

IFBB WOMEN'S FIT MODEL INTERNATIONAL RULES

WOMEN'S FIT MODEL

DEFINITION



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

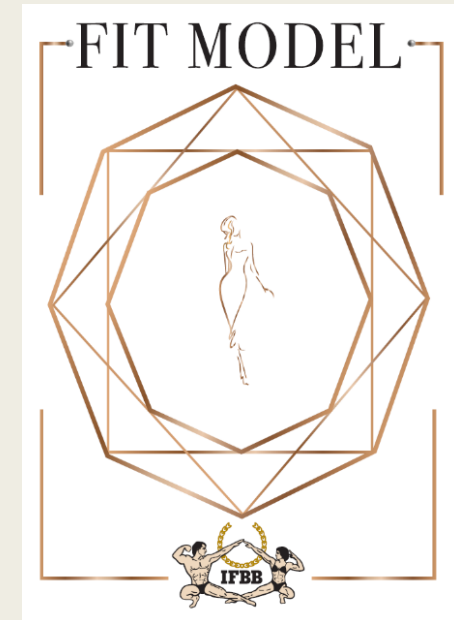
The overall appearance of a fit model competitor, including the whole physique, have to be shaped, balanced, proportionally and symmetrically developed body.

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

- ❑ Women's Fit Model: up to and incl. 160cm
- ❑ Women's Fit Model: up to and incl. 164cm
- ❑ Women's Fit Model: up to and incl. 168cm
- ❑ Women's Fit Model: up to and incl. 172cm
- ❑ Women's Fit Model: over 172cm
- ❑ Master Women's Fit Model: open



WOMEN'S FIT MODEL ROUNDS

SWIMSUITS

I-walking, quarter turns



EVENING GOWNS

T-walking, quarter turns



WOMEN'S FIT MODEL

ATTIRE FOR ROUND: SWIMSUITS

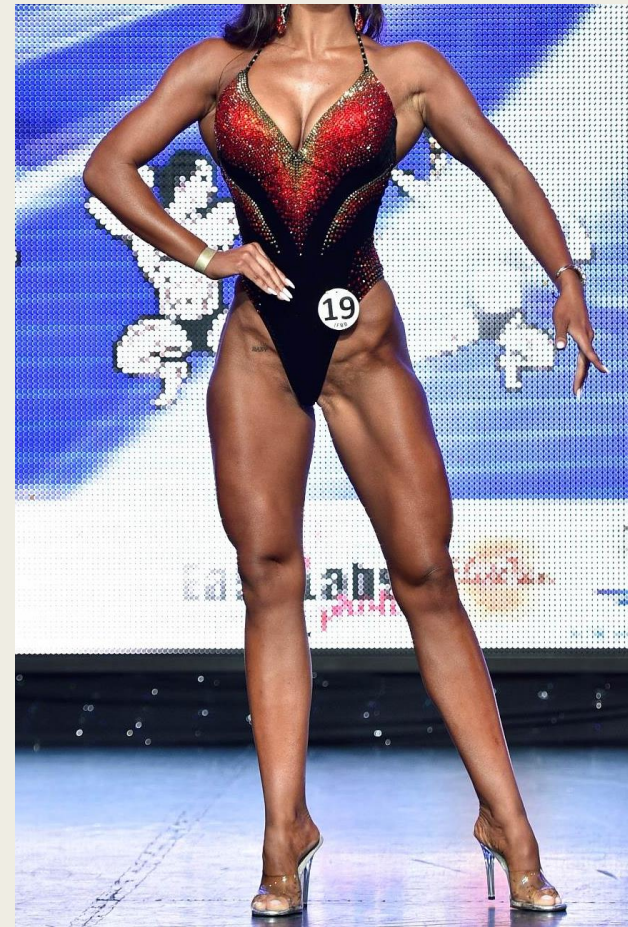
- ❑ One-piece, tight-fitting swimsuit, made of opaque fabric, with no mesh insertions.
- ❑ The fabric of the swimsuit can be as follows: velvet, silk, lycra, polyester, biflex or any other similar fabric at the choice of the competitor.
- ❑ The colour and ornamentation of the swimsuit is at the choice 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

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



WOMEN'S FIT MODEL

SWIMSUIT SIDE STANDART

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



WOMEN'S FIT MODEL

SWIMSUIT BACK STANDART

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



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.

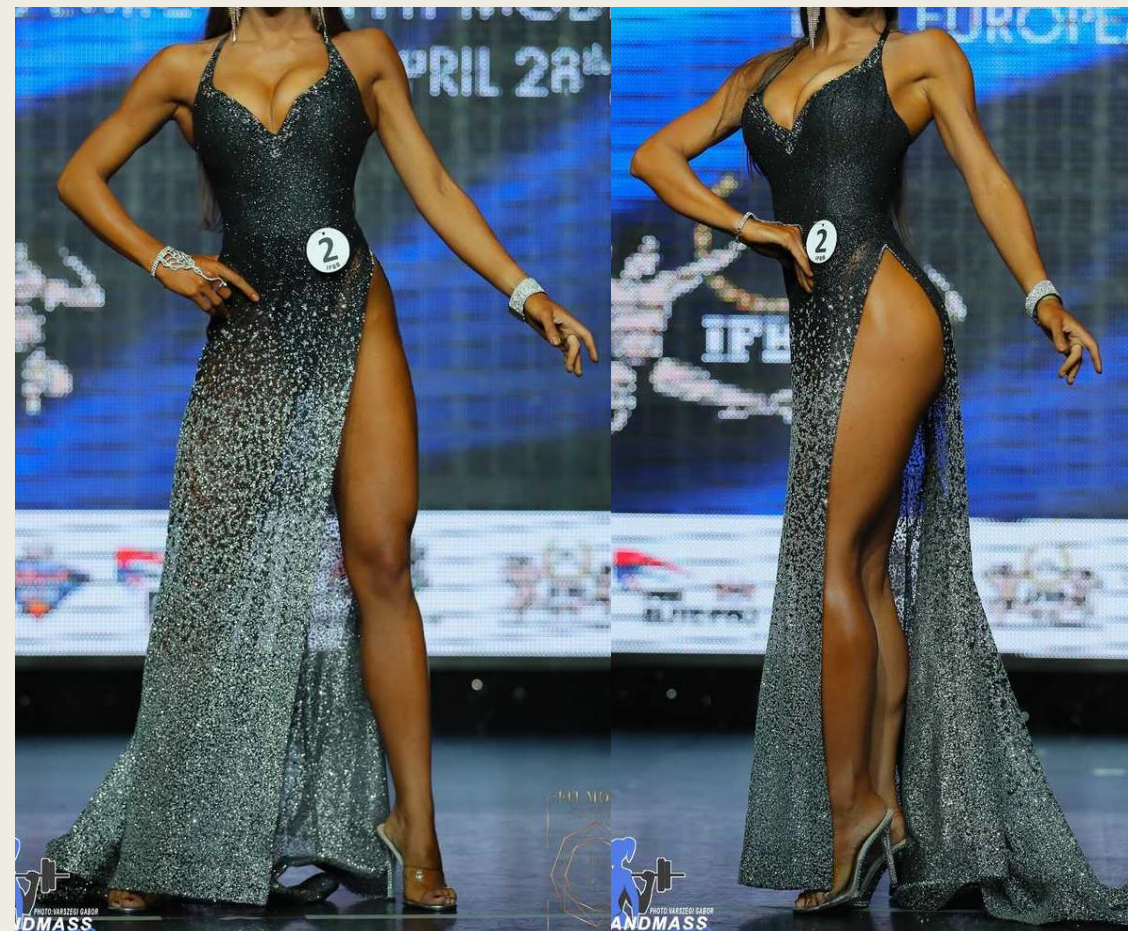


WOMEN'S FIT MODEL

EVENING GOWNS



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



WOMEN'S FIT MODEL

EVENING GOWNS

A dress of opaque fabric is allowed



Transparent dress fabric is prohibited



WOMEN'S FIT MODEL

EVENING GOWNS

The evening gown must cover lower half of the back



Bare back of the evening gown is strictly prohibited



WOMEN'S FIT MODEL

ACCESSORIES AND OVERALL IMAGE

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

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.

