

ANBF Bikini Guidelines ~~2019~~2022

Competitor Rules

Bikini competitors will be judged in two-piece suits and clear high heels. Suits may be of any color, pattern, and style. Straps should NOT be crisscrossed and hooked into the suit bottoms. Suits should be in good taste; no thongs/T-back bottoms will be permitted. ANBF promoters reserve the right to disqualify a competitor from competing in a specific show if their suit is deemed inappropriate. Jewelry and hair adornment will be allowed during all rounds of judging. Competitor's numbers will be worn on front left and rear middle of their suit.

Judging Criteria

Judges will evaluate competitors on the following criteria:

Posing/Presentation – Posing/Presentation score is a measurement of how well the competitor presents herself and displays their physique on stage as well as adherence to ANBF posing guidelines. Competitors should present themselves with poise, good posture and confidence and should utilize posing that enhances their physique (i.e. no overly pointed elbows, arms too far from midline of body, or inability to display symmetry (lats flared except in bikini). Competitors should be able to quickly and smoothly transition between poses. Other factors that can affect overall presentation score are hair, makeup, skin tone, complexion and suit fit.

Symmetry - Symmetry score is a measurement of the evenness of development of the competitor's physique and how well the parts of the physique flow together. It includes the balance and proportion of the competitor from side to side, top to bottom and front to back. Symmetry is a measurement of evenness of development between all muscle groups and proportion when viewed from all sides. No body part or muscle group should stand out from the rest.

Muscularity - Muscularity refers to muscle size and development relative to the competitor's frame, including shape and size. The level of muscularity is determined by the extent of development in relation to the size of the competitor's skeletal structure. Also to be considered is the shape and contour of the developed muscle and muscle groups. **Bikini competitors should display:**

- A slight level of muscularity;
- Full/round shoulder caps;
- Visible quad development;
- Visible hamstring development;

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- Full, round, firm glutes;
- Should **NOT** display an abundance of muscle size

Conditioning - Conditioning refers to the level of differentiation between adjacent muscles delineating sections or fibers within the same muscle group and the degree of firmness (hardness) of muscle tone. Leanness is important but an overly dieted appearance is neither advantageous nor desirable. **Bikini competitors should display:**

- Overall healthy and fit muscle tone;
- Visible abdominal definition;
- Visible quad definition;
- Visible hamstring definition;
- Full, round, firm glutes with visible tie-in to hamstrings
- Should **NOT** display deep cuts, striations, or overly dieted look;
- Should **NOT** display deeply drawn-in faces or stringy-looking muscularity (an emaciated look).

ANBF Desired Bikini Look



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Group Comparisons

After the individual presentation for each competitor are complete, the class is brought to front center stage and is guided through quarter turns to display physiques from the front, left, back, and right. Quarter turn transitions should be fluid with no stiff, jerky, military-style or overly suggestive movements.

- **Front Stance** - Both feet should remain in alignment on the designated line on the stage (i.e. no staggered stance). Both feet should be pointed in a frontward direction and not in a side direction. Hip can be slightly twisted to the side, but competitors should be careful not to be overly twisted so that the judges are unable to see their number. One hand may be on the hip if desired.
- **Rear Stance** - Both feet should remain in alignment on the designated line on the stage (i.e. no staggered stance). Legs should not be crossed and competitors must not bend over or turn to look over their shoulder when performing the rear pose. One hand may be on the hip if desired
- **Side Stance** - The side poses are flexible and competitors should use the stances they feel display their physiques in the most favorable manner. Feet may be together or one may be slightly in front of the other; knees (or a knee) may be straight or bent; hands may be at the side or one or both may be on the hip. Competitors may twist at the waist to turn their upper torso toward the judges. Stances should be fairly relaxed and competitors should not appear to be flexing.

Note: Competitors, who are overly suggestive, bent over in their rear stance or not following other ANBF posing guidelines may, at the discretion of the head judge, be corrected. If the competitor fails to adjust when corrected, then judges are instructed to address this in their scoring. Failure to comply with ANBF posing guidelines will result in a lower placement in the presentation/posing round. This applies to group comparisons as well as individual stage walks.

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ANBF Desired Bikini Posing



Individual Presentation Stage Walk

The presentation portion will immediately follow group comparisons for the class. After a class files off, the first person in the class will return to the stage to perform their individual stage walk. The competitor will walk out to music of their choice. The stage walk will consist of the following: walk to center stage and perform two poses of the competitor's choice, then proceed to the same side of the stage they entered from and display two poses of their choice, then proceed to the opposite side of the stage where they will perform two poses of their choice. To complete the walk, the competitor will return to center stage and perform a final pose and wave/curtsy before exiting the stage.

Individual presentations should be done tastefully and be conducive to a family atmosphere. Bodybuilding-type poses and fitness moves (like push-ups) must be avoided. Props or costumes are permitted.

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