aids to the physique.
4. During the Judging, the hair must be worn off the shoulders so as not to hide the musculature of the upper back and shoulders. The hair may be styled for the Finals.
5. The use of props during the Judging or Finals is prohibited.
6. The use of vulgar, profane and/or offensive language in the posing music is prohibited.
7. The excessive application of oils, moisturizers, skin creams, tanning creams and like products is prohibited and may be used only in moderation. The application of tanning products must produce a natural tone so as to give the appearance of a natural tan. Products that produce an unnaturally colored tone, with an orange, yellow, red, green or gold hue, are prohibited. Bronzing agents that produce a metallic look are also prohibited.