



WORLD FITNESS FEDERATION WORLD BODY BUILDING FEDERATION

Registration No. 304222948

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MIXED PAIRS

Regulations according to categories

There are 4 categories in couples

- Classic
- Performance
- Athletic
- Bodybuilding

ATTIRE

- a. The bikini will be opaque two-piece in style.
- b. The colour, fabric, texture, ornamentation and style of the bikini as well as the colour 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.
- i. The use of tans and bronzers that can be wiped off is not allowed.
- j. Competitors will wear coloured, opaque posing trunks which are clean and decent. The colour, fabric, texture and style of the trunks will be left to the

competitor's discretion. The trunks will cover a minimum of $\frac{3}{4}$ of the gluteus maximus. The front area must be covered and the side of the trunks should be 1 cm in width at a minimum. The use of padding anywhere in the trunks is prohibited.

2. Only one Round.

Prejudging. On high heels

Quarter turns

Compulsory Poses

- a. Front double biceps
- b. Side chest
- c. Back double biceps
- d. Triceps pose
- e. Abdominals and Thighs

- a. Front double biceps (palms open):

Standing front to the judges, with the legs and feet in-line and the right/left leg placed out to the side, the competitor will raise both arms to shoulder level and bend them at the elbows. The hands should be opened, with fingers directed up. In addition, the competitor should attempt to contract as many other muscles as possible as the judges will be surveying the whole physique, from head to toe.

- b. Side Chest:

The competitor may choose either side for this pose, in order to display the "better" arm. She will stand left or right side to the judges, with the upper body slightly twisted to the judges, face looking to the judges, stomach in, leg nearest to the judges straight, locked at the knee, moved forward and resting on the toes, leg farthest to the judges slightly bent at the knee, with foot resting flat of the floor, both arms kept slightly front of the body, straight and locked at the elbow, thumb and fingers together, palm facing down and kept together or one over the other. The competitor will then contract the pectoral muscles, the triceps muscle and the thigh muscles, in particular, the biceps femoris group, and by downward pressure on her toes, will display the contracted calf muscles.

- c. Back double biceps (palms open):

Standing with her back to the judges, the competitor will bend the arms as in the Front Pose, keep the hands opened, place one foot back and resting on the toes. She will then contract the arm muscles as well as the muscles of the shoulders, upper and lower back, thigh and calf muscles.

d. Side Triceps:

The competitor may choose either side for this pose so as to show the “better” arm. She will stand with her left or right side towards the judges, face looking to the judges, chest out, stomach in, and will place both arms behind her back, grasping the front arm by the wrist with her rear hand. The arm nearest to the judges will be straight and locked at the elbow, with open hand, thumb and fingers together, palm facing down and in a horizontal position. The competitor will exert pressure against her front arm, thereby causing the triceps muscle to contract. The rear leg will be bent at the knee and the foot will rest flat on the floor. Leg nearest to the judges will be straight, locked at the knee, moved forward and resting on the toes.

d. Abdominals and Thighs :

Standing face front to the judges, the competitor will place one arm behind the head and will place one leg forward. He will then contract the abdominal muscles by “crunching” the trunk slightly forward. At the same time, he will contract the thigh muscles of the leg(s). The judge will survey the abdominal and thigh muscles, and then conclude with the head-to-foot examination.

3) 1 Minute free posing (can without shoes)

3. The scoring of the preliminary assessment is the same like in other disciplines.

The competitors are guided on stage by the onstage expeditors in numerical order in a single line. In groups of not more than 5 competitors at a time they will be guided through the four quarter turns and the 5 Compulsory Poses. This will give the judges sufficient time to prepare for individual comparisons. Once this preliminary assessment in the quarter turns and 5 Compulsory Poses 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.

4. The judges will score the competitors from the first place to the last place in the same way like in other disciplines.

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

6. The main emphasize should be given on a total appearance of a symmetrical muscular, and defined body of the athlete

7. The scoring of the preliminary is the same like in other disciplines.

Photos of the athletes will soon follow, so we have a better understanding of how athletic physique Athletes should look like.