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# **IFBB WOMEN'S FIT MODEL INTERNATIONAL RULES**

# WOMEN'S FIT MODEL

## DEFINITION

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The ***Women's Fit Model*** category is aimed for women who prefer the physique neither excessively muscular nor excessively lean.

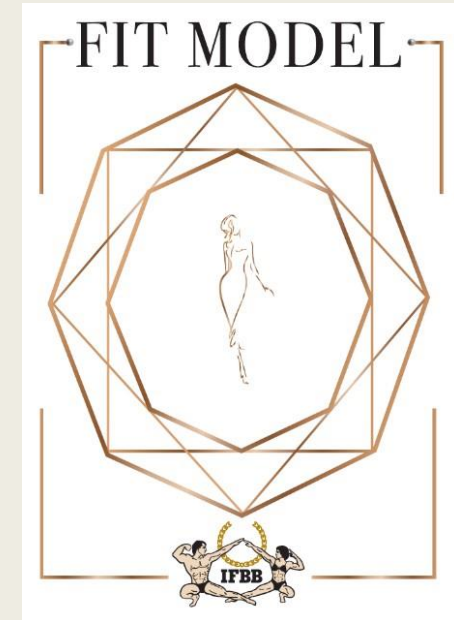
The overall appearance of a fit model competitor, including the whole physique, have to be shaped, balanced, proportionally and symmetrically developed body.

The general impression made by the competitor on stage - the condition of the skin and skin tone, the hair and facial beauty, as well the athlete's ability to present herself with confidence and grace have to be taken into account by judges.

# WOMEN'S FIT MODEL CATEGORIES

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- ❑ Women's Fit Model: up to and incl. 158cm
- ❑ Women's Fit Model: up to and incl. 162cm
- ❑ Women's Fit Model: up to and incl. 166cm
- ❑ Women's Fit Model: up to and incl. 169cm
- ❑ Women's Fit Model: up to and incl. 172cm
- ❑ Women's Fit Model: over 172cm
- ❑ Beginner Women's Fit Model: open
- ❑ Junior Women's Fit Model: open
- ❑ Master Women's Fit Model: up to and inc. 164 cm & over 164 cm



# WOMEN'S FIT MODEL ROUNDS

## EVENING GOWNS (rounds 1&3)

*V-walking, quarter turns*



## SWIMSUITS (rounds 2&4)

*V-walking, quarter turns*





# WOMEN'S FIT MODEL

## V-WALKING FOR ROUNDS 3&4

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# WOMEN'S FIT MODEL QUARTER TURNS

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LATS SPREAD IS NOT ALLOWED

# WOMEN'S FIT MODEL

## ATTIRE FOR ROUND: SWIMSUITS

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- ❑ One-piece, tight-fitting swimsuit, made of opaque fabric, with no mesh insertions.
- ❑ The fabric of the swimsuit can be as follows: velvet, silk, lycra, polyester, biflex or any other similar fabric at the choice of the competitor.
- ❑ The colour and ornamentation of the swimsuit is at the choice of the competitor.
- ✗ The swimsuit bottom have to cover a minimum of  $\frac{1}{2}$  of the gluteus maximus and all of the frontal are. Strings are strictly prohibited.
- ✗ The swimsuit have to cover lower half of the back.
- ✗ Corsets are strictly prohibited.



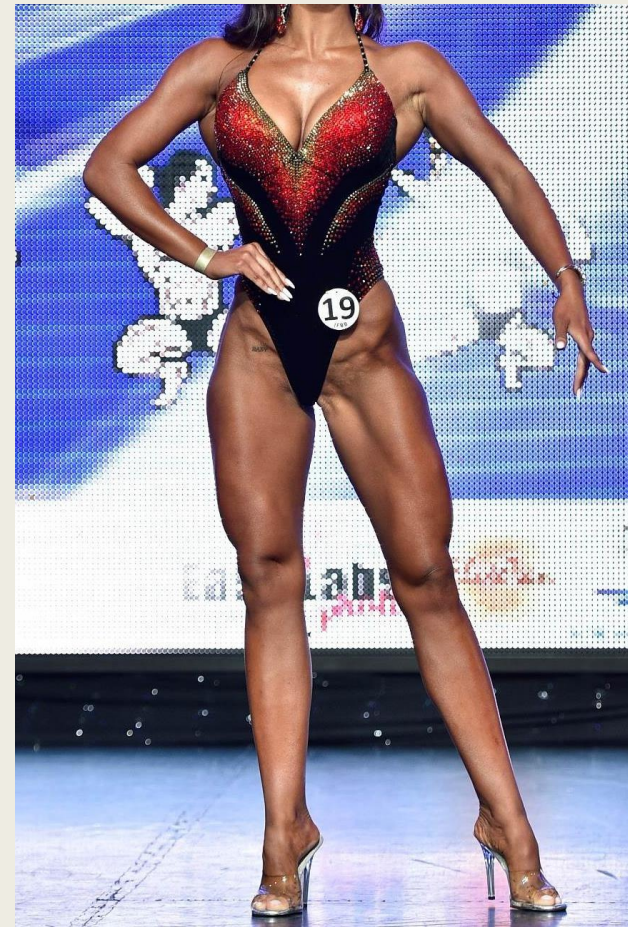


# WOMEN'S FIT MODEL

## SWIMSUIT FRONT STANDART

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The swimsuit bottom **have to** cover all of the frontal area





# WOMEN'S FIT MODEL

## SWIMSUIT SIDE STANDART

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The side of the swimsuit **must not** expose the hip and bottom

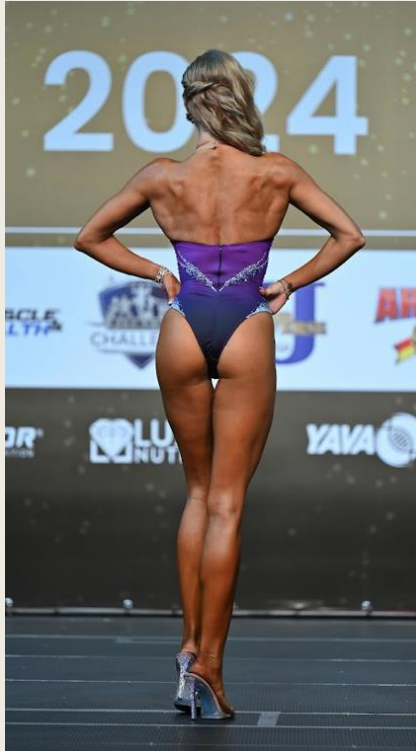


# WOMEN'S FIT MODEL SWIMSUIT BACK STANDART

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The swimsuit **have to** cover a minimum of  $\frac{1}{2}$  of the gluteus maximus

Strings are strictly prohibited.





# WOMEN'S FIT MODEL

## ATTIRE FOR ROUND: EVENING GOWNS

- ❑ Evening gown must be floor length.
- ❑ The fabric of the dress can be as follows: velvet, silk, sequins, biflex or any other similar fabric at the choice of the competitor.
- ❑ The colour, decoration and style of the evening gown are at the choice of the competitor. Sophistication counts.
- ✗ Transparent dress fabric is prohibited.
- ✗ The evening gown must cover lower half of the back. Bare back is prohibited.
- ✗ The slit of the dress must not expose the hip and bottom.
- ✗ Corsets are strictly prohibited.



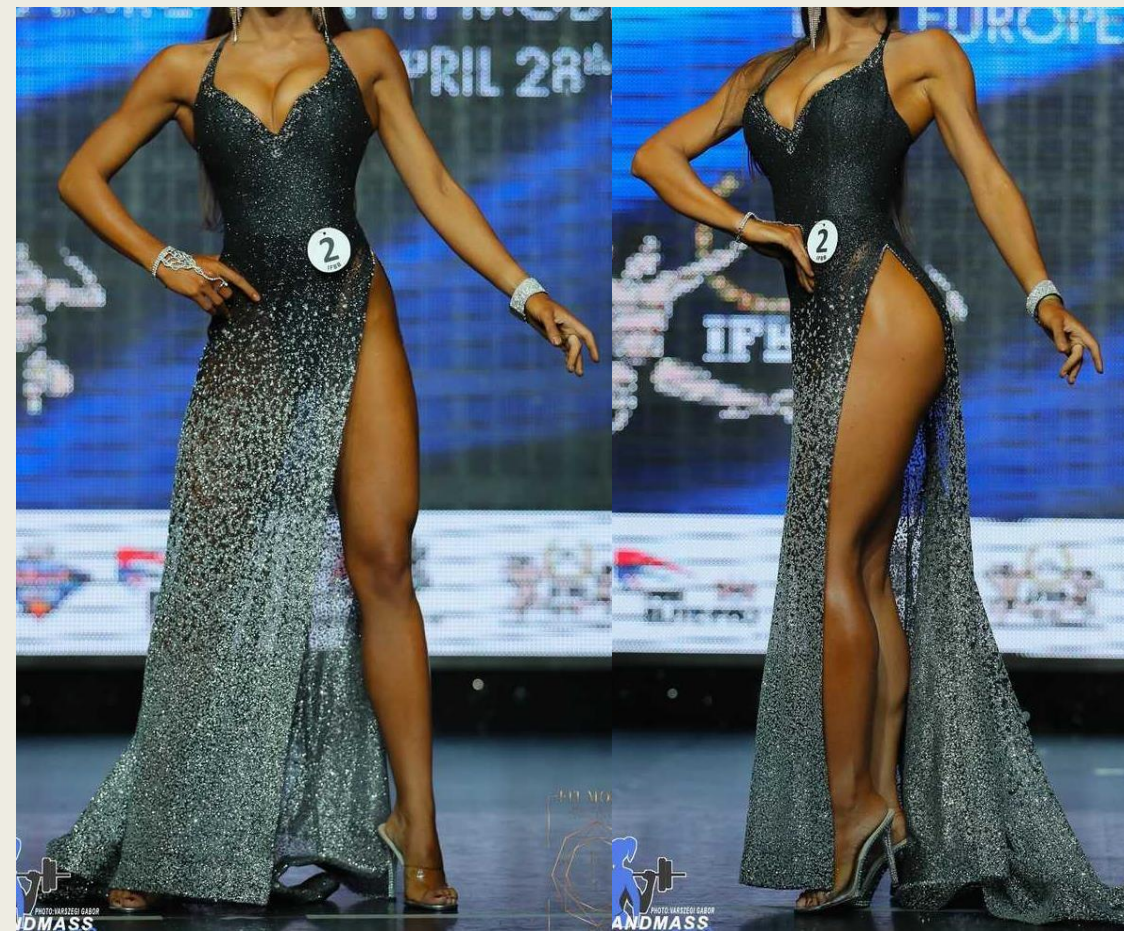


# WOMEN'S FIT MODEL

## EVENING GOWNS



The slit of the dress **must not** expose the hip and bottom





# WOMEN'S FIT MODEL

## EVENING GOWNS

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A dress of opaque fabric is allowed



Transparent dress fabric is prohibited



# WOMEN'S FIT MODEL

## EVENING GOWNS

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The evening gown must cover lower half of the back



Bare back of the evening gown is strictly prohibited





# WOMEN'S FIT MODEL

## EVENING GOWNS

The use of the evening gown train attached to the finger is strictly prohibited



# WOMEN'S FIT MODEL

## EVENING GOWNS

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### Cup shape

The display of nudity, including exposure of breasts, is strictly prohibited





# WOMEN'S FIT MODEL CROSSOVERS

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Women's Artistic Fitness – Women's Bikini – Women's Fit-Model – Wellness – Fit Pairs





# WOMEN'S FIT MODEL

## ACCESSORIES AND OVERALL IMAGE

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### ROUNDS: SWIMSUITS AND EVENING GOWNS

- High heeled shoes, according to competitor's choice, except platform high-heels which are prohibited.
- Competitors are allowed to wear: earrings, bracelets and rings, on their own choice, color and material.
- Prohibited jewellery: necklaces, chains, diadems, piercings, watches.
- Approved professional body tan should be used.
- The hair style is on the athlete's choice.
- Make up is on the athlete's choice.



# WOMEN'S FIT MODEL

## SHOES STYLE

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### ROUNDS: SWIMSUITS AND EVENING GOWNS

Pumps and high heeled sandals are allowed. Sole thickness of the high-heels may have maximum of 1 cm and stiletto height may have maximum of 12 cm.

Platform high-heels are strictly prohibited. Even if the sole is 7mm thick at toe part, but is 15mm thick at the end of the sole, it is classed as a platform.

