



WORLD FITNESS FEDERATION WORLD BODY BUILDING FEDERATION

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AEROBICS PERFORMANCE WOMEN

Regulations according to categories

1. Categories

1. Junior class till 16 years, 18 years and 21years old together with body building.
(open class without weight control + after can also compete in other category)
2. Master class +40, +50, +60 years together with bodybuilding.
(open class without weight control + after can also compete in other category)



1. Clothing

- a. The bikini will be opaque two-piece in style.
- b. The color, fabric, texture, ornamentation and style of the bikini as well as the color and style of the high-heels will be left to the competitor's discretion, except as indicated in the below.
- c. Sole thickness of the high-heels may have maximum of 1 cm and stiletto height may have maximum of 12 cm. Platform shoes are not allowed.
- d. The bikini bottom will cover a minimum of 1/3 of the gluteus maximus and all of the frontal area. The bikini must be in good taste. Strings are strictly prohibited.

- e. The attire will be inspected during the Official Athlete Registration.
- f. The hair may be styled.
- g. Except for a wedding ring, bracelets and earrings, jewellery will not be worn.
- h. Competitors will not wear glasses, watches, wigs or artificial aids to the figure, except breast implants.

The use of tans and bronzers that can be wiped off is not allowed.

40% of the points will be given for the Physique in swim short , 60% for the routine

The points of the prejudging will be added in the final round.

1 Round

1. All competitors will be brought onstage, in a single line and in numerical order, wearing a swim short.
2. In groups of not more than 5 competitors at a time they will be guided through the four quarter turns. This will give the judges sufficient time to prepare for individual comparisons. Once this preliminary assessment in the quarter turns is completed each judge is given the possibility for call outs of not more than 5 competitors at one time. After the individual comparisons are concluded the onstage expeditors will guide the competitors off the stage.
The 4 Quarter turns are:
 - a. Quarter Turn Right
 - b. Quarter Turn Back
 - c. Quarter Turn Right
 - d. Quarter Turn front
 - e.
3. If there are a large number of competitors in the category, the chief judge may decide to divide the category into equal number or groups in order to carry out the four quarter turns.
4. Man Performance athletes are strongly reminded that they are participating in a FITNESS AEROBIC competition and not a men BODYBUILDING competition. Bodybuilding poses are not allowed in this competition.
5. Throughout the comparisons, competitors will be judged as a “Total Package”. Competitors will be judged on their overall athletic appearance

of their physique. The overall athletic of the musculature; the presentation of a balanced, symmetrically developed physique and the condition of the skin tone. The muscle groups should have a round and firm appearance with a small amount of body fat.

Round 2 – Routine

- In this round the athletes perform a fitness performance routine, accompanied by music of their own choice, the length of which shall not exceed 90 seconds.
- Once again, competitors will be judged on the total package, that is, the entire routine from the moment the athlete presents herself onstage until the athlete walks offstage.
- In this round competitors will only be judged on their fitness performance routine and NOT their physique.