

WFF UK CLASS CRITERIA AND RULES AND TERMS OF SERVICE

THE WFF MISSION

The World Fitness Federation UK is committed to fostering an inclusive and supportive environment where athletes of all abilities and backgrounds can thrive. We empower individuals to showcase their passion and dedication through diverse bodybuilding, fitness, and pageantry categories, while providing pathways for UK athletes to compete internationally. By championing diversity and equal opportunities, we promote health, personal growth, and community engagement within the fitness community.

INTRODUCTION

The following document is the controlling authority for the World Fitness Federation UK CIC. The rules, policies, criteria & administration guide for WFF UK Athletes are outlined below:

GENERAL

- The World Fitness Federation UK Committee are entrusted with the responsibility for all matters relating to amendments or additions to any rules, policies or criteria.
- The interpretation of the rules, policies or criteria if questioned is to be clarified & subsequently declared by the World Fitness Federation UK Committee.
- Constitutionally a voting system shall be employed at Committee level.
- Exceptionally the President has the power to ascribe, change or introduce rulings if warranted.

AGREEMENTS

- Any promoter, athlete, service provider or affiliated person shall enter into any arrangement or agreement voluntarily & of their own free will.
- By doing so these external parties are bound to accept the rules, as laid out in this document & to follow the working practices of the World Fitness Federation UK.

LIABILITY

- Any promoter, athlete, service provider or affiliated person shall have no claim over the World Fitness Federation UK in relation to any loss they may incur whether it is financial, harm to reputation or loss of time.
- Any promoter or organiser shall make the necessary steps to provide medical & insurance cover for any event over which they have control.

MEDIA RIGHTS

- Any photograph, video recording or any other image of athlete participation in a sanctioned World Fitness Federation UK event will be considered an assigned image & the named photographer assigned by World Fitness Federation UK for that event will hold copyright of all these works or images.
- The World Fitness Federation UK reserve the right to control any & all press accreditation to media organizations in all cases where formal media coverage is being undertaken.

WFF PROFESSIONAL ATHLETES

- WFF Professional Athletes will be selected from the very best amateur athletes in the UK. In all instances a WFF Professional Athlete may not return to compete as an amateur Athlete. All WFF Professionals are required to hold both a national World fitness Federation UK membership and a Valid International Pro License.

CODE OF ETHICS

As a sporting federation, the World Fitness Federation UK is committed to promoting not only excellence in sport but also the values of a fair, inclusive, and respectful society. Our Code of Ethics establishes the standards to which all World Fitness Federation UK members, officials, and service providers are held, ensuring that every activity associated with the World Fitness Federation UK embodies these principles.

1. COMMITMENT TO HEALTH & SAFETY

- All World Fitness Federation UK members, officials, and service providers must prioritize health and safety in every aspect of their involvement in World Fitness Federation UK-related activities.
- Safety guidelines must be strictly adhered to, and any potential hazards must be reported and addressed promptly to ensure a safe environment for all participants.

2. PROMOTION OF RESPECT AND EQUALITY

- The World Fitness Federation UK has a zero-tolerance policy towards anti-social behaviours, body shaming, derogatory language, bullying, intimidation, and harassment in any form.
- Every individual involved in World Fitness Federation UK activities—regardless of age, colour, gender, race, sexual orientation, religious beliefs, or disability—must be treated with equal respect. Discrimination in any form is strictly prohibited and will not be tolerated.

3. SPORTSMANSHIP AND FAIR PLAY

- All World Fitness Federation UK members, officials, and service providers are expected to uphold the highest standards of sportsmanship and fair play. This includes adherence to the rules, displaying politeness, and respecting decisions made by officials.
- Language and behavior must remain moderate, respectful, and appropriate at all times.

4. DUTY TO REPORT

- Any transgressions or breaches of this Code of Ethics must be reported either formally or informally to World Fitness Federation UK officials.
- All members, officials, and service providers have a responsibility to report observed misconduct to maintain the integrity of the World Fitness Federation UK's standards.

5. SANCTIONS FOR BREACHES

- The World Fitness Federation UK Committee holds the authority to impose sanctions, including disqualification, withdrawal of support, expulsion, or other endorsements, on individuals or organizations found in violation of this Code of Ethics.
- In cases of severe misconduct, the Committee reserve the right to impose stricter penalties, ensuring that World Fitness Federation UK's standards of fairness and respect are upheld.

This Code of Ethics serves as a binding framework for all members, officials, and service providers associated with World Fitness Federation UK. By adhering to these values, we contribute to a positive, inclusive, and safe sporting environment that reflects the best aspects of competition and community.

WORLD FITNESS FEDERATION UK SHOWS

The below list of classes is available through the World Fitness Federation UK. A variety of these classes or a reduced list may be offered at regional qualifying shows: Please note that all sub classes are subject to a minimum entry of 6 Athletes per class. For example; If a Tall class and a short class do not have 6 athletes in each, the class will run as an open.

<u>MEN'S</u>	<u>WOMEN'S</u>
JUNIOR BODYBUILDING	FIRST TIMER FIGURE
FIRST TIMER BODYBUILDING	JUNIOR BIKINI
NOVICE BODYBUILDING	BIKINI SHORT & TALL
MASTERS OVER 50'S BODYBUILDING	BIKINI MASTERS OVER 35
MASTERS OVER 60'S BODYBUILDING	WELLNESS SHORT & TALL
MEN'S JUNIOR PHYSIQUE	GLAMOUR
MEN'S OPEN PHYSIQUE	FIGURE TONED
MEN'S MASTERS PHYSIQUE	FIGURE ATHLETIC
MEN'S ATHLETIC BODYBUILDING	FIGURE TRAINED
CLASSIC BB TALL & SHORT	WOMENS PHYSIQUE
BODYBUILDING CLASS 1	WOMENS BODYBUILDING
BODYBUILDING CLASS 2	OPEN DISABLED
BODYBUILDING CLASS 3	PRO BIKINI
BODYBUILDING CLASS 4	PRO WELLNESS
OPEN DISABLED	PRO FIGURE
PRO BODYBUILDING	
PRO PHYSIQUE	

Please be aware that some classes in the UK are known internationally by another name

ENTRY RULES AND GUIDELINES

1. MEMBERSHIP REQUIREMENT:

All athletes both amateur and professional must be registered members of WFF UK to participate in any event—no exceptions.

2. REGISTRATION FEE:

Athletes must pay the show registration fee in full before being allowed to participate in any competition.

3. RULE AWARENESS:

It is the responsibility of each athlete to familiarize themselves with all relevant competition rules and adhere to them.

4. CLASS ELIGIBILITY:

- Athletes may not compete in multiple categories (cross-classes) with the exception of age-restricted classes.
- For example, a bikini athlete may compete in both Bikini Tall and Bikini Masters if they meet the age requirement for Masters. However, athletes cannot compete in different disciplines, such as entering both Bikini and Figure categories.

5. AGE VERIFICATION:

Athletes competing in age-specific classes must present valid identification at registration to verify their eligibility.

6. MINIMUM AGE:

Athletes must be at least 16 years old to compete in any WFF UK event.

7. EVENT FORMAT:

All WFF UK shows operate as run-through events. Athletes will perform on stage, receive their placings, trophies, and any invitations promptly within the same timeframe.

8. MUSIC STANDARDS:

Individual routine music must not contain profanity, or content promoting violence or racial hatred. Any routine featuring inappropriate music will be stopped, and the athlete will be required to leave the stage.

9. MEDIA CONSENT:

By registering for a WFF UK event, athletes consent to the publication of their names and images on all federation social media platforms. Additionally, athletes agree that their images may be used for relevant marketing and promotional purposes.

10. CODE OF ETHICS:

By registering for a WFF UK event, all athletes agree to comply with the WFF UK Code of Ethics.

ONLINE REGISTRATION

All competitors are required to register online via www.wff-uk.com for their chosen show before the registration deadline. Athletes will not be able to register in person on the day of the show.

The online registration form must be completed, and the registration fee must be paid before entry is confirmed.

WFF UK Show Entry Fee: £40 (£20 for addition class, applies to age sub classes only)

- No refunds given

CLASS CHANGE

- If you have selected the incorrect class to compete in, you must request a correction via email info@wff-uk.com. Please be aware that it is the athlete's responsibility to ensure that have read and understood all relevant class criteria and registered for the correct class. Class changes will not be permitted on show day or at registration.

ATHLETE REGISTRATION **(COMPETITION DAY)**

Registration times and information will be emailed to all athletes prior to the show. It is the athlete's responsibility to ensure that they have provided the correct contact email at the time of registration.

CHECK IN

Please refer to the email sent and ensure you arrive at your allotted time. Athletes arriving after their allotted time may be refused registration. Athletes may be given the option to register the day before at their first tanning appointment if heights and weights are not required.

WEIGH IN & MEASUREMENTS

At least two judges and a federation administrator will attend the weigh in - measurement operations for each competitor will be logged and verified.

- a) Competitors are measured without shoes and weight is completed in competition trunks.
- b) Each competitor will be measured only once. It is the discretion of the Head judge to grant a second measurement.
- c) In case of weight discrepancy, a second session is always allowed within a limited time. It is the discretion of the Head judge to determine the time frame.
- d) All measurements will be performed with a metric stick and reference bracket, the weighing will be performed with digital scales on a hard surface.

BACKSTAGE ACCESS

Each registered athlete is entitled to ONLY ONE COACH PASS. Coach passes are available for purchase via the website (www.wff-uk.com) for a cost of £25.

WORLD FITNESS FEDERATION UK CLASS CRITERIA

MEN'S BODYBUILDING CLASSES

The following classes fall within the categorisation of Men's Bodybuilding;

- JUNIOR BODYBUILDING
- FIRST TIMER BODYBUILDING
- NOVICE BODYBUILDING
- MASTERS OVER 50'S BODYBUILDING
- MASTERS OVER 60'S BODYBUILDING
- MEN'S ATHLETIC BODYBUILDING
- CLASSIC BODYBUILDING SHORT & TALL
- BODYBUILDING CLASS 1 – 2 – 3 – 4
- OPEN DISABLED

Men's Bodybuilding	
	Height
Class 1	>1.79m
Class 2	1.72 – 1.79m
Class 3	1.65 – 1.72m
Class 4	<1.65m

Men's Athletic			
	Height	Weight	Formula
Tall	>1.79m	3kg	Height -100 +3 = Max weight
Short	<1.79m	3kg	Height -100 +3 = Max weight

JUDGING CRITERIA

All Men's bodybuilding classes will be judged on,

1. Proportion
2. Symmetry
3. Muscularity
4. Condition
5. Stage Presence

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

ATTIRE

All Men's bodybuilding classes, with the exception of Men's Classic are required to wear Pro Cut posing trunks. These can be in any colour the athlete chooses.

ROUNDS OF JUDGING

Round 1	4 x quarter turns
Round 2	60 Second Routine
Round 3	Comparisons
To be concluded with a 60 second pose down	

ROUND 1 – QUARTERS TURNS (FRONT, BACK & SIDE)

The entire line-up is brought onstage, in numerical order and in a single line. The line-up will be divided into two equal-size groups by the head judge (when applicable) to perform quarter turns. Athletes should remember this is the first view the judges have of their physiques and remember they are being judged at all times. Starting in a front facing pose with knees, hips and toes to be facing the judges. Athletes will be asked to “quarter turn to the right” four times. Each turn athletes will be expected to showcase their physiques while maintain traditional Bodybuilding class poses. Before being asked to leave the stage.

ROUND 2 – 60 SECOND ROUTINE

Each athlete will be introduced individually as they enter from the rear or side of the stage and perform their 60 second routine.

ROUND 3 – COMPARISONS

This is the final round where the athlete has the opportunity to demonstrate their physique to the judges. Judges will be making their final comparisons and assign a rank to the athletes accordingly. Athletes will perform compulsory poses as follows;

1. Front Double Bicep
2. Side Chest
3. Side Tricep
4. Front Lat Spread
5. Rear Double Biceps
6. Rear Lat Spread

7. Abs & Thighs,
8. Most Muscular
9. Most Muscular of choice

INDIVIDUAL POSING ROUTINES

Each athlete will be allowed 60 seconds to complete their individual posing routine. Individual routine music must not contain profanity, or content promoting violence or racial hatred. Any routine featuring inappropriate music will be stopped, and the athlete will be required to leave the stage.

It is the responsibility of the Athlete to ensure that they submit their individual posing routine music as instructed on the registration confirmation email.

CLASS CRITERIA

JUNIOR BODYBUILDING

The minimum age for athletes to compete is 16 and the maximum being 19 years and 364 days. This ruling also applies for the finals, world championships and the Universe. If an athlete has qualified within that age range but falls outside by the time the finals comes around, the athlete is permitted to change classes. World Fitness Federation officials will guide the athlete if they have not already selected a class.

FIRST TIMERS CLASS

This class is for athletes who have never stepped on stage at all previously. This includes Model Classes, independent shows or local charity shows. It is for TRUE First-Time athletes only. Athletes found to have competed previously will be disqualified from the class. If this is found out once the show is concluded, and the athlete placed in the class, they will be stripped of their trophy and title and Banned from the federation.

NOVICE BODYBUILDING

An athlete who has not placed in any top 3 of ANY Federation's National Final will be considered a Novice, First Time Classes or Junior Classes being the exemption to this rule.

A Novice cannot move between open Classes & then back to Novice, the single exception is if they are/were able to move to Junior Bodybuilding.

In all cases, athletes will be encouraged to move out of the Novice Class if

it is felt they are of a sufficient standard to challenge in open classes.

MEN'S ATHLETIC BODYBUILDING

This class is heavily focused on condition, Athletes are e

MASTERS OVER 50'S

The age requirement to compete in the master's Over 50s is that an athlete MUST be aged 50 or above at the qualifying show. An athlete that is under 50 at the qualifying show but over 50 at a final, is still not permitted to enter the class.

MASTERS OVER 60'S

The age requirement to compete in the master's Over 60s is that an athlete MUST be aged 60 or above at the qualifying show. An athlete that is under 60 at the qualifying show but over 60 at a final, is still not permitted to enter the class.

OPEN DISABLED

This class is open to male disabled athletes only.

CLASSIC BODYBUILDING

Classic Bodybuilding is split into 2 sub categories these are:

Men's Classic (Classique Int)			
	Height	Weight	Formula
Tall	>1.79m	7kg	Height -100 +7 = Max weight
Short	<1.78.9m	7kg	Height -100 +7 = Max weight

JUDGING CRITERIA

Classic Bodybuilding Class will be judged on, Muscularity, Symmetry, Balance & Proportions, Conditioning & Presentation.

Judges will reward physiques that best represent a graceful classic package with all muscle groups flowing from broad shoulders to a narrow waist, to powerful legs with heavy emphasis on aesthetics.

Individual Posing Routines will be marked & the athlete should use this time to demonstrate their Classic posing style.

MEN'S CLASSIC BODYBUILDING ATTIRE

Men's Classic Class are required to wear "Classic" style posing shorts. These are required to be a minimum of 3 inches on the sides and MUST be Black. Athletes in this class will not be permitted to take the stage in "Pro Cut" Trunks.

ROUNDS OF JUDGING

Round 1	4 x quarter turns
Round 2	60 Second Routine
Round 3	Comparisons
To be concluded with a 60 second pose down	

ROUND 1 – QUARTERS TURNS (FRONT, BACK & SIDE)

The entire line-up is brought onstage, in numerical order and in a single line. The line-up will be divided into two equal-size groups by the head judge (when applicable) to perform quarter turns. Athletes should remember this is the first view the judges have of their physiques and remember they are being

judged at all times. Starting in a front facing pose with knees, hips and toes to be facing the judges. Athletes will be asked to “quarter turn to the right” four times. Each turn athletes will be expected to showcase their physiques while maintain traditional Bodybuilding class poses. Before being asked to leave the stage.

ROUND 2 – 60 SECOND ROUTINE

Each athlete will be introduced individually as they enter from the rear or side of the stage and perform their 60 second routine.

ROUND 3 – COMPARISONS

This is the final round where the athlete has the opportunity to demonstrate their physique to the judges. Judges will be making their final comparisons and assign a rank to the athletes accordingly. Athletes will perform compulsory poses as follows;

1. Front Double Bicep
2. Side Chest
3. Side Tricep
4. Front Lat Spread
5. Rear Double Biceps
6. Rear Lat Spread
7. Abs & Thighs
8. Best Classic pose

INDIVIDUAL POSING ROUTINES

Each athlete will be allowed 60 seconds to complete their individual posing routine and will be judged. Individual routine music must not contain profanity, or content promoting violence or racial hatred. Any routine featuring inappropriate music will be stopped, and the athlete will be required to leave the stage.

It is the responsibility of the Athlete to ensure that they submit their individual posing routine music as instructed on the registration confirmation email.

MEN'S PHYSIQUE CLASSES

The following Classes fall within the categorization of Men's Physique

- JUNIOR MENS PHYSIQUE
- MENS PHYSIQUE
- MENS MASTERS PHYSIQUE

Men's Physique	
Class	Criteria
Junior	Under the age of 24
Open	Open to all Male physique Athletes
Masters	Over the age of 35

JUDGING CRITERIA

All Men's Physique classes will be judged on,

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

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

ATTIRE

All Men's Physique classes, are required to wear long board shorts that do not extend below the knee. These can be in any colour the athlete chooses.

ROUNDS OF JUDGING

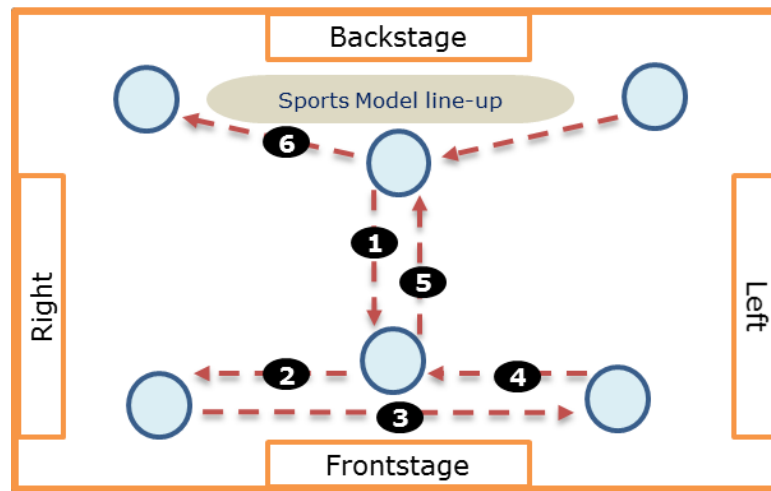
Round 1	4 x quarter turns
Round 2	T Walk
Round 3	Comparisons
To be concluded with a 60 second pose down	

ROUND 1 – QUARTERS TURNS (FRONT, BACK & SIDE)

The entire line-up is brought onstage, in numerical order and in a single line. The line-up will be divided into two equal-size groups by the head judge (when applicable) to perform quarter turns. Athletes should remember this is the first view the judges have of their physiques and that they are being judged at all times. Judges are looking for, good muscular development, a lean V tapered shape and strong condition in the upper body. Starting in a front facing pose athletes will be asked to “quarter turn to the right” four times. Each turn athletes will be expected to showcase their physiques while maintain traditional Physique class poses. Before being asked to leave the stage.

ROUND 2 – INDIVIDUAL “T” WALK

Each athlete will be introduced individually as they enter from the rear or side of the stage and proceed to the rear center of the stage. The athlete will then complete their individual “T” walk based on the image shown below.



T WALK DESCRIPTION

The athlete to enter from the rear or side of the stage and proceed to the rear center of the stage. The athlete will then 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 center of the stage (Front Centre). Here the athlete will pause, turn around and show his back to the judges before completing his 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 3 – COMPARISONS

This is the final round where the athlete has the opportunity to demonstrate their physique to the judges. Judges will be making their final comparisons and assign a rank to the athletes accordingly. Athletes will perform compulsory poses as follows;

1. Front-Facing, Arms Overhead, Open Handed
2. *Left Side Showing abdominals & obliques with left hand behind head
3. Rear-Facing, Arms Overhead, Open Handed
4. *Right Side Showing abdominals & obliques with right hand behind head
5. Front-Facing Abdominals pose.

T – WALK MUSIC

Athletes will not be required to provide any music for their T walk.

WORLD FITNESS FEDERATION UK CLASS CRITERIA

FEMALE FIGURE CLASSES

The following classes fall within the categorization Female Figure Classes.

- TONED FIGURE
- ATHLETIC FIGURE
- TRAINED FIGURE
- PHYSIQUE
- FEMALE BODYBUILDING
- OPEN DISABLED

Female Figure Classes	
Class	Criteria
Toned Figure	SEE INDIVIDUAL CRITERIA BELOW
Athletic Figure	
Trained Figure	
Female Physique	
Female Bodybuilding	
Open Disabled	

JUDGING CRITERIA

All Female Figure classes will be judged on,

1. Proportion
2. Symmetry
3. Muscularity
4. Condition
5. Stage Presence

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

ATTIRE

A two-piece bikini of any style complimentary to the figure. The bottoms must cover all the frontal area and have a tasteful and feminine rear. Sequined and/or bling bikinis are encouraged. High heels can be any style, but we do recommend that you are able to walk in them safely and confidently.

Costume jewellery is allowed but must not be obtrusive or detract from the athletes figure.

Note that Physique and Bodybuilding Athletes are not required to wear heels onstage.

ROUNDS OF JUDGING

Round 1	4 x quarter turns
Round 2	60 Second Routine
Round 3	Comparisons
To be concluded with a 60 second pose down	

ROUND 1 – QUARTERS TURNS (FRONT, BACK & SIDE)

The entire line-up is brought onstage, in numerical order and in a single line. The line-up will be divided into two equal-size groups by the head judge (when applicable) to perform quarter turns. Athletes should remember this is the first view the judges have of their physiques and remember they are being judged at all times. Starting in a front facing pose with knees, hips and toes to be facing the judges. Athletes will be asked to “quarter turn to the right” four times. Each turn athletes will be expected to showcase their physiques while maintain traditional Bodybuilding class poses. Before being asked to leave the stage.

ROUND 2 – 60 SECOND ROUTINE

Each athlete will be introduced individually as they enter from the rear or side of the stage and perform their 60 second routine.

ROUND 3 – COMPARISONS

This is the final round where the athlete has the opportunity to demonstrate their physique to the judges. Judges will be making their final comparisons and assign a rank to the athletes accordingly. Athletes will perform compulsory poses, please see class criteria below for poses.

INDIVIDUAL POSING ROUTINES

Each athlete will be allowed 60 seconds to complete their individual posing routine. Individual routine music must not contain profanity, or content promoting violence or racial hatred. Any routine featuring inappropriate music will be stopped, and the athlete will be required to leave the stage.

It is the responsibility of the Athlete to ensure that they submit their individual posing routine music as instructed on the registration confirmation email.

CLASS CRITERIA

TONED FIGURE

Toned Figure Class will be judged on a toned body promoting a healthy lifestyle. Athletes will be recognizably fit & show evidence of training without being excessively defined or dieted. Symmetry, Balance & Proportions, Conditioning & Presentation will all be assessed by the judges. Athletes will perform compulsory poses as follows;

1. Front Pose with your hands above your head
2. Pose showing the Left side
3. Rear pose with your hands above your head
4. Pose showing the right side
5. Favorite front pose
6. Favorite rear pose

ATHLETIC FIGURE

Athletic Figure Class will be judged on an athletic body promoting a healthy lifestyle. Ladies will be recognisably fit & show evidence of muscularly & lower body fat. Feminine Muscularity, Symmetry, Balance & Proportions, Conditioning & Presentation will all be assessed by the judges. Athletes will perform compulsory poses as follows;

1. Front Double Bicep
2. Side Chest
3. Side Tricep
4. Rear Double Biceps
5. Abs & Thighs
6. Favorite front pose
7. Favorite rear pose

TRAINED FIGURE

Trained figure Class will be judged on a trained body promoting a healthy lifestyle. The athlete will be feminine with high levels of muscle mass with such low body fat that striations are visible. Symmetry, Balance & Proportions, Conditioning & Presentation will all be assessed by the judges. Athletes will perform compulsory poses as follows;

1. Front Double Bicep
2. Side Chest
3. Side Tricep
4. Rear Double Biceps
5. Abs & Thighs
6. Favorite front pose
7. Favorite rear pose

FEMALE PHYSIQUE

Female Physique Class will be judged on a tight and defined muscular body, showcasing V taper with wide shoulders, defined delt caps, narrow waist, Lean legs and round full glutes. The athlete will be feminine while maintaining high levels of muscle mass with such low body fat that striations are visible. Symmetry, Balance & Proportions, Conditioning & Presentation will all be assessed by the judges. Athletes will perform compulsory poses as follows;

1. Front Double Bicep
2. Side Chest
3. Side Triceps
4. Front Lat Spread
5. Rear Double Biceps
6. Rear Lat Spread
7. Abs & Thighs,
8. Favorite front pose
9. Favorite rear pose

FEMALE BODYBUILDING

Female Bodybuilding Class will be judged on an extremely tight and highly defined muscular body, showcasing a strong V taper with wide shoulders, defined delt caps, narrow waist, muscular legs and a round full glute. The athlete will be feminine while maintaining high levels of muscle mass with such low body fat that feathering and striations are visible. Symmetry, Mass, Balance & Proportions, Conditioning & Presentation will all be assessed by the judges. Athletes will perform compulsory poses as follows;

1. Front Double Bicep
2. Side Chest
3. Side Triceps
4. Front Lat Spread
5. Rear Double Biceps
6. Rear Lat Spread
7. Abs & Thighs,
8. Favorite front pose
9. Favorite rear pose

OPEN DISABLED

This Class is open to female disabled athletes only.

LADIES BIKINI CLASS **(KNOWN INTERNATIONALLY AS BIKINI MODEL)**

The Bikini Class category is NOT a pageant, modelling or figure class.

Competitors are judged upon their overall shape, poise and beauty appropriate to a bikini athlete.

The WFF Bikini athlete is softer in the body, voluptuous with a rounder shape. However, a toned body is to be maintained. Bikini athletes will be judged on a healthy and obtainable look. Athletes will be recognizably fit & show evidence of training without being excessively defined or dieted. Feminine Shape, Balance, Tone, Poise, Presentation & Beauty will all be assessed by the judges.

The following classes fall within the categorization Bikini Classes.

- JUNIOR BIKINI
- BIKINI SHORT
- BIKINI TALL
- BIKINI MASTERS OVER 35

Ladies Bikini Class	
Class	Criteria
Junior	Under the age of 24
Tall	Height over 163cm
Short	Height under or equal to 163cm
Masters	Over the age of 35

JUDGING CRITERIA

All Female Figure classes will be judged on,

1. Proportion
2. Symmetry
3. Feminine shape
4. Stage Presence

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

ATTIRE

A two piece bikini of any style complimentary to the figure. The bottoms must cover all the frontal area and have a tasteful and feminine rear. Sequined and/or bling bikinis are encouraged. High heels can be any style, but we do recommend that you are able to walk in them safely and confidently.

Costume jewellery is allowed but must not be obtrusive or detract from the athletes figure.

ROUNDS OF JUDGING

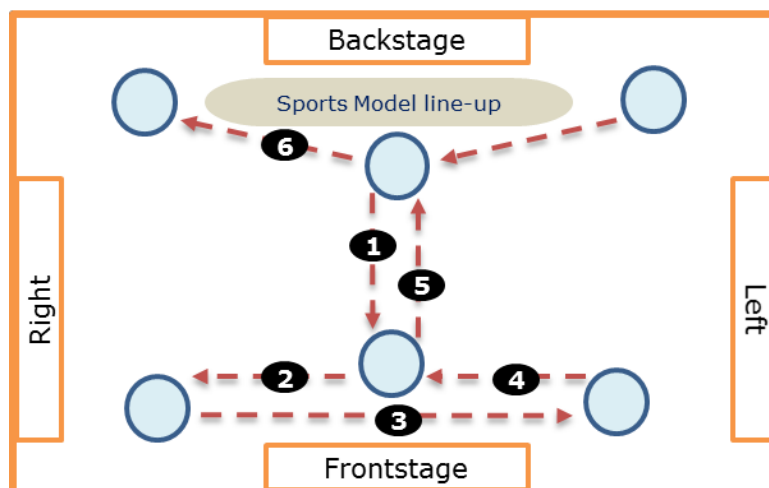
Round 1	4 x quarter turns
Round 2	T Walk
Round 3	Comparisons
To be concluded with a 60 second pose down	

ROUND 1 – QUARTERS TURNS (FRONT, BACK & SIDE)

The entire line-up is brought onstage, in numerical order and in a single line. The line-up will be divided into two equal-size groups by the head judge to perform quarter turns. Athletes should remember this is the first view the judges have of their physiques and remember they are being judged at all times. Starting in a front facing pose with knees, hips and toes to be facing the judges. Athletes will be asked to “quarter turn to the right” four times. Each turn athletes will be expected to showcase their physiques while maintain traditional bikini class poses. (see images below) Before being asked to leave the stage.

ROUND 2 – INDIVIDUAL “T” WALK

Each athlete will be introduced individually as they enter from the rear or side of the stage and proceed to the rear center of the stage. The athlete will then complete their individual “T” walk based on the image shown below.



T WALK

The athlete to enter from the rear or side of the stage and proceed to the rear center of the stage. The athlete will then 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 center 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.

ROUND 3 – COMPARISONS

This is the final round where the athlete has the opportunity to demonstrate their shape, poise and beauty to the judges. 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 how they walk while showing their physique.

Athletes to walk together in a line from the front to the rear and hold their back pose while facing the rear. Athletes will then turn around and walk to the front of the stage and hold their front pose. This walk will allow the Judges to compare from the athletes from all angles.

Ladies Wellness Class **(known Internationally as Latino Figure)**

The WFF Wellness Class category is NOT a Bikini or figure class.

Competitors are judged upon their overall body development, shape, poise, confidence and grace.

The WFF Wellness athlete will have a fuller quad and glute development compared to the upper body. The athlete should also have a distinct hamstring, glute tie in. The skin tone should be smooth and healthy in appearance, and without cellulite.

Athletes in this category are not to have extreme muscularity, deep muscle separation, high definition, excessive dryness or very low body fat. Excessive muscularity and excessive leanness with striations is not acceptable. Slight separation in the legs (especially the quads) is ideal.

The following classes fall within the categorization Wellness Classes.

- WELLNESS SHORT
- WELLNESS TALL

Wellness Class	
Class	Criteria
Tall	Height over 163cm
Short	Height under or equal to 163cm

JUDGING CRITERIA

All Female Figure classes will be judged on,

1. Proportion
2. Symmetry
3. Feminine shape
4. Quad and Glute development
5. Stage Presence

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

ATTIRE

A two piece bikini of any style complimentary to the figure. The bottoms must cover all the frontal area and have a tasteful and feminine rear. Sequined and/or bling bikinis are encouraged. High heels can be any style, but we do recommend that you are able to walk in them safely and confidently.

Costume jewellery is allowed but must not be obtrusive or detract from the athletes figure.

ROUNDS OF JUDGING

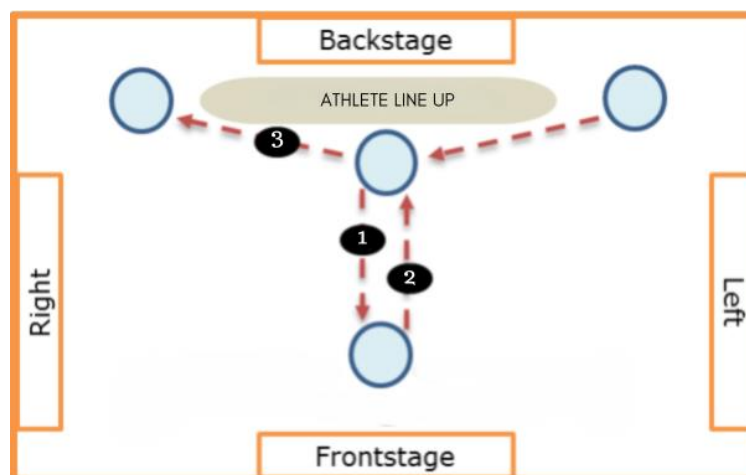
ROUND 1	4 X QUARTER TURNS
ROUND 2	I WALK
ROUND 3	COMPARISONS
TO BE CONCLUDED WITH A 60 SECOND POSE DOWN	

ROUND 1 – QUARTERS TURNS (FRONT, BACK & SIDE)

The entire line-up is brought onstage, in numerical order and in a single line. The line-up will be divided into two equal-size groups by the head judge to perform quarter turns. Athletes should remember this is the first view the judges have of their physiques and remember they are being judged at all times. Starting in a front facing pose with knees, hips and toes to be facing the judges. Athletes will be asked to “quarter turn to the right” four times. Each turn athletes will be expected to showcase their physiques while maintain traditional Wellness class poses. (see images below) Before being asked to leave the stage.

ROUND 2 – INDIVIDUAL “T” WALK

Each athlete will be introduced individually as they enter from the rear or side of the stage and proceed to the rear center of the stage. The athlete will then complete their individual “I” walk based on the image shown below.



I WALK

The athlete to enter from the rear or side of the stage and proceed to the rear center of the stage. The athlete will then walk to the front of the stage, pause and pose. This is the Athletes opportunity to showcase their physique in the best way for them.

ROUND 3 – COMPARISONS

This is the final round where the athlete has the opportunity to demonstrate their shape, poise and beauty to the judges. 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 how they walk while showing their physique.

Athletes to walk together in a line from the front to the rear and hold their back pose while facing the rear. Athletes will then turn around and walk to the front of the stage and hold their front pose. This walk will allow the Judges to compare from the athletes from all angles.

LADIES GLAMOUR CLASS

BEAUTY PAGEANT CONTESTANT

The WFF Beauty Pageant contestant represents beauty, confidence, and living a healthy active lifestyle. Each contestant will need to demonstrate an excellent overall first impression, qualities and attributes of a beauty queen, confidence and commanding presence, personality, appearance and attractiveness, energy and an overall fit, balance and proportioned physique.

Contestants will be judged on Beauty, Poise, Stage Presence and Personality during the two rounds: Swimwear and the Evening wear. Each contestant will be comparatively ranked and will be provided a ranking number for each round. Scores will be assigned to each contestant after each round and the ranking numbers from the 2 rounds will be added together. The contestant with the lowest ranking total will be the winner.

ASSESSMENT

1. BEAUTY - Contestant will be assessed on physical beauty which includes nice

and even skin tone, proportioned and symmetrical physique. Focus will be on the bust/waist/hip ratio with the emphasis upon legs and face.

2. POISE - Judges will also look for overall first impression, sense of confidence, walk, posture, carriage and grace, stage presence, attractiveness and appropriateness of the swimwear and evening wear

and how the contestant projects all the elements together to demonstrate beauty.

3. PERSONALITY / STAGE PRESENCE - The contestant will also be assessed on how well she holds herself on stage. She should command respect while demonstrating grace and dignity.

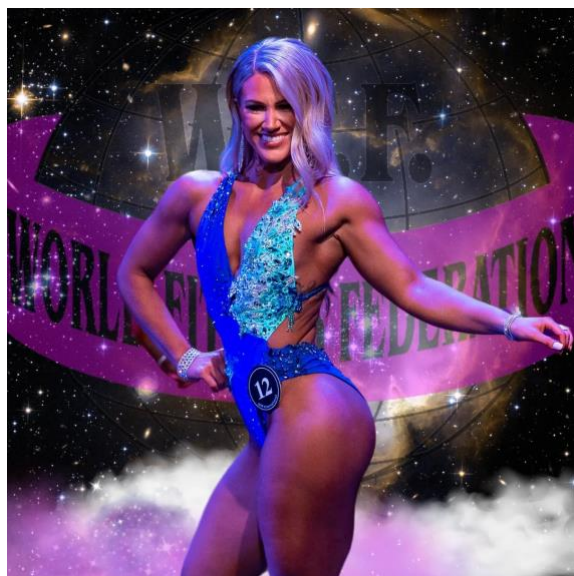
N.B. The contestant who is “most beautiful”, with the least number of faults should win.

ATTIRE

1. SWIMWEAR ROUND

One-Piece Swimsuit of any style complimentary to the figure. The bottoms must cover all the frontal area and have a tasteful and feminine rear. Sequined and/or bling bikinis are encouraged. High heels can be any style, but we do recommend that you are able to walk in them safely and confidently.

Costume jewellery is allowed but must not be obtrusive or detract from the athletes figure.



2. EVENING WEAR ROUND:

Evening dresses both long or short that shows off a fit and healthy figure are allowed. Sequined and/or bling embellished dresses are encouraged. High heels can be any style, but we do recommend that you are able to walk in them safely and confidently.

Props allowed but must compliment the dress/overall presentation. Appropriate body and head accessories / jewellery is allowed.

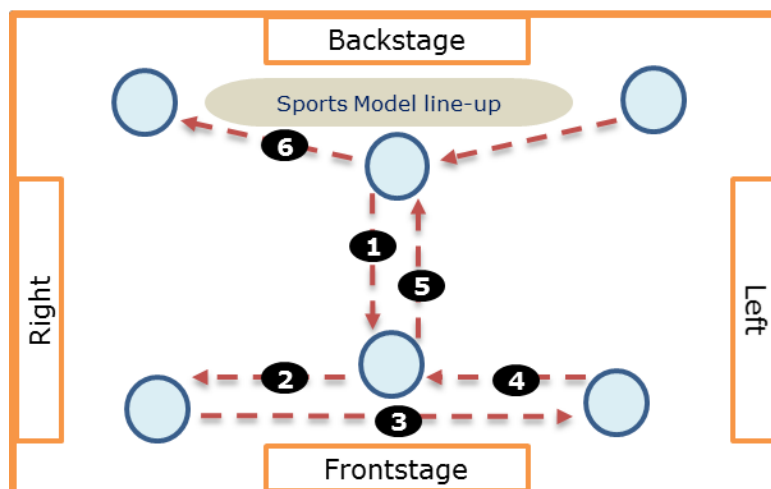


ROUNDS: 2 ROUNDS OF JUDGING PER SECTION

Round 1	T walk
Round 2	Comparisons
To be concluded with a 60 second pose down	

SWIMWEAR ROUND 1 - INDIVIDUAL “T” WALK

Each athlete will be introduced individually as they enter from the rear or side of the stage and proceed to the rear centre of the stage. The athlete will then complete their individual “T” walk based on the image shown below. This round is where the athlete has the opportunity to demonstrate their confidence, commanding presence and personality.



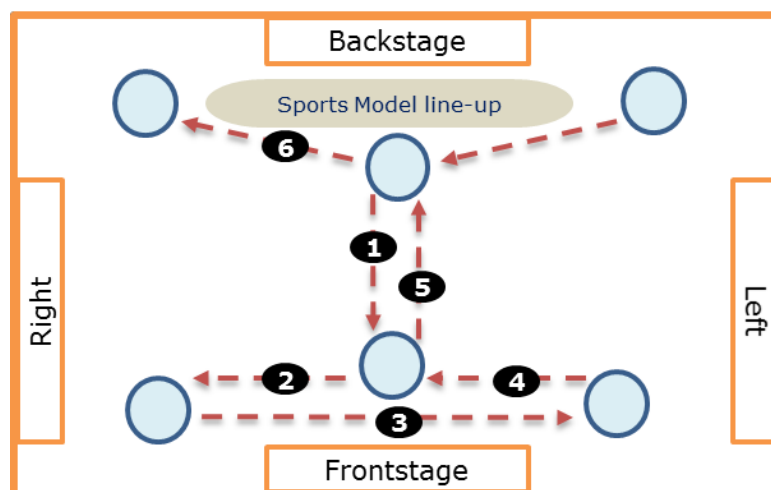
SWIMWEAR ROUND 2 – COMPARISON/CALL OUT

Athletes will enter the stage from the side or rear and line up at the back of the stage. Judges will call out athletes one number at a time to line up at the front. This may be in groups up to 6 at a time. Athletes will then be asked to perform 4 quarter turn, showcasing their physique with each turn.

Athletes to walk together in a line from the front to the rear and hold their back pose while facing the rear. Athletes will then turn around and walk to the front of the stage and hold their front pose. This walk will allow the Judges to compare from the athletes from all angles.

EVENING WEAR ROUND 1 - INDIVIDUAL “T” WALK

Each athlete will be introduced individually as they enter from the rear or side of the stage and proceed to the rear centre of the stage. The athlete will then complete their individual “T” walk based on the image shown below. This round is where the athlete has the opportunity to demonstrate their shape, poise and beauty to the judges.



EVENING WEAR ROUND 2 – COMPARISON/CALL OUT

Athletes will enter the stage from the side or rear and line up at the back of the stage. Judges will call out athletes one number at a time to line up at the front. This may be in groups up to 6 at a time. Athletes will then be asked to perform 4 quarter turn, showcasing their physique with each turn.

Athletes to walk together in a line from the front to the rear and hold their back pose while facing the rear. Athletes will then turn around and walk to the front of the stage and hold their front pose. This walk will allow the Judges to compare from the athletes from all angles.

Please be advised that there will be a break between the swimwear round and evening wear round to allow athletes to change outfits without being rushed.