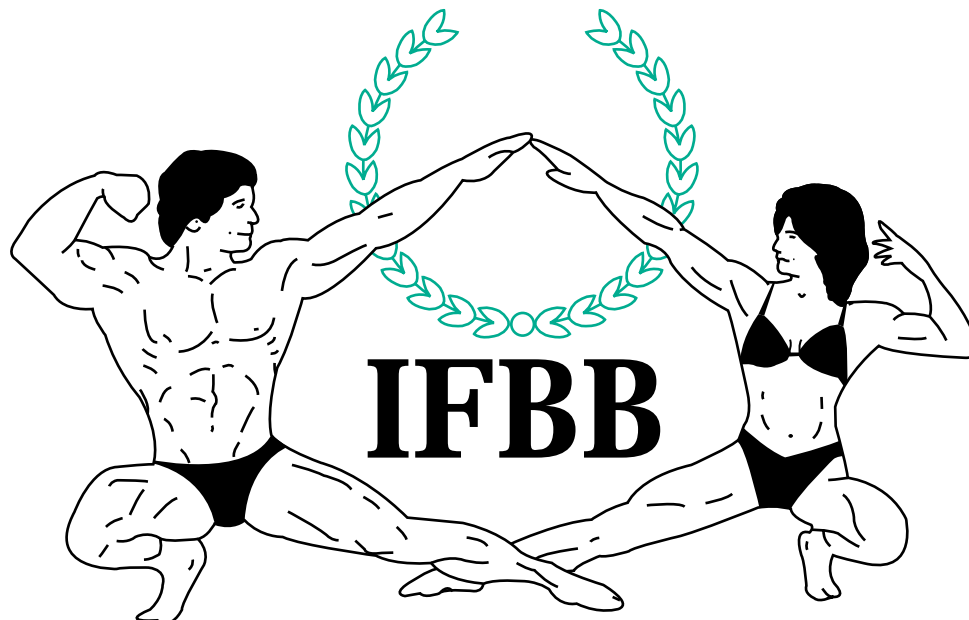


# AMATEUR RULES

## FITNESS



Provisionally recognized by the  
International Olympic Committee

## 2001 EDITION

In sport, there are no limitations, no barriers of race, religion, politics, or culture.

In sport, we are in touch with each other.

**BODYBUILDING IS IMPORTANT FOR NATION BUILDING**

Ben Weider, C.M., C.Q., Ph.D., President IFBB

**INTERNATIONAL FEDERATION OF BODYBUILDERS**

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## ARTICLE 1 – INTRODUCTION

### 1.1

#### **General:**

The IFBB Rules for Fitness, Amateur Division, consist of regulations, policies, directives and decisions intended to guide the IFBB and its Members in the administration of the sport of fitness at the amateur level.

### 1.2

#### **Authority:**

The Executive Council shall have authority to prescribe and amend the Rules. Between annual meetings of the Executive Council and Congress, this authority shall be vested in the President, Executive Assistant to the President, Executive Director and General Secretary. Any decision made by the Executive Council, or by the aforementioned IFBB officers, relating to the day-to-day management and operation of the IFBB, shall have force and effect only until the next annual meeting of the Congress at which time the decision shall either be ratified or rejected.

### 1.3

#### **Agreement:**

National Federations, and amateur fitness athletes, judges, administrators, and other officials, join the IFBB of their own free will and, in so doing, agree to abide by the Constitution and Rules. In becoming a Member of the IFBB, National Federations and other Members accept that the Constitution and Rules exist for the good of the sport of fitness. Should the Constitution and Rules be contravened by any Member, the IFBB shall have authority to impose disciplinary measures against that Member.

### 1.4

#### **Definitions:**

The same definitions that are contained within the Constitution shall apply within the Rules. The IFBB Code of Ethics, which forms an integral part of the Constitution, shall also form an integral part of the Rules and is attached as Appendix 1.

### 1.5

#### **Interpretation:**

It is recognized that the Rules cannot encompass every possible situation wherein written guidance might be sought in the resolution of an issue. In such cases, the President shall have the sole authority to interpret any matter arising out of the Rules, or any matter not encompassed by the Rules, said interpretation to be final and binding.

### 1.6

#### **Intent:**

It is not intended that the Rules be considered as “cast in stone” but instead, as guidelines. Each and every issue arising out of the Rules must be judged on its own merits with the primary consideration given to that which is in the best interests of the sport of fitness.



## **Article 2 - Sanctions for IFBB International Events**

### **2.1**

#### **Requirement for Sanctions:**

An IFBB sanction shall be required for any amateur fitness competition involving two or more National Federations and organized under the patronage of the IFBB. The organizer shall submit a written request to the President for the purpose of obtaining a sanction for an event. The request shall contain as much information as possible so as to allow the President to make a reasoned decision on whether or not a sanction should be issued. Sanctions for IFBB international amateur events may only be issued to National Federations.

### **2.2**

#### **Contract:**

Once the initial request for sanction is approved by the President, a Contract shall be forwarded to the organizer, said Contract which shall outline the terms and conditions of the sanction as well as the responsibilities of the IFBB and the organizer towards the successful hosting of the event. The organizer shall not advertise the hosting of the event until the Contract has been agreed upon and signed by both parties.

### **2.3**

#### **Sanction Fee:**

The organizer shall pay a sanction fee to the IFBB for the right to host an IFBB-sanctioned event, said fee which shall be in an amount as determined from time to time by the President. All IFBB international events shall remain the property of the IFBB and it shall be recognized by the organizer that the payment of a sanction fee in no way, shape or form transfers this property to the organizer.

### **2.4**

#### **Payment of Sanction Fee:**

The sanction fee shall be paid according to the payment schedule negotiated between the IFBB and the organizer. Once the Contract has been agreed upon and signed by both parties and the sanction fee is received by the IFBB, said fee shall not be returned to the organizer should the Contract, for whatever reason, be subsequently cancelled.

### **2.5**

#### **Failure to Abide:**

Once the Contract has been agreed upon and signed by both parties, should the organizer, for whatever reason, subsequently fail to abide by the Constitution and Rules, or the terms and conditions of the Contract, or the directives of the President, the President may withdraw the sanction and undertake whatever measures are deemed necessary, disciplinary or otherwise, in order to protect the interests of the IFBB.

### **2.6**

#### **Delegation of Authority:**

The President may, at his discretion, delegate a member of the Executive Council, normally the Executive Assistant to the President, or the Executive Director, or the area Vice President, to represent the interests of the IFBB in negotiating the sanctions and Contracts for IFBB international events.



## **Article 3 - Liability of the IFBB**

### **3.1**

#### **General:**

The organization of World, Continental, and other IFBB-sanctioned events shall be undertaken at the sole financial risk of the organizer. The organizer must agree in writing to accept this condition, as well as any other terms and conditions that may be detailed within the Contract, before a final sanction for the event can be issued.

### **3.2**

#### **Liability Regarding Failure to Abide:**

The IFBB shall not be held liable for any financial or other loss to the organizer, or for any harm to the reputation of the organizer or any associated parties, should the organizer, subsequent to the completion of the Contract by both parties, be disciplined as a result of a failure to abide by the IFBB Constitution and Rules, or the terms and conditions of the Contract, or the directives of the President.

### **3.3**

#### **Liability Insurance:**

Members of the IFBB, be they National Federations, competitors, officials, administrators, organizers, or others, participate in IFBB-sanctioned events by their own free will and, in so doing, agree that the IFBB shall not be held liable or accountable for any accident or incident arising out of the organization or hosting of the event. The organizer of an IFBB-sanctioned event must agree in writing to make the necessary arrangements, either with the event venue or some other insurance agency, for liability insurance.

### **3.4**

#### **Medical Personnel:**

The organizer of an IFBB-sanctioned event shall ensure that accredited medical personnel are on duty and that emergency transportation is made available at the official hotel, throughout the duration of the event, and at the event venue, throughout the Prejudging and Finals, the whole at no cost to the IFBB.

## **Article 4 - Sponsorship**

### **4.1**

#### **Sponsorship:**

The organizer of an IFBB-sanctioned event may solicit the sponsorship of government and/or commercial companies, however, said sponsorship must be pre-approved by the IFBB.

### **4.2**

#### **Exceptions:**

The solicitation and use of tobacco and alcohol companies for sponsorship of IFBB-sanctioned events shall be strictly forbidden.



## **Article 5 – Advertising and Publicity**

### **5.1**

#### **Advertising:**

The organizer of an IFBB-sanctioned event may advertise at the competition by way of signage and/or banners so long as said advertising is not placed at the back centre of the stage and in such a manner as to obstruct the view of the judging panel. Signs and/or banners may however be hung from the top front of the stage, on either or both sides of the stage, or along the front edge of the stage. Signs and/or banners must not be placed in such a position as to be within camera-view when photographing the top finalists.

### **5.2**

#### **Publicity:**

The organizer shall be responsible for ensuring that the event receives maximum publicity, before, during and after the event. The organizer should retain the services of a Public Relations consultant to ensure maximum media coverage through newspapers, radio and television. Immediately prior to the Prejudging, the organizer should arrange a press conference at which the organizer and the IFBB Chief Official may inform the public about the event and the sport of fitness.

## **Article 6 - Television and Video**

### **6.1**

#### **Exclusive Rights:**

The IFBB shall have the exclusive right to negotiate any and all contracts for the television and/or video rights to any IFBB-sanctioned event. Should television and/or video rights become an issue in the hosting of an event, the organizer shall be obligated to immediately advise the IFBB of this fact and shall refrain from entering into any unilateral negotiations with any television and/or video agency without the prior approval of the IFBB. The IFBB shall have “first rights” to any videotape of the event and, upon demand, the organizer shall immediately forward to the IFBB a first copy of the videotape for use as the IFBB deems appropriate.

### **6.2**

#### **Liability:**

Should the negotiations between the IFBB and the organization offering the television and/or video contract fail to produce any fees, the IFBB shall not be held liable for any resultant financial or other loss to the event organizer, or any associated parties.

### **6.3**

#### **Breakdown of Fees:**

The IFBB shall receive any and all fees for television and/or video and shall normally apportion said fees as follows:

1. 30% to the organizer; and
2. 70% to the IFBB.



## **Article 7 - Press Accreditation**

### **7.1**

#### **Rights:**

The IFBB reserves the right to control any and all press accreditation, whether said accreditation be television, radio, print, photographic, or other media, at all IFBB-sanctioned events.

### **7.2**

#### **Press Passes:**

The IFBB, and/or its appointee, normally the organizer, shall be responsible for issuing press passes to selected media personnel. During the Prejudging and Finals of an event, only those individuals in possession of valid press passes shall be permitted access to those seating areas which are designated for the press. The IFBB Chief Official may dismiss any individual from the press area for just cause.

### **7.3**

#### **Event Coverage:**

The possession of a press pass shall not entitle the bearer to cover every IFBB-sanctioned event from the press area. Permission to cover an event must be obtained on a competition-by-competition basis with accreditation normally being granted on a first-come, first-serve basis.

## **Article 8 - Qualifications for Participation in IFBB-Sanctioned Events**

### **8.1**

#### **Eligibility:**

Only National Federations duly affiliated to the IFBB shall be permitted participation in an IFBB-sanctioned event. Any country which is not affiliated to the IFBB, or any country which is affiliated but under suspension, or any athlete who is under suspension by either the IFBB or a National Federation, shall not be permitted to participate in any IFBB-sanctioned event worldwide.

### **8.2**

#### **Citizenship:**

In order to qualify for participation in an IFBB-sanctioned event, an athlete must either be a citizen, or have landed immigrant or legal resident status, in the country that the athlete intends to represent. If requested by the IFBB Chief Official, the athlete must produce a valid passport, or landed immigrant or legal resident papers, or other documented proof of citizenship status from the country of domicile.

### **8.3**

#### **Dual Citizenship:**

An athlete, once having been declared a citizen, or landed immigrant or legal resident, of one country may not compete for another country without written permission from the National Federation of her current country of domicile. No athlete shall be allowed to compete for two different countries in any given year.



#### **8.4**

##### **Invitations to Compete:**

Organizers of IFBB-sanctioned events, be they National Federations or private promoters, shall have the authority to forward letters of invitation and entry forms to other National Federations only. No National Federation or private promoter shall directly invite individual athletes from another country, or countries, to participate in a competition held within its own national jurisdiction.

#### **8.5**

##### **Athlete Responsibilities:**

An athlete may not participate in an IFBB-sanctioned event without the prior approval of his or her National Federation. Athletes are prohibited from directly contacting the organizer for the purpose of obtaining participant status.

#### **8.6**

##### **Professional/Pro-Am Events:**

National Federations, and other organizers, are prohibited from organizing Professional events without the expressed written approval of the IFBB Professional Division. The organization of Pro-Am events shall be prohibited. The term "Pro-Am" refers to an event at which both professional and amateur athletes compete together for the same awards, trophies, prize money, etc. This does not include an event at which both professional and amateur athletes compete separately and for different awards, trophies, etc.

### **Article 9 - World, Continental, and other Championships**

#### **9.1**

##### **Guarantee:**

Organizers of IFBB-sanctioned events must guarantee unconditional entry to all countries eligible to participate and to all athletes eligible to compete.

#### **9.2**

##### **Intent to Participate:**

National Federations must forward their intent to participate in IFBB-sanctioned events immediately upon receipt of the letter of invitation and/or preliminary entry form so as to allow the organizer the opportunity to properly plan and budget for their transportation, accommodations, meals, and other expenses. The intent to participate, if possible, should contain the names of the participating delegates and athletes; however, if the National Federation does not have the actual names of the delegates and athletes at the time of receipt of the letter of invitation and/or preliminary entry form, they must forward, preferably by fax and directly to the organizer, the actual number of delegates and athletes no later than thirty days before the date fixed for the event, failing which the National Federation shall be required to cover the full costs associated with their participation in the event.

#### **9.3**

##### **Responsibilities to the Executive Council:**

National Federations organizing World, Continental or other championships who require the presence of an Executive Council Member, or Members, must undertake to cover the cost of business-class travel as well as accommodations and meal expenses for this individual, or these individuals, for the duration of the event.



#### 9.4

##### **Responsibilities to Athletes and Delegates:**

The organizer of World and Continental Championships shall undertake to cover the cost of double-occupancy accommodations and meals (breakfast, lunch and dinner) for competitors and delegates as follows:

1. Women's World Amateur Bodybuilding & Fitness Championships:  
for four days (three nights) according to the following scale:

- a. three or more competitors      two delegates
- b. one, two or three competitors      one delegate

Note 1: A maximum of six competitors (three female bodybuilders and three fitness women) shall be accepted per National Federation with a maximum of two female bodybuilders or fitness competitors allowed to compete in any one category.

Note 2: Delegates without competitive team members shall be responsible for the full cost of their participation at the event.

2. Juniors and Masters Bodybuilding & Junior Fitness World Amateur Championships:  
for four days (three nights) according to the following scale:

- a. three or more competitors      two delegates
- b. one, two or three competitors      one delegate

Note 1: A maximum of thirteen competitors (three male junior bodybuilders, three female junior bodybuilders, three male master bodybuilders, one female master bodybuilder and three junior fitness women) shall be accepted per National Federation with a maximum of two competitors allowed to compete in any one category.

Note 2: Delegates without competitive team members shall be responsible for the full cost of their participation at the event.

3. Continental Championships:  
for four days (three nights) according to the following scale:

- a. three or more competitors      two delegates
- b. one, two or three competitors      one delegate

Note 1: The maximum number of allowable competitors shall depend on the specific event and shall be determined on an event-by-event basis with a maximum of two competitors allowed to compete in any one category.

Note 2: Delegates without competitive team members shall be responsible for the full cost of their participation at the event.



4. In senior women's fitness, each National Federation may enter up to a maximum of three competitors, with a maximum of two competitors allowed to compete in any one category. At the Continental level, fitness athletes may compete as members of the mixed-pairs bodybuilding teams.
5. In junior fitness championships, each National Federation may enter up to a maximum of three competitors, with a maximum of two competitors allowed to compete in any one category. Junior fitness athletes may compete in senior fitness categories.
6. In World and Continental championships, the host organizing National Federation may enter a "B" team which may compete for individual places; however, its results shall not count in the team championships. The host National Federation shall submit a list of its A and B team members to the Chief Judge at the Weigh-in/Measurement/Registration. Once the list is submitted, it may not thereafter be amended.
7. All delegates, whether officials, judges, coaches, trainers or other individuals, in addition to those detailed in this article must undertake to cover all of their own expenses.

## **Article 10 – Measurement/Registration**

### **10.1**

#### **Measurement/Registration:**

The measurement/registration at all IFBB-sanctioned events shall be controlled by the Chief Judge and shall normally proceed as follows:

1. All competitors, regardless of their category, shall be required to present themselves at the measurement/registration which shall usually take place on the day prior to the Prejudging. Any competitor who fails to attend the measurement/registration at the designated time shall be eliminated from the competition.
2. Each team represented at the event, regardless of its numbers, shall be accompanied to the measurement/registration by its chief delegate, or other appointed representative.
3. All competitors shall bring with them the posing and routine attire that they shall be wearing throughout the Prejudging and Finals so that the Chief Judge may ascertain that said posing attire meets the accepted standards of the IFBB.
4. The organizer shall provide a suitable room for the measurement/registration in which there shall be a means of determining a competitor's height. There shall also be a table and chairs for the Judges Secretary and assistants, and a suitable number of chairs for the competitors and delegates.



5. All competitors shall be required to have in their possession, at the time of the measurement/registration, the following items:
  - a. a valid passport; or
  - b. citizenship papers (eg: birth certificate); or
  - c. landed immigrant or legal resident papers; and
  - d. music cassette, encased in a plastic protective case with the competitor's name affixed upon the case and the cassette, and the music properly cued at the beginning of the song title.

Note: At juniors championships, if the day, month and year of birth are not indicated in the passport, or other papers, the athlete shall be required to produce a legal document authenticating this information.
6. There shall be three categories in women's fitness international competitions (junior and senior), currently as follows:
  - a. up to 160 cm
  - b. up to 167 cm
  - c. over 167 cm
7. The measurement/registration start time shall be published by the organizer. All competitors, regardless of category, must be present for the measurement/registration at the published start time. A period of 20-30 minutes shall normally be sufficient for measuring each category.
8. Any competitor who fails to have her height determined and to register within the time limits set for her category may be eliminated from the competition.
9. The Chief Judge, and his or her assistant(s), shall control the measurement and shall verify the height of each competitor, beginning with the lowest category and proceeding to the highest.
10. The Judges Secretary, and his or her assistant(s), shall compile lists of all of the competitors, by category, once their height is verified by the Chief Judge and shall then prepare photocopies of these lists for the Chief Judge, the Chief Marshal and his or her assistants, the chief delegates for the National Federations, the Master of Ceremonies, the various media personnel in attendance, and other individuals as required.
11. During the measurement/registration, the IFBB Judges Committee shall determine the order in which the competitors shall appear before the judging panel. The Judges Secretary, or an assistant, shall issue each competitor with a competitor number, said number which shall be randomly selected by the athlete and which shall thereafter correspond to the order in which that competitor shall appear before the judging panel. This number must be attached to the left side of the bikini and routine attire, and must be worn throughout the Prejudging and Finals.



12. All competitors shall be required to hand in their music cassettes, properly cued at the start of the music, at measurement/registration, said cassette which must be housed within a protective plastic case with the competitor's name affixed upon the case and the cassette. The Judges Secretary, or an assistant, shall affix, on the music cassette, a number corresponding to the same number that the competitor was given to attach to her posing attire.
13. At the time of the measurement/registration, a junior competitor must produce documentary evidence of her date of birth (eg: passport, birth certificate, etc.).
14. A junior fitness athlete may compete up to the age of 21. On her 21<sup>st</sup> birthday, said athlete ceases to be a junior athlete and becomes a senior athlete.
15. Any competitor, once having been officially nominated by her National Federation for participation in an IFBB-sanctioned event, and who is actually present at the event, who subsequently withdraws from the event, for whatever reason, without the expressed permission of the Chief Judge, shall be suspended for a period of one year and her National Federation shall be fined US \$1,000.00.
16. During the measurement/registration, the IFBB Medical Commission and the IFBB Judges Committee shall randomly select competitors for doping control testing.
17. The chief delegate of each National Federation shall be required to submit, to the Judges Secretary, a copy of his or her country's abbreviated national anthem on cassette, properly encased within a protective plastic case with the name of the country affixed on the case and the cassette, and the country's national flag.

## **10.2**

### **Media Waiver of Liability:**

By registering as a competitor at an IFBB-sanctioned event, the participant agrees that her person and/or likeness may be filmed, videotaped, photographed and/or otherwise recorded, by electronic or other means, for use by the IFBB in promoting the IFBB and the sport of fitness.

## **Article 11 - Doping Control**

### **11.1**

#### **Doping Control:**

Doping control testing shall be conducted, under the supervision of the IFBB Medical Commission, or under the supervision of an IFBB representative, at specified IFBB-sanctioned events. The testing shall be conducted pursuant to the *IFBB Doping Control Policy and Anti-Doping Program*, which follows the *Olympic Movement Anti-Doping Code* and which uses only IOC-approved doping control kits and IOC-accredited laboratories.



## **11.2**

### **Declaration:**

As a participant in an IFBB-sanctioned event, an athlete agrees to abide by the IFBB Rules governing doping control. Should an athlete be found guilty of a doping offence, the athlete agrees to accept whatever penalties or sanctions may be imposed by the IFBB. The athlete agrees that the IFBB may impose sanctions immediately the results of the "A" sample are known. This agreement however shall not exclude the athlete's right of protest and/or appeal.

## **Article 12 - Posing Attire and Stage Presentation**

### **12.1**

#### **Posing Attire:**

Competitors shall wear a two-piece bikini and high-heels during the preliminary assessment round, the bikini round, and the bikini portion of the final round. The color and style of the bikini and high-heels shall be left to the competitor's discretion except as indicated in the rules below. Competitors may dress as they deem appropriate in order to perform their routines, subject to the rules detailed below.

1. National Federations and head delegates are responsible for making sure that their fitness athletes are fully aware of the IFBB rules as detailed below.
2. In the bikini round, G-strings are strictly prohibited. The bikini bottom must cover a minimum of one-half of the buttocks during the whole time of the lineup and comparisons.
3. At all times, the bikini bottom will be worn in a manner that prevents it from slipping between the buttocks and appearing like a G-string.
4. The bikini will be inspected backstage before the competitor is allowed onstage. If the bikini does not meet IFBB standards, the competitor will be given five (5) minutes to comply, failing which the competitor will be disqualified.
5. In the routine round, G-strings are strictly prohibited. G-strings cannot be worn on top of leotards, fishnet stockings, or tights. Also, G-strings cannot be worn underneath a skirt or other type of outerwear so as to reveal the buttocks while the competitor is moving around onstage.
6. The routine attire will be inspected backstage before the competitor is allowed onstage. If the routine attire does not meet IFBB standards, the competitor will be given five (5) minutes to comply, failing which the competitor will be disqualified.
7. While onstage, if clothing is removed to reveal a G-string, the posing music will be stopped and the competitor will be immediately disqualified.
8. The use of glitter or sparkles on the body is prohibited.
9. Competitors are responsible for making sure that their posing attire meets IFBB standards.
10. Any questions concerning posing attire must be brought to the attention of the Chief Official during the Measurement/Registration process.



## **12.2**

### **Stage Presentation:**

The following points shall apply during the competitor's stage presentation:

1. Competitors shall not chew gum or candy while onstage.
2. The hair may be styled and jewelry may be worn.
3. Competitors may use props during the routine round; however, these must be pre-approved by the organizer.
4. For safety reasons, the use of body oil is strictly prohibited.
5. The fitness routine may be performed barefoot, or in tennis or athletic shoes.

## **12.3**

### **Sponsorship Logos:**

Fitness competitors may wear sponsorship logos on their routine attire, the dimensions of which shall not exceed 4 cm X 8 cm.

## **Article 13 - Judges**

### **13.1**

#### **General:**

All amateur judges wishing to judge at an IFBB-sanctioned event must be members of an affiliated National Federation and must first be qualified to judge at the national level prior to test judging or judging at the international level.

### **13.2**

#### **National Judging Cards:**

Each National Federation shall be responsible for issuing judging cards to qualified individuals within its own jurisdiction.

### **13.3**

#### **Nominations for International Judging Cards:**

Each National Federation shall be responsible for nominating qualified national judges to test judge at the international level. The nomination must be forwarded in writing to the IFBB Judges Committee at least thirty days prior to the date fixed for the championships at which the test judging is to be undertaken failing which the IFBB Judges Committee may disallow the nomination. Individuals who request permission to test judge or judge, at the event and without prior National Federation approval, will not be allowed to do so.



### **13.4**

#### **Test Judging Procedures:**

1. To obtain a judging card in junior fitness, a test judge must complete judging papers from one of the three categories.
2. To obtain a judging card in senior women's fitness, a test judge must complete judging papers from two of the three categories.
3. In fitness, a test judge shall only judge the Prejudging which shall consist of Round 1 (Bikini) and Round 2 (Routine).

### **13.5**

#### **International Amateur Judging Cards:**

Upon successfully test judging the required number of categories, with each category having a minimum of six competitors, and upon payment of a one-time judge's fee, said fee which shall be in an amount as determined from time to time by the IFBB Judges Committee, the individual shall be issued an IFBB international amateur judging card and official IFBB judge's badge. This card shall not qualify the recipient to judge at any IFBB professional competition.

### **13.6**

#### **Judging at IFBB-Sanctioned Events:**

Every individual wishing to judge at an IFBB-sanctioned event must first be in possession of a valid IFBB international amateur judge's card. This card must be surrendered to the IFBB Judges Committee at the Judges Meeting which shall be held before the measurement/registration and prior to the Prejudging. The IFBB Judges Committee shall then select those individuals whom they consider to be the most qualified to serve on the judging panels. The cards shall be returned at the completion of the Finals. Once selected for a panel, a judge must be present on the panel throughout the entire Prejudging and Finals.

### **13.7**

#### **Makeup of the Regular Judging Panel:**

Nine judges shall normally be appointed by the IFBB Judges Committee to serve on a regular judging panel. Every attempt shall be made to ensure that all qualified judges who are present at the Judges Meeting are given the opportunity to serve on a panel and that all countries are equally and fairly represented with no country having two or more judges on the same panel. Where it is not possible to appoint nine judges, seven shall be appointed. At no time will the number of judges on a panel be fewer than five. The IFBB Chief Judge shall be the final authority on the makeup of the judging panels.

### **13.8**

#### **Alternate Judges:**

The IFBB Chief Judge may, at his discretion, allow a number of alternate judges, not to exceed four, to sit on the panel.



### **13.9 Accuracy in Judging:**

The following rules shall pertain to judging accuracy:

1. The IFBB Code of Ethics obligates our sport's officials to ensure that all athletes are adjudicated by the most qualified judges available. The IFBB Judges Committee shall be empowered to take whatever measures it deems necessary to ensure that this obligation is met by selecting and panelling only those judges who meet or exceed the minimum accepted standard of judging accuracy approved by the IFBB.
2. The minimum acceptable standard shall be an overall average score of 70%, calculated by averaging the Prejudging and Finals scores for all categories judged.
3. Judging accuracy shall be calculated using the "Deviation Method". This method calculates the "deviation" between an individual judge's placement of an athlete and the entire regular judge's panel placement of that same athlete.

## **Article 14 - Judging Attire and Judging Panel**

### **14.1**

#### **Judging Attire:**

At all IFBB-sanctioned events, judges shall be attired as follows:

1. The official IFBB uniform for male judges at all international competitions shall consist of a blue blazer with the official IFBB crest on the left breast pocket, pale blue or white shirt with the official IFBB tie, and grey dress pants.
2. The official IFBB uniform for female judges at all international competitions shall consist of a blue blazer with the official IFBB crest on the left breast pocket, pale blue or white blouse (official IFBB tie optional), and grey skirt or grey dress pants.
3. The Chief Judge shall have the authority to remove from the panel any judge who is not correctly dressed in the official IFBB uniform.

### **14.2**

#### **Officials:**

The following officials shall be needed to control international competitions:

1. a Chief Judge;
2. a Judges Secretary;
3. nine judges from as many different countries as possible. If enough qualified judges are available, two or more panels of judges may be appointed;
4. for women's championships, the IFBB Women's Committee, in consultation with the IFBB Judges Committee, shall appoint nine judges and, wherever possible, at least five of these shall be women;
5. two statisticians;
6. a time-keeper;
7. a Chief Marshal and an appropriate number of assistants; and
8. a Master of Ceremonies, or Announcer.



#### **14.3**

##### **Chief Judge:**

The Chief Judge shall coordinate and control all aspects of the measurement/registration, Prejudging and Finals. No other official shall make any decision which might impact upon the smooth running of the competition without seeking the prior approval of the Chief Judge.

#### **14.4**

##### **Placement of Judges:**

The placement of judges shall proceed as follows:

1. The Judges Secretary shall seat the nine judges at their respective tables, which shall be located at the front center of the stage, and shall then seat the two statisticians at their tables, which shall be located at the end of the row of judge's tables nearest to the Master of Ceremonies. The Judges Secretary shall then ensure that the appropriate judging forms are distributed to each judge using those forms contained within Appendix 3 of these rules.
2. Each judge's position on the panel shall be numbered using a small card (black numbers on a white background) situated at the front of the judge's table. The numbers shall be printed on both sides of the card so as to be viewed by the competitors and the judges. The regular panel judges shall be seated so as to have the best view of the athletes; alternate judges shall be seated on both ends of the regular panel.
3. The same judge who adjudicates a category during Prejudging must adjudicate the same category during Finals and must be seated in the same position.

#### **14.5**

##### **Conduct of Judges:**

Once the judging panel is seated, the Judges Secretary shall remind the judges of the rules of conduct, said rules which must be strictly followed throughout the Prejudging and Finals. Under penalty of immediate dismissal from the judging panel, no judge shall:

1. converse with any other judge, or judges;
2. attempt to influence the decisions of any other judge, or judges;
3. take photographs while the judging is in progress;
4. coach any competitor, or competitors; or
5. judge while under the influence of drugs or alcohol, or consume alcoholic beverages while judging.

#### **14.6**

##### **Statisticians:**

The Judges Secretary shall ensure that the statisticians are in possession of the appropriate Statistician's Score Sheets.

#### **14.7**

##### **Refreshments:**

The organizer shall be responsible for ensuring that liquid refreshments (eg: water) are made available to each judge throughout the Prejudging and Finals.



## Article 15 - Prejudging and Finals Venue Requirements

### 15.1

#### **General:**

All IFBB-sanctioned events shall take place, wherever possible, in a theatre-like venue complete with an appropriately sized stage, professional lighting and sound, and tiered seating. The organizer must pay special attention to the following critical requirements:

1. Staging:  
Both Rounds 1 and 2 shall be held on a raised flat stage with an optimum height of 80 cm, free from any obstacles eg: posing platform on the stage. The organizer shall ensure that the entire stage area is readied for use by the fitness athletes for the lineup of the competitors during Round 1 and the fitness routines during Round 2. If the venue has a large, flat seating area without tiered seats, the stage must be at an optimum height of at least 1 metre. If the stage is any higher than that, the seats for the judges must also be raised so as to give them a full view of the competitors.
2. Background:  
The stage background should be of a neutral, non-distracting colour, preferably black. On it must be displayed the IFBB logo and the name of the event. The logo of the organizing federation may also be displayed in this area, however, neither should be placed in such a position as to distract the view of the judges or photographers. The organizer must not allow signage and/or banners to be displayed in this area, however, said signage and/or banners may be hung from the top front of the stage, on either or both front sides of the stage, or on the front edge of the stage, and in any other area that does not interfere with the judge's and photographer's view of the competitors.
3. Sound:  
The sound system shall be of such quality as to ensure that the competitor's music is reproduced in the best professional manner. The organizer shall also be responsible for ensuring that each competitor's music starts exactly where it should and on cue. Where possible, the sound system controls/soundman should be located backstage, on the same side of the stage where the competitors enter, normally stage left (when viewed from the front). Microphones must be provided for the Chief Judge, the Master of Ceremonies, and the onstage expeditor.
4. Lighting:  
The stage shall be provided with a single lighting set-up that will evenly illuminate the entire stage area. The IFBB lighting specifications call for 1000W per foot of stage frontage, hung from the front of the stage at a 45° angle; and 500W per foot of stage frontage, hung from the back of the stage at a 65° angle.
5. Seating:  
The organizer must ensure that all judges and spectators are afforded a clear and unobstructed full-figure view of all of the competitors who stand onstage. Judges and statisticians must be seated away from the spectators. Photographers and television and/or video personnel must not be allowed to obstruct the view of the judges or spectators.



6. Master of Ceremonies:  
The Master of Ceremonies plays a significant role in the image that the IFBB wishes to present to the general public at all IFBB-sanctioned events. For this reason, the MC should have a background in public speaking, or be comfortable in his or her role as “moderator” in front of an audience, and must be adept at handling impromptu situations. The MC should have a speaker’s rostrum with a microphone, situated at the side of the stage from which the competitors enter. Competitors should enter stage left and exit stage right (when viewed from the front).
7. Competitor Warm-up Area:  
The organizer shall provide dressing rooms and showers for the competitors. Next to the dressing room area, and adjacent to the stage, there should be an area where the marshals may assemble the competitors prior to leading them onto the stage.
8. Inspection:  
The Chief Judge and, where possible, the Chairman of the IFBB Technical Committee, together with the Judges Secretary and Chief Marshall, should inspect the Prejudging venue prior to the commencement of Prejudging, for the purpose of ascertaining the readiness of the facility.
9. Communications:  
The organizer shall be responsible for supplying sufficient communications equipment (eg: headsets/mics, walkie-talkies) for use by the backstage marshalls.
10. Office/Photocopier:  
The organizer shall be responsible for providing an office complete with computer/printer and photocopier for use by the IFBB throughout the duration of the championships.
11. Water/Towels:  
The organizer shall provide sufficient quantities of water and towels for use backstage by the expeditors and athletes. Towels shall also be provided throughout the Finals for use by the award presenters.
12. Medical Emergency:  
The organizer shall ensure that medical personnel and emergency transportation are made available for use throughout the entire duration of the Prejudging.
13. Backstage Access/Dressing Room Access:  
Access to the backstage area/dressing room area shall be strictly limited to essential personnel only. There will be no admittance given to spouses, boyfriends, girlfriends, family members, or relatives. Coaches and trainers who assist athletes in the dressing room area must be of the same sex as the athlete they are assisting. Under no circumstances shall a coach, trainer, or any other individual be permitted in the dressing room area to assist any competitor of the opposite sex.



14. Cameras/Videotapes:

Cameras and videotape devices shall be strictly prohibited in the backstage area/dressing room area except when used by duly recognized press personnel and, in any event, these devices shall be strictly prohibited in the dressing room area.

## Article 16 – Prejudging

### 16.1

#### **Preliminary Assessment Round:**

The preliminary assessment round shall normally be used where there are more than fifteen athletes in a category although the use of this round may be left up to the discretion of the Chief Judge. The preliminary assessment round shall proceed as follows:

1. All competitors shall be brought onstage, in a single line and in numerical order, wearing a two-piece bikini and high-heels.
2. The Chief Judge shall direct the competitors through the quarter turns.
3. If there are a large number of competitors in the category, the Chief Judge may elect to divide the category into equal numbers or groups in order to carry out the quarter turns.
4. At this time, the judges shall be assessing the overall physique for the degree of athleticism, proportion and skin tone.
5. Using Form #1, entitled “*Elimination*”, if there are more than 21 competitors in a category, the judge will mark an “X” beside the numbers corresponding to the competitors whom they wish to select as the top 15 finalists. If there are 16 to 21 competitors in a category, the judge will mark an “X” beside the numbers corresponding to the competitors whom they wish to eliminate from the top 15 finalists.
6. Using Form #2, entitled “*Statistician’s Elimination Score Sheet*”, the statisticians shall transcribe the judges’ selections onto this sheet and shall then tally the judge’s scores. Depending on the procedure used in article 16.1.5. above, either the top 15 competitors will be selected, or the bottom 1 to 6 competitors will be eliminated. At the end of the elimination round, regardless of which procedure is used, the final result shall allow only the top 15 competitors to proceed to the Prejudging.
7. If there is a tie between two or more athletes at the 15<sup>th</sup> place, the tied athletes will be brought back onstage, and the judges will perform a reassessment of the quarter turns.



## 16.2

### Round 1 – Bikini:

The bikini round shall proceed as follows:

1. The top 15 competitors shall be brought back onstage, in a single line and in numerical order.
2. The Chief Judge shall direct the competitors through the comparisons of the quarter turns, first as an entire lineup and then in groups of no more than five competitors at a time.
3. Each judge shall be expected to watch all of the comparisons and not just those that a specific judge has requested. Guidelines on “How to Assess a Fitness Competition” are attached as Appendix 2.
4. At this time, the judges shall be scoring the physique while assessing the degree of athleticism with regard to firmness, symmetry, proportion and overall physical appearance, which shall include skin tone, poise and overall presentation.
5. Using Form #3A, entitled “*Judge’s Marks - Bikini Round*”, each judge shall place the athlete from 1<sup>st</sup> to 15<sup>th</sup>, giving no two athletes the same placing.
6. The judges may use Form #4, entitled “*Judge’s Personal Notes*”, to write notes about the athletes. This form is to be considered as confidential and the personal property of the judge.
7. Judges are reminded that this is not a bodybuilding contest. The competitors should have shape to their muscle but not the size, definition or vascularity that is seen at bodybuilding competitions. Any competitor who exhibits these features shall be marked down.
8. The statisticians will gather Form #3A from the judges and shall transcribe their placings onto Form #5, entitled “*Statistician’s Score Sheet*”, under the Bikini round. They will then discard two high and two low scores; add the remaining five scores; write the total under the column marked “subscore”, and a placing under the column marked “place”.
9. Should a tie occur in the Bikini Round “subscore”, the tie shall be broken using the “Relative Placement” method. Each individual judge’s placings for the tied athletes shall be compared on a column-by-column basis with a dot being placed on top of the number for the athlete with the lower placing. All nine regular panel judge’s scores shall be included in the tie breaking calculations. The number of dots shall be tallied for each of the tied athletes. The athlete with the greater number of dots shall be declared the winner of the tie and shall then receive the better placing.



### 16.3

#### Round 2 – Routine:

The routine round shall proceed as follows:

1. Each competitor shall be called onstage in numerical order to perform a fitness routine to her own choice of music, the length of which shall be up to a maximum of two minutes.
2. Each judge shall assess the routine with a view towards style, personality, athletic coordination and overall performance. Judges shall also look for competitors who perform strength and flexibility moves, as well as gymnastic moves. The routine may include aerobics, dance, gymnastics or other demonstrations of athletic talent. There are no required moves. The use of props shall be permitted, however, these must be pre-approved by the organizer. The judges are reminded that, during this Round, they are judging ONLY the fitness routine and NOT the physique.
3. Using Form #3B, entitled “*Judge’s Marks - Routine Round*”, each judge shall place the athlete from 1<sup>st</sup> to 15<sup>th</sup>, giving no two athletes the same placing.
4. The judges may use Form #4, entitled “*Judge’s Personal Notes*”, to write notes about the athletes.
5. The statisticians will gather Form #3B from the judges and shall transcribe their placings onto Form #5, entitled “*Statistician’s Score Sheet*”, under the Routine round. They will then discard two high and two low scores; add the remaining five scores, and write the total under the column marked “subscore”. They will then add the Bikini Round “subscore” to the Routine Round “subscore” to produce a Prejudging “score” and “place”.
6. Should a tie occur in the Prejudging “score”, the tie shall be broken using the “Relative Placement” method and the athlete’s Bikini Round scores. Each individual judge’s scores for the tied athletes shall be compared on a column-by-column basis with a dot being placed on top of the number for the athlete with the lower placing. All nine regular panel judge’s scores shall be included in the tie breaking calculations. The number of dots shall be tallied for each of the tied athletes. The athlete with the greater number of dots shall be declared the winner of the tie and shall then receive the better placing.
7. The top six finalists from the Prejudging shall advance to the Finals.



## Article 17 – Finals

### 17.1

#### Finals:

The Finals shall proceed as follows:

1. All six finalists, wearing their two-piece bikini and high-heels, shall be brought onstage, in numerical order and in a single line.
2. Each finalist shall be introduced by number, name, and country.
3. The Chief Judge shall direct the competitors through the comparisons of the quarter turns.
4. The judges, using Form #6, entitled “*Finals Mark Sheet*”, and using the same criteria for judging as used during the Prejudging, shall place the competitors from 1<sup>st</sup> to 6<sup>th</sup>, giving no two athletes the same placing.
5. Upon completion of the comparisons of the quarter turns, all six finalists shall exit the stage to prepare for their fitness routines, which shall normally be performed later during the event.
6. While the competitors are preparing for their fitness routines, the statisticians shall collect Form #6 from the judges and shall then transcribe the judges’ placings onto Form #5, entitled “*Statistician’s Score Sheet*”, in the section entitled “Final Round”, shall discard two high and two low scores; shall add the remaining five scores, and shall write the total under the column marked “score”.
7. The statisticians shall then add the Prejudging “score” to the Finals “score” to produce a “final score” and “final place”.
8. Should a tie occur in the “final score”, the tie shall be broken using the “Relative Placement” method and the athlete’s Final Round scores. Each individual judge’s scores for the tied athletes shall be compared on a column-by-column basis with a dot being placed on top of the number for the athlete with the lower placing. All nine regular panel judge’s scores shall be included in the tie breaking calculations. The number of dots shall be tallied for each of the tied athletes. The athlete with the greater number of dots shall be declared the winner of the tie and shall then receive the better placing.
9. At a designated time, the top six finalists shall return to the stage to perform their individual fitness routines, in numerical order and to their own choice of music, the length of which shall be up to a maximum of two minutes.
10. During the Final Round, only the comparisons of the quarter turns shall be judged. The fitness routine shall not be judged.



## Article 18 – Award Ceremony

### 18.1

#### **Award Ceremony:**

The award ceremony shall proceed as follows:

1. The top six finalists shall be called onstage to take part in the award ceremony.
2. The Master of Ceremonies, using Form #7, entitled “*Official Category Final Results*”, will announce 6<sup>th</sup> place. After receiving her award, the athlete will stand to the far right side of the lineup.
3. The Master of Ceremonies will then announce 5<sup>th</sup> place. After receiving her award, the athlete will stand to the far left of the lineup.
4. The Master of Ceremonies will continue by announcing 4<sup>th</sup>, 3<sup>rd</sup>, 2<sup>nd</sup> and 1<sup>st</sup>. The first place winner will stand in the center of the lineup of finalists.
5. The Organizer shall supply trophies to the top 6 finalists.
6. The Organizer shall supply Gold, Silver, and Bronze IFBB medals to the top 3 finalists.
7. The organizer shall also supply Certificates of Excellence to be presented to the 6<sup>th</sup> to 1<sup>st</sup> place finalists.

## Article 19 – “Best Fitness Routine” Awards

### 19.1

#### **“Best Fitness Routine” Awards:**

The presentation of the “Javier Pollock Trophy” shall immediately follow the presentation of the awards to the last category of competition at the Women’s World Fitness Championships. The “Javier Pollock Trophy” shall be awarded to the fitness athlete in each category who has been voted, by the judging panel, as having the “best fitness routine”. The trophy will be supplied by Mr. Javier Pollock and will be presented by him, or a representative appointed by him.

## Article 20 – “Best National Team” Award

### 20.1

#### **Best National Team:**

The Best National Team scoring and presentation shall proceed as follows:

1. The Judges Secretary will use the Statistician’s Score Sheet for all of the categories in order to enter the names of the top 10 athlete’s countries in each category on Form #8, entitled “*Team Championships Score Sheet - Final Places*”, and shall then use this sheet to calculate each country’s points “total” and “place”. The scale of awarded points shall be as follows: 1<sup>st</sup>-16, 2<sup>nd</sup>-12, 3<sup>rd</sup>-9, 4<sup>th</sup>-7, 5<sup>th</sup>-6, 6<sup>th</sup>-5, 7<sup>th</sup>-4, 8<sup>th</sup>-3, 9<sup>th</sup>-2, 10<sup>th</sup>-1. When the top three national teams have been determined, a victory ceremony similar to that of the category victory ceremony shall be held. The President, or a representative, shall present the Best National Team awards, said awards which shall be provided by the organizing National Federation, to the three winning countries.



2. The national chief delegates, or team leaders, shall accept the awards on behalf of their country.
3. In the Women's World Amateur Bodybuilding & Fitness Championships, all participating athletes will be included in the determination of the Best National Team award.
4. If a tie exists between two or more National teams, the tie shall be broken by determining which country has the "most number one places, most number two places, most number three places", etc.

## **Article 21 – "Overall Champion" Award**

### **21.1**

#### **"Overall Champion" Award:**

At the World Championships, the selection of the athlete who will become the Overall Champion shall proceed as follows:

1. The three category winners shall be brought onstage in numerical order and in a single line, wearing their two-piece bikini and high heels.
2. The Chief Judge shall direct the competitors through the quarter turns.
3. The judges shall use Form #6, entitled "*Finals Mark Sheet*", to place each athlete either 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup>.
4. The statisticians, using Form #5, entitled "*Statistician's Score Sheet*", shall tally the scores and determine who is the Overall Champion.
5. The "Overall Champion" Award shall be provided by the Organizer.
6. The Overall Champion does not have the right to compete in any of the Olympia events.

## **Article 22 – Resolving Ties**

### **22.1**

#### **Resolving Ties at Prejudging:**

Ties in the Prejudging shall be resolved as follows:

1. Should a tie occur in the Bikini Round "subscore", the tie shall be broken using the "Relative Placement" method. Each individual judge's scores for the tied athletes shall be compared on a column-by-column basis with a dot being placed on top of the number for the athlete with the lower placing. All nine regular panel judge's scores shall be included in the tie breaking calculations. The number of dots shall be tallied for each of the tied athletes. The athlete with the greater number of dots shall be declared the winner of the tie and shall then receive the better placing.



2. Should a tie occur in the Prejudging “score”, the tie shall be broken using the “Relative Placement” method and the athlete’s Bikini Round scores. Each individual judge’s scores for the tied athletes shall be compared on a column-by-column basis with a dot being placed on top of the number for the athlete with the lower placing. All nine regular panel judge’s scores shall be included in the tie breaking calculations. The number of dots shall be tallied for each of the tied athletes. The athlete with the greater number of dots shall be declared the winner of the tie and shall then receive the better placing.

## **22.2**

### **Resolving Ties at Finals:**

Should a tie occur in the “final score”, the tie shall be broken using the “Relative Placement” method and the athlete’s Final Round scores. Each individual judge’s scores for the tied athletes shall be compared on a column-by-column basis with a dot being placed on top of the number for the athlete with the lower placing. All nine regular panel judge’s scores shall be included in the tie breaking calculations. The number of dots shall be tallied for each of the tied athletes. The athlete with the greater number of dots shall be declared the winner of the tie and shall then receive the better placing.

## **Article 23 – Publication of Results**

### **23.1**

#### **Results:**

The statisticians, using Form #9, entitled “*Final Places Combined Score Sheet*”, shall transcribe the number, name, country, and round-by-round points of the top 10 finalists on this form, in order of placing. The remaining athletes in the category shall also appear on this form, by number, name and country. The winners of the “Best Fitness Routine” award, the “Overall Champion” award, and the “Best National Team” award, shall also be indicated on the forms.

## **Article 24 - Cash Awards**

### **24.1**

#### **Cash Awards:**

National Federations may present cash awards to amateur athletes within their own country, however, they may not invite other countries, or athletes from other countries, to participate in a competition where cash awards are being offered. Cash awards shall not exceed US \$5,000.00.

## **Article 25 – IFBB Registration Fee**

### **25.1**

#### **IFBB Registration Fee:**

The IFBB shall levy a Registration Fee for all bona fide athletes and delegates participating at IFBB events. The Fee shall be US\$50.00 for all IFBB international amateur events except the Men’s World Amateur Bodybuilding Championships, where the fee shall be US\$100.00.



## **Article 26 – Relinquishment of Professional Status**

### **26.1**

#### **Relinquishment of Professional Status:**

An amateur athlete, once having qualified and applied for IFBB professional status through her National Federation, shall be considered a professional athlete immediately she is in possession of a professional card from the IFBB Professional Division. At any time thereafter, a professional athlete may apply, through her National Federation, to relinquish her professional status and to return to the amateur ranks. The National Federation shall be responsible for advising the IFBB Professional Division of the athlete's decision. Once professional status is relinquished, the athlete shall not be allowed to reapply for professional status.



## APPENDIX 1

### IFBB CODE OF ETHICS

#### **Introduction:**

The IFBB Code of Ethics exists as a set of beliefs that have been written to serve as guidelines for the way in which all Members, be they competitors, officials, administrators, or others, should strive to conduct themselves as Members of the IFBB family. National Federations and other Members join the IFBB of their own free will and, in so doing, agree to abide by the Constitution and Rules of which the Code of Ethics forms an integral part. Any National Federation or other Member who is found to have contravened the Code of Ethics may be subject to disciplinary or other measures.

#### **Competitors:**

*We, the bodybuilders and fitness athletes, realizing that our conduct reflects on the good name of the sport of bodybuilding and fitness, and realizing the responsibility thereby placed upon us, pledge ourselves:*

1. To fulfill our responsibility to society, to our coaches, to the officials, and to the administrators of the IFBB.
2. To honour, dignify, and support the sport of bodybuilding and fitness by competing in the best of condition and to the best of our ability, and by being in top shape when giving an exhibition or a seminar.
3. To respect our opponents on equal terms in the spirit of friendly rivalry and good sportsmanship.
4. To respect the IFBB Constitution and Rules as well as the rules of competition and to observe them honestly in cooperation with other competitors, the officials, administrators, and organizers.
5. To accept the decisions of the officials in the spirit of good sportsmanship without descending to selfish recriminations, realizing that these decisions have been made honestly, fairly, and objectively.
6. To continue striving for bodily perfection and correct moral principles.
7. To honour the special trust conferred upon us by our participation in, and by our representation of, the IFBB and our country, at international events, and to adhere to the standards of personal conduct expected of us.
8. To recognize the value of bodybuilding and fitness and to promote its future by serving as an example to inspire other people to participate.
9. To cooperate with our officials and administrators in the development of high standards, both moral and physical, for the sport of bodybuilding and fitness and in the progressive furtherance of the objects of the IFBB.
10. To oppose the use of banned substances and to compete drug-free.



**Officials:**

We, *the officials*, realizing that our actions and decisions as judges, etc., reflect on the good name of the sport of bodybuilding and fitness, and realizing the responsibility thereby placed upon us, pledge ourselves:

1. To apply honestly, impartially, and objectively all of the rules governing competitions.
2. To safeguard the interests of all competitors on equal terms.
3. To cooperate in providing the best possible conditions for the benefit of the competitors, other officials, and administrators.
4. To respect the feelings and competitive drive of the bodybuilders and fitness athletes, and to make reasonable allowances for their heightened emotions in the heat of competition.
5. To respect the IFBB Constitution and Rules and the requirements of an effective administration and to cooperate willingly and promptly with the officially elected or appointed administrators and other officials in the carrying out of their duties and responsibilities.
6. To cooperate with the organizers of the competitions by rendering decisions clearly and promptly, and in accordance with the requirements of the competition or judging procedures.
7. To refrain from attempting to influence the decisions of other judges or officials, and to respect their individual opinions and decisions.
8. To honour the special trust conferred upon us by our selection as judges and officials, and to adhere to the standards of personal conduct expected of us.
9. To cooperate with the bodybuilders and fitness athletes, other officials, and administrators in the development of high standards, both moral and physical, for the sport of bodybuilding and fitness and in the progressive furtherance of the objects of the IFBB.
10. To oppose the use of banned substances and to take reasonable measures to ensure that all athletes are competing drug-free.



**Administrators:**

We, *the administrators*, realizing that our policies, decisions, and actions reflect on the good name of the sport of bodybuilding and fitness, and realizing the responsibility thereby placed upon us, pledge ourselves:

1. To serve all members, be they bodybuilders or fitness athletes, officials, or other administrators, according to their needs.
2. To promote, through the sport of bodybuilding and fitness, an understanding of its objects, its values and achievements, uniting all those who participate, in whatever capacity, in the feelings of mutual respect and friendship.
3. To safeguard the health and physical fitness of the bodybuilders and fitness athletes.
4. To provide the bodybuilders and fitness athletes with the best possible conditions for achieving bodily perfection.
5. To provide the bodybuilders and fitness athletes, the officials, and other administrators, with the best possible conditions for the conduct of competitions.
6. To cooperate with the organizers, officials, and other administrators, in the carrying out of their competition duties with the utmost of efficiency.
7. To respect the IFBB Constitution and Rules and to observe all of the rules of competition and to apply them honestly and fairly when dealing with the membership of the IFBB.
8. To recognize the value of bodybuilding and fitness and to cooperate with the bodybuilders and fitness athletes in inspiring other people to participate in order to ensure the future of the sport of bodybuilding and fitness.
9. To cooperate with all interested parties in the development of high standards, both moral and physical, for the sport of bodybuilding and fitness and in the progressive furtherance of the objects of the IFBB.
10. To oppose the use of banned substances and to take reasonable measures to ensure that all athletes are competing drug-free.



## Appendix 2

### HOW TO ASSESS A FITNESS COMPETITION

#### **INTRODUCTION:**

Judges are strongly reminded that they are judging a women's FITNESS competition and not a women's BODYBUILDING competition. The type of muscularity, vascularity, muscular definition, and/or dieted leanness displayed by a female bodybuilder will not be considered acceptable if displayed by a fitness competitor and therefore, must be marked down.

#### **GENERAL PRESENTATION:**

Judges are reminded that the competitor's posture and bearing, at all times while onstage, is to be considered. The overall image displayed should demonstrate poise and self-confidence. This is especially true at all times when the competitor is standing relaxed and during the comparisons of the quarter turns.

When standing relaxed, the competitors shall be warned against adopting a tense pose, with arms flexed and out to the side in a display of muscularity. A relaxed stance means that the competitor must stand erect, head and eyes towards the front, shoulders back, chest out, stomach in, feet together, and arms RELAXED and hanging freely at the side.

During each of the quarter turns, the same rules shall apply. Again, the stance shall be erect, head and eyes towards the front, shoulders back, chest out, stomach in, feet together, and arms RELAXED and hanging freely at the side.

#### **ROUND 1 – BIKINI:**

In this round, the competitors are brought onstage, in numerical order and in a single line. They are directed through the comparisons of the quarter turns, first as an entire group and then in smaller groups of no more than 5 competitors at a time. Each judge is expected to watch all of the comparisons and not just those that a specific judge has requested.

Throughout the comparisons, a judge must not lose sight of the fact that he or she is judging the athlete as a "Total Package".

The judge should first assess the overall athletic appearance of the physique. This assessment should begin at the head and extend downwards, taking the whole physique into account. The assessment, beginning with a general impression of the physique, should take into consideration the hair and facial beauty; the overall athletic development of the musculature; the presentation of a balanced, symmetrically developed physique; the condition of the skin and the skin tone; and the athlete's ability to present herself with confidence, poise and grace.

The physique should be assessed as to its level of overall muscle tone, achieved through athletic endeavors. The muscle groups should have a round and firm appearance with a small amount of body fat. The physique should neither be excessively muscular nor excessively lean and should be free from deep muscle separation and/or striations. Physiques that are considered either too muscular or too lean must be marked down.



The assessment should also take into consideration the tightness and tone of the skin. The skin tone should be smooth and healthy in appearance, and without cellulite. The face, hair and makeup should complement the “Total Package” presented by the athlete.

The judge’s assessment of the athlete’s physique should include the athlete’s entire presentation, from the moment she walks onstage until the moment she walks offstage. At all times, the fitness competitor must be viewed with the emphasis on a “healthy, fit, athletic” physique, in an attractively presented “Total Package”.

### **ROUND 2 – ROUTINE:**

In this round, the athlete performs a fitness routine, to her own choice of music, the length of which shall not exceed 2 minutes.

Once again, the judge should consider the “Total Package”, that is, the entire routine from the moment the athlete presents herself onstage until the moment the athlete walks offstage.

The judges are reminded that, during this Round, they are judging **ONLY** the fitness routine and **NOT** the physique.

The judge should look for a well-choreographed and creative routine performed at a high tempo/speed.

Although compulsory movements are not a requirement, the routine should include:

1. Elements of **STRENGTH** - for example, straddle hold, leg extension hold, and/or one-arm pushups (gymnastic movements such as front and back flips, handsprings, and cartwheels are not considered strength elements). The number of strength moves, their degree of difficulty, and the overall creativity of the moves should be considered in the judging of the routine.
2. Elements of **FLEXIBILITY** – for example, high kicks, side splits, and/or front splits. The number of flexibility moves, their degree of difficulty, and the overall creativity of the moves should be considered in the judging of the routine.
3. The **SPEED** or tempo of the routine demonstrates a degree of cardiovascular fitness, stamina, and endurance. For example, if two routines contain the same type and number of strength and flexibility movements, the routine that is performed at a faster tempo is the more difficult to achieve so long as the movements are correctly performed.

Once again, the judge must always consider the “Total Package” and not just the sum of the individual movements. There is a component - an element of “showmanship”, which competitors bring to a fitness routine that is unique to them. This is their personality, charisma, stage presence, and charm, as well as a natural rhythm that should play a part in the final placing of each competitor.



**ROUND 3 – FINALS:**

In this round, the top 6 finalists are first brought onstage, in numerical order and in a single line, wearing a bikini and high-heels. They are directed through the comparisons of the quarter turns.

This part of the round is judged using the same assessment procedures as outlined during Round 1 – Bikini.

Upon completion of the comparisons of the quarter turns, the competitors change into their routine attire and perform a fitness routine, to their own choice of music, the length of which shall not exceed 2 minutes.

This part of the round is not judged.



Appendix 3

## **JUDGING FORMS**







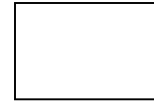








INTERNATIONAL FEDERATION OF BODYBUILDERS



JUDGE'S NUMBER

# FORM 6 - FITNESS

## FINALS MARK SHEET

COMPETITION \_\_\_\_\_ CATEGORY \_\_\_\_\_

PLACE \_\_\_\_\_ DATE \_\_\_\_\_

### PROCEDURES

1. Enter your judge's number in the box provided in the upper right-hand corner.
2. Complete the top portion of the form by filling in the competition, category, place, and date.
3. Enter the competitors' numbers **in numerical order**, lowest to highest, in the "competitor number" column.
4. Place the top 6 competitors **from 1 to 6** by entering their place in the "place" column.
5. Do not give two or more competitors the same place.
6. **ALL** competitors must be placed.
7. If you make a mistake, place an "X" through the mistake and write the correct decision to the right of this.
8. **Print** your name and country.
9. **Write** your signature.

COMPETITOR NUMBER	PLACE

### Note:

When this form is used to determine the "Overall Champion" award, **ALL** finalists must be placed.

JUDGE'S NAME (PRINT) \_\_\_\_\_

COUNTRY (PRINT) \_\_\_\_\_

JUDGE'S SIGNATURE \_\_\_\_\_



INTERNATIONAL FEDERATION OF BODYBUILDERS

## FORM 7 - FITNESS

# OFFICIAL CATEGORY FINAL RESULTS

CATEGORY

*\*The top 6 finalists are to be announced in the order of 6<sup>th</sup> place to 1<sup>st</sup> place, by number, name, and country.*

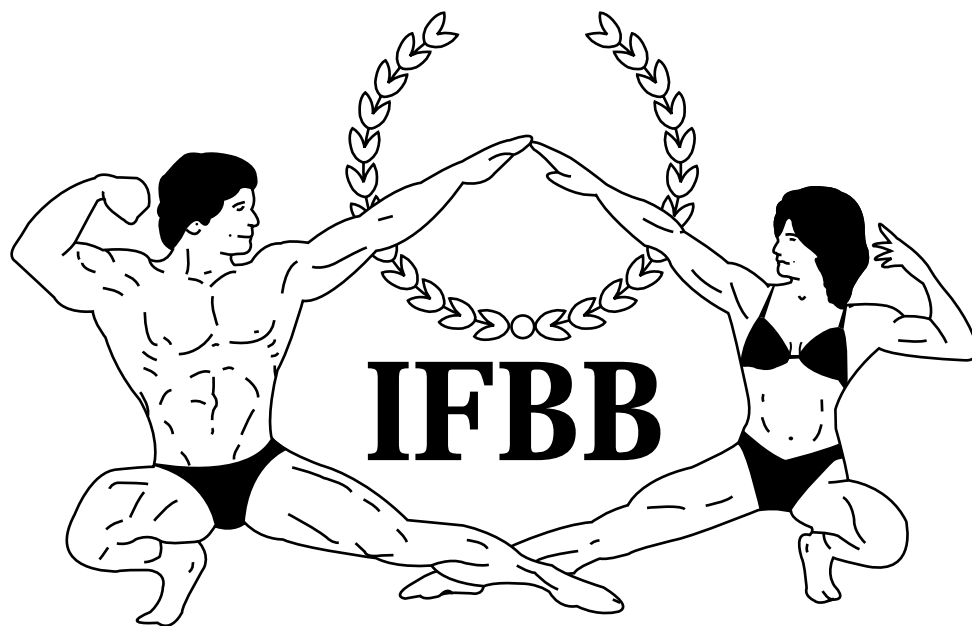
COMPETITOR NUMBER	COMPETITOR NAME	COMPETITOR COUNTRY	FINAL PLACE

*\*Prior to the Victory Ceremony, the Statistician should fill in the "category", and the columns marked "competitor number", "competitor name", and "competitor country", in numerical order. The "final places" should be entered immediately after they are determined.*

\_\_\_\_\_  
JUDGES COMMITTEE SIGNATURE



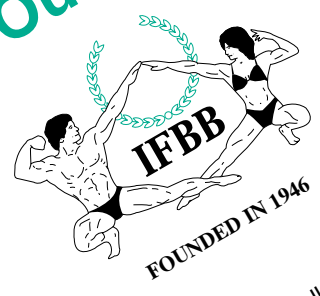






**Ben Weider,  
Joe Weider:  
co-founders  
of the IFBB.**

# Our Beliefs



- We believe** in total physical fitness — mental as well as physical — and are convinced that the best citizens are produced by educating the whole man.
- We believe** that total physical fitness can best be obtained through good health habits, adequate nutrition and planned systematic physical exercise.
- We believe** that sports and games of all kinds can contribute greatly to the total fitness of those who participate. Especially important is the vigorous training which precedes successful participation.
- We believe** in the use of modern, scientific methods of training to produce the best possible results in the shortest possible time.

- We believe** in total fitness for all, but are convinced that properly supervised competitive athletic activities have an important place in our society.
- We believe** that our athletes should be given every opportunity to develop their potential to the limit, not only for personal satisfaction and national prestige, but also to serve as stirring examples to others.
- We believe** that with increasing automation the need for exercise becomes steadily greater and the role of the coach and physical educator even more important.
- We believe** that progressive resistance exercise involving gradually increasing work-loads is absolutely essential for the development of muscular strength.
- We believe** that muscular endurance can only be developed through vigorous sustained effort over increasing periods of time.
- We believe** that a vigorous strength-building and endurance-building program is necessary to increase the efficiency of the cardio-vascular system and hence improve over-all physical fitness.
- We believe** that only through regular, planned, purposeful practice is it possible to develop a high degree of neuro-muscular skill.
- We believe** in the development of a well-muscled, symmetrical physique along with all of the attributes mentioned above, not only to achieve success on the athletic field but also to enable the individual to meet the varying demands of everyday life.

**BEN WEIDER, C.M., Ph.D.**  
International President

**"BODYBUILDING IS IMPORTANT FOR NATION BUILDING"**