IFBB SEMI PRO RULES

WOMEN'S FIT- MODEL 2025

Article 1 - Introduction
IFBB SEMI PRO Women's Fit-Model division.

1.1 General:
The IFBB SEMI PRO Rules for Women's Fit-Model consist of regulations, policies, directives and decisions intended to guide the IFBB SEMI PRO and its Members in the administration of the sport of Women's Fit-Model.

Article 2 – Categories
Categories:

1. There are six categories in Women's Fit-Model world-level competitions, currently as follows:
    a. Class A: Up to and incl. 158 cm
    b. Class B: Up to and incl. 162 cm
    c. Class C: Up to and incl. 166 cm
    d. Class D: Up to and incl. 169 cm
    e. Class E: Up to and incl. 172 cm
    f. Class F: Over 172 cm
2. There is one open category in Beginner Women's Fit-Model world-level competitions.
3. There is one open category in Junior Women's Fit-Model world-level competitions.
4. There are two categories in Master Women's Fit-Model world-level competitions:
    a. Class A: Up to and incl. 164 cm
    b. Class B: Over 164 cm
5. A category can only be run if there are not less than 5 athletes. If less than 5 athletes, the category will be combined with the next taller class, wherever possible. In case of categories with less than 5 competitors, no titles and medals will be awarded

Article 3 – Rounds
3.1 Rounds:
Women's Fit-Model competition will consist of the following five rounds:

1. Prejudging – Elimination Round (Quarter Turns, evening gown)
2. Prejudging – Round 1 (Quarter Turns, Comparisons, evening gown)
3. Prejudging – Round 2 (Quarter Turns, Comparisons, swimsuit)
4. Finals – Round 3 (V-walking, Quarter Turns, evening gown)
5. Finals – Round 4 (V-walking, Quarter turns, swimsuit)
6. Award and Overall Category – evening gown

Article 4 – Prejudging: Elimination Round
4.1 General:
A time-table for prejudging in each category should be published after the Official Athlete Registration. In order to give themselves time to warm up and change into their posing attire, competitors should be in the backstage warm-up area at least 45 minutes prior to the start time of the judging of their category. All competitors will be solely responsible for ensuring that they are present and prepared to compete when their category is called onstage failing which they may be eliminated from the competition.

4.2 Elimination Round Procedures:
An Elimination Round will be held when there are more than 15 competitors in a category. If necessary, IFBB SEMI PRO Chief Jury may decrease the number of competitors qualifying to the Semifinals to 10 or increase this number to 17. In such cases an elimination round will be held when there are more than 10 and 17 competitors accordingly. Decision will be made and announced after the Official Athletes Registration. The elimination round will be carried out as follows:

1. The entire line-up is brought onstage, in numerical order and in a single line or two lines, if necessary.

2. The line-up is divided into two equal-size groups and is positioned onstage so that one group is to the left of the stage; the other group is to the right of the stage. The center portion of the stage is left open for comparison purposes.

3. In numerical order, and in groups of not more than ten competitors at a time, each group is directed to the center-stage area to perform the four quarter turns.

4. The IFBB SEMI PRO Chief Jury or Stage Director will direct the competitors through the four quarter turns, which are:

a. Quarter Turn Right (left side to the juries)
b. Quarter Turn Back (back to the juries)
c. Quarter Turn Right (right side to the juries)
d. Quarter Turn Front (front to the juries)

Note 1: *Detailed description of the Women's Fit-Model quarter turns provided in* ***Appendix 1*** *to this Section.*
Note 2: *Competitors will not chew gum or any other products while onstage.*
Note 3: *Competitors will not drink any liquids while onstage.*

5. An athlete, who despite being pre-warned by the IFBB SEMI PRO Chief Jury, performs quarter turns or stands in the line-up incorrectly, will be given a Yellow Card. If continues to do so, she will be moved one place down in the results of that round.

6. At the completion of the quarter turns, the entire category will be reformed into a single line, in numerical order, before exiting the stage.

Article 5 – Prejudging: Attire

5.1 Attire for Elimination Round, Round 1 and Round 3 (Evening Gown):

The attire for Elimination Round, Round 1and Round 3 will conform to the following criteria:

1. Evening gown must be floor length. A small dress train is permitted. The use of train attached to the finger is strictly prohibited.

2. The opaque fabric of the dress, with no mesh insertions, can be as follows: velvet, silk, sequins, biflex or any other similar fabric at the choice of the competitor. Transparent dress fabric is prohibited.

3. The colour, decoration and style of the evening gown are at the choice of the competitor. Sophistication counts!

4. The gown must cover lower half of the back. Bare back is prohibited.

5. The slit of the dress must not expose the hip and bottom. The display of nudity, including exposure of the breasts, is strictly prohibited.

6. Corsets are strictly prohibited. Wearing any form of shapewear or body-slimming garments under the dress is not allowed. This includes: compression underwear, body shapers, body suits or any undergarment designed to alter the natural shape of the body. The incorporation of structural elements intended to modify or enhance body contours is forbidden (Double Zippers, Hooks Along Zippers, Padded Inserts: Adding padding or inserts that artificially enhance or alter the body's natural silhouette). The dress must not have built-in or sewn-in any body shape form of underwear.

7. Sole thickness of the high-heels may have maximum of 1 cm and stiletto height may have maximum of 12 cm. Platform high-heels will be strictly prohibited.

8. Jewellery may be worn, according to competitor's choice. Prohibited jewellery: necklaces, chains, diadems, piercings, watches.

9. The attire will be inspected during the Official Athlete Registration and before going on stage (*more details in Graphic Fit-Model Rules*).

5.2 Attire for Round 2 and Round 4 (Swimsuit):

The attire for Round 2 and Round 4 will conform to the following criteria:

1. One-piece, tight-fitting swimsuit, made of opaque fabric, with no mesh insertions.

2. The fabric of the swimsuit can be as follows: velvet, silk, sequins, biflex or any other similar fabric at the choice of the competitor.

3. The colour and ornamentation of the swimsuit is at the choice of the competitor.

4. The swimsuit must cover lower half of the back.

5. The swimsuit bottom have to cover a minimum of ½ of the gluteus maximus and all of the frontal are. Strings are strictly prohibited. The side of the swimsuit must not expose the hip and bottom. The display of nudity, including exposure of the breasts, is

strictly prohibited.

6. Corsets are strictly prohibited. Wearing any form of shapewear or body-slimming garments under the swimsuit is not allowed. This includes: compression underwear, body shapers, body suits or any undergarment designed to alter the natural shape of the body. The incorporation of structural elements intended to modify or enhance body contours is forbidden (Double Zippers, Hooks Along Zippers, Padded Inserts: Adding padding or inserts that artificially enhance or alter the body's natural silhouette). The swimsuit must not have built-in or sewn-in any body shape form of underwear.

7. Sole thickness of the high-heels may have maximum of 1 cm and stiletto height may have maximum of 12 cm. Platform high-heels will be strictly prohibited.

8. Jewellery may be worn, according to competitor's choice. Prohibited jewellery: necklaces, chains, diadems, piercings, watches.

9. The attire will be inspected during the Official Athlete Registration and before going on stage (*more details in Graphic Fit-Model Rules*).

5.3 The hair may be styled, make up is on the athlete's choice.

5.4 Competitors will not wear glasses, watches, wigs or artificial aids to the figure, except breast implants. Implants or fluid injections causing the change of the natural shape of any other parts or muscles of the body are strictly prohibited and may result in disqualification of the competitor.

5.5 The use of tans and bronzers that can be wiped off is not allowed. If the tan comes off by simply wiping, the athlete will not be allowed to enter the stage. Artificial body colouring and self-tanning products may be used. Professional competition tanning methods (airbrush tanning, cabin spray tanning) may be used if applied by the professional companies and qualified personnel. Sparkles, glitter, shiny metallic pearls or gold coloring are prohibited whether applied as part of a tanning lotion and/or cream or applied separately, regardless of who applied them on the competitor's body.

5.6 The IFBB SEMI PRO Chief Jury, or a delegated by him official, will have the right to make decision if a competitor's attire meets the criteria established in the Rules and an acceptable standard of aesthetics. The athlete may be disqualified if the attire doesn't meet them.

Article 6 – Prejudging: Scoring of the Elimination Round

All competitors must exude grace, poise, elegance and sophistication. Juries will be evaluating the gown and how well it suits the competitor (e.g. fit, color, style) as well as the competitor's on-stage presentation.

6.1 The scoring for the Elimination Round will proceed as follows:

1. If there are more than 15 competitors, the juries will select the top 15 by placing an "X" beside their numbers, using Form 1, entitled "Elimination Round (Juries)". IFBB SEMI PRO Chief Jury decides if the Elimination Round will be necessary.

2. Using Form 2, entitled "Elimination Round (Statisticians)", the statisticians will transcribe the juries's selections onto this sheet and will then tally the juries's scores to select the top 15 competitors.

3. If there is a tie between two or more athletes fighting to enter the top 15, the tied athletes will be brought back onstage, and the juries will perform a reassessment of the four quarter turns to break the tie.

4. The top 15 competitors will advance to Round 1 If necessary, IFBB SEMI PRO Chief Jury may decrease the number of competitors qualifying to the Semifinals to 10 or increase this number to 17. In such cases an elimination round will be held when there are more than 10 and 17 competitors accordingly. Decision will be made and announced after the Official Athletes Registration.

Article 7 – Prejudging: Presentation of Round 1 and Round 2

Round 1 and Round 2 may not be held if there are 7 or less competitors in a category. Decision will be made by the Chief Jury and will be announced after the Official Athlete Registration and will be included in the Running Order.

7.1 Presentation of Round 1 and Round 2:

The procedures for Round 1 and Round 2 will be as follows:

1. The entire line-up is brought onstage, in numerical order and in a single line. If time permits, each semifinalist will be introduced by number, name, and country. Decision will be made by the Chief Jury, who will inform the Master of Ceremony or the Announcer.

2. The line-up will be divided into two equal-size groups and will be positioned onstage so that one group is to the left of the stage; the other group is to the right of the stage. The center portion of the stage will be left open for comparison purposes.

3. In numerical order, and in groups of no more than ten competitors at a time, each group will be directed to center-stage area to perform the four quarter turns. Performing each quarter turn, competitors will stand motionless.

4. This initial grouping of competitors, and performance of the quarter turns, is intended to assist the juries in determining which competitors will take part in the comparisons that follow.
Detailed description of the Women's Fit-Model quarter turns provided in **Appendix 1** to this Section.

5. All juries submit their individual propositions for the first comparison of the top five athletes to the IFBB SEMI PRO Chief Jury. Based on them, the Chief Juries will form the first comparison. The number of athletes to be compared will be determined by the Chief Juries but no less than three and no more than ten competitors will be compared at any one time. Then the juries may be asked to submit individual propositions for the second comparison of the next five athletes, included competitors placing in the middle of the group. The IFBB SEMI PRO Chief Jury will form the second and the next comparisons till all competitors will be compared at least once. The total number of comparisons will be decided by the IFBB SEMI PRO Chief Jury.

6. All individual comparisons will be carried out center-stage.

7. In Round 1 and in Round 2 individual comparisons, formulated by the IFBB SEMI PRO Chief Jury, competitors are directed to perform the four Quarter Turns as described in Art. 5, point 5.2.

8. Upon completion of the last comparison, all competitors will return to a single lineup, in numerical order, before exiting the stage.

Article 8 – Prejudging: Scoring of Round 1

8.1 Scoring of Round 1:

The scoring for Round 1 will proceed as follows:

1. Using Form 3, entitled "Juries's Individual Placings (Prejudging)", each juries will award each competitor an individual placing from 1st to the last, ensuring that no two or more competitors receive the same placing. The juries may use Form 4, entitled "Juries's Personal Notes" to record their assessment about each competitor.

2. The statisticians will collect Form 3 from the juries and will then transcribe the juries's placings onto Form 5, entitled "Score Sheet (Statisticians)", under Round 1. They will then discard two highest and two lowest scores (if nine juries) or one highest and one lowest (if less than nine juries) for each competitor, will add up the remaining five scores to produce a "Round 1 Subscore".

3. Should a tie occur in the "Round 1 Subscore", the tie needs to be immediately broken since the "Round 1 Subscore" must be added to the "Round 2 Subscore" to produce a "PREJUDGING SCORE".

Article 9 – Prejudging: Assessing of Round 1

9.1 Assessment of Round 1:

All competitors must exude grace, poise, elegance and sophistication. Juries will be evaluating the gown and how well it suits the competitor (e.g. fit, color, style) as well as the competitor's on-stage presentation.

Detailed provided in **Appendix 2** to this Section.

Article 10 – Prejudging: Scoring of Round 2

10.1 Scoring of Round 2:

The scoring for Round 2 will proceed as follows:

1. Using Form 3, entitled "Juries Individual Placings (Prejudging)", each juries will award each competitor an individual placing from 1st to the last, ensuring that no two or more competitors receive the same placing. The juries may use Form 4, entitled "Juries Personal Notes" to record their assessment about each competitor.

2. The statisticians will collect Form 3 from the juries and will then transcribe the juries placings onto Form 5, entitled "Score Sheet (Statisticians)". They will then discard two highest and two lowest scores (if nine juries) or one highest and one lowest (if less than nine juries) for each competitor, will add up the remaining five scores to produce a "Round 2 Subscore" and a "Round 2 Place". The competitor with the lowest subscore is awarded 1st place while the competitor with the highest subscore is awarded the last place.

3. Ties in the "Round 2 Subscore" need not be immediately broken as the "Round 2 Subscore" will be added to the "Round 1 Subscore" to produce a "PREJUDGING SCORE" and "PREJUDGING PLACE".

4. Should a tie occur in the "PREJUDGING SCORE", the tie will be broken using the "Round 2 Subscore" first. If a tie still exists, it will be broken using the "Relative Placement Method" and the athlete's Round 2 Subscores.

Note 1: *The Relative Placement Method procedure:*
Each individual juries's scores for the tied athletes will be compared on a column-by column basis with a dot being placed on top of the number for the athlete with better placing. All nine regular panel juries's scores (except alternative juries) will be included in the tie breaking calculations. The number of dots will be tallied for each of the tied athletes. The athlete with

the greater number of dots will be declared the winner of the tie and will then receive the better placing.

5. The scores for the Prejudging will be used to place the top 15 competitors from 1st place to the last place. The top 6 competitors from the Prejudging will advance to the Finals and will start the Finals with zero points.

6. The top 6 finalists will be announced just after the Prejudging.

Article 11 – Prejudging: Assessing of Round 2

11.1 Assessment of Round 2:

Round 2 will be assessed using the following criteria:

1. A juries should first assess the overall appearance of a competitor, including the whole physique. Then, the assessment should take into account: the overall body development and shape; balanced, proportionally and symmetrically developed, complete physique; the condition of the skin and the skin tone; the hair and facial beauty; the athlete's ability to present herself with confidence, poise and grace and the general impression made by the competitor.

2. The physique should neither be excessively muscular nor excessively lean. Physiques that are considered too muscular or too lean must be marked down. Detailed description provided in **Appendix 2** to this Section.

Article 12 – Finals: Procedures and Attire

12.1 The procedures for the Finals:

The top 6 athletes from the Prejudging advance to the Finals, which consists of two rounds:

1. Round 3: Individual Presentation (V-walking), quarter turns in the evening gown.
2. Round 4: Individual Presentation (V-walking), quarter turns in the swimsuit.

12.2 The attire for Round 3 will conform to the same criteria as for Round 1 (see ***Article 6***).

Note*: Competitors may use a different costume that in Round 1; however, it must still conform to the standards of taste and decency as described in* ***Article 6.***

12.3 The attire for Round 4 will conform to the same criteria as for Round 2 (see ***Article 6***).

Note: Competitors may use a different costume that in Round 2; however, it must still conform to the standards of taste and decency as described in ***Article 6.***

Article 13 – Finals: Presentation of Round 3

13.1 Presentation of Round 3:

The procedures for Round 3 shall be as follows:

1. The top 6 finalists will be called on stage, one by one, in numerical order and will perform the V-walking:
   - The competitor will walk to the center of the stage, will stop and perform two-three different positions of her choice.
   - The competitor will then walk to the line-up in the rear part of the stage. (*more details in Graphic Fit-Model Rules*).
2. The top 6 finalists will be directed to the center of the stage, in a single line and in numerical order.

3. The IFBB SEMI PRO Chief Jury or Stage Director will direct the competitors, as a group, through the four quarter turns in numerical order and then in the reverse order. Performing each turn, competitors will stand motionless.

4. These quarter turns will be done in the following way:

- Front stance: competitors will stand with one hand resting on the hip and one leg slightly moved to the side. Standing in a symmetrical straddle position is incorrect. Competitor standing in such position may be placed down by the juries or even expelled from the stage.
- Quarter turn right: competitors will perform the first quarter turn to the right. They will stand left side to the juries, with upper body slightly turned toward the juries and face looking at the juries. Right hand resting on the right hip, left arm hold down and slightly back from the centerline of the body, left hip slightly raised, left leg (nearest the juries) slightly bent in the knee, left foot resting on the toes near to the centerline of the body.
- Quarter turn back: competitors will perform the next quarter turn to the right and will stand back to the juries. They will stand straight, with one hand resting on the hip and one leg slightly moved to the side. Competitors are not allowed to turn their upper body towards the juries and should face the back of the stage at all time during the comparison. Standing in a symmetrical straddle position is incorrect. Competitor standing in such position may be placed down by the juries or even expelled from the stage.
- Three steps forward: following a command given by the Chief Jury or Stage Director, competitors will walk 3 steps forward, toward the back of the stage and then they will stop and perform the back stance.
- Quarter turn right: competitors will do the next quarter turn to the right and will stand their right side to the juries, with upper body slightly turned toward the juries and face looking at the juries. Left hand resting on the left hip, right arm hold down and slightly back from the centerline of the body, slightly bent in the knee, right foot resting on the toes near to the centerline of the body.
- Quarter turn front: competitors will do the last quarter turn to the right and will perform front stance.
- Three steps forward: following a command given by the Chief Juries or Stage Director, competitors will walk 3 steps forward, toward the front of the stage and then they will stop and perform the front stance.

5. Detailed description of quarter turns is provided in **Appendix 1** to this Section.

6. The Stage Director will change the order of the competitors in the line-up and the Chief Jury will direct the competitors through the four quarter turns once again.

7. On completion of the quarter turns, the competitors exit the stage.

Article 14 – Finals: Scoring of Round 3

14.1 The scoring for Round 3 will proceed as follows:

1. The juries, using Form 6, entitled “Juries’s Individual Placings (Finals)”, and using the same criteria for judging as used during the Prejudging Round 1, will place the competitors from 1st to 6th, giving no two athletes the same placing.

2. The statisticians will collect Form 6 from the juries and will then transcribe the juries’s placings onto Form 5, entitled “Score Sheet (Statisticians)”. They will then discard two highest and two lowest scores (if nine juries) or one highest and one lowest (if less than nine juries) for each competitor and will add up the remaining five scores and will write the total under the column marked “Round 3 Subscore”. Points from the Prejudging (Round 1+Round 2) are not taken into consideration in the Finals. Each competitor begins the Finals with “zero points”.

3. Ties in the “Round 3 Subscore” need not be immediately broken, as the “Round 3 Subscore” will be added to the “Round 4 Subscore” to produce a “FINAL SCORE”.

Article 15 – Finals: Assessing of Round 3

15.1 Assessment of Round 3:

Round 3 is assessed using the same criteria as detailed in Article 10 (Assessment of Round 1). More details in **Appendix 2** to this Section.

The juries must ensure that this round is juriesd from a "fresh" perspective, ensuring that all competitors receive fair assessment based upon their body condition presented in this round.

Article 16 – Finals: Presentation of Round 4

16.1 The top 6 finalists will be called on stage, one by one, in numerical order and will present themselves in an evening gown performing the V-walking:

- The competitor will walk to the center of the stage, will stop and perform two-three different positions of her choice.
- The competitor will then walk to the line-up in the rear part of the stage. (*more details in Graphic Fit-Model Rules*).

1. The top 6 finalists will be directed to the center of the stage, in a single line and in numerical order.

2. The IFBB SEMI PRO Chief Jury will direct the competitors, as a group, through the four quarter turns in numerical order and then in the reverse order.

3. On completion of the quarter turns, the competitors exit the stage.

Article 17 – Finals: Scoring of Round 4

17.1 The scoring for Round 4 will proceed as follows:

1. The juries, using Form 6, entitled "Juries's Individual Placings (Finals)", will place the competitors from 1st to 6th, giving no two athletes the same placing.

2. The statisticians will collect Form 6 from the juries and will then transcribe the juries's placings onto Form 5, entitled "Score Sheet (Statisticians)". They will then discard two highest and two lowest scores (if nine juries) or one highest and one lowest (if less than nine juries) for each competitor and will add up the remaining five scores and will write the total under the column marked "Round 4 Subscore".

3. The statisticians will then add the "Round 4 Subscore" to "Round 3 Subscore" to produce a "FINAL SCORE" and "FINAL PLACE". Points from the Prejudging (Round 1+Round 2) are not taken into consideration in the Finals. Each competitor begins the Finals with "zero points". The competitor with the lowest "FINAL SCORE" is awarded 1st place while the competitor with the highest "FINAL SCORE" is awarded 6th place.

4. Should a tie occur in the "Round 4 Subscore", the tie need not be immediately broken as the "Round 4 Subscore" must be added to the "Round 3 Subscore" to produce a "FINAL SCORE".

5. Should a tie occur in the "FINAL SCORE", the tie will be broken using the "Round 4 Subscore" first. If a tie still exists, the "Relative Placement" method and the athlete's "Round 4 Subscore" will be used (see Article 11, point 4).

Article 18 – Finals: Assessing of Round 4

18.1 Assessment of Round 4:

Round 2 will be assessed using the following criteria:

1. A jury should first assess the overall appearance of a competitor, including the whole physique. Then, the assessment should take into account: the overall body development and shape; balanced, proportionally and symmetrically developed, complete physique; the condition of the skin and the skin tone; the hair and facial

beauty; the athlete's ability to present herself with confidence, poise and grace and the general impression made by the competitor.

2. The physique should neither be excessively muscular nor excessively lean. Physiques that are considered too muscular or too lean must be marked down. More details in **Appendix 2** to this Section.

Article 19 – Finals: The Awarding Ceremony

19.1 Awarding Ceremony:

The top 6 finalists will be called onstage to take part in the award ceremony, wearing their evening gowns and high-heels. The Master of Ceremonies will announce the number, name and country of the competitor in 6th place and will continue to the competitor in the 1st place.

The Chairman of the IFBB PRO, or the top IFBB SEMI PRO official at the contests, accompanied by the other official(s) invited by him to take part in this Ceremony, will present the IFBB SEMI PRO Medals and/or trophies to the winners.

Competitors are expected to accept their places, medals and/or awards and to take part in the Awarding Ceremony to its end (photo session). Competitor, who ostentatiously manifests his/her disapproval and/or leave the stage prior to the end of the Awarding Ceremony, may be disqualified.

Article 20 – Finals: Overall Category and Award (Evening Gown)

20.1 The Overall Category will proceed as follows:

1. Immediately following the Award Ceremony for the last Women's Fit-Model category, the category winners will be brought onstage in numerical order and in a single line, wearing their evening gowns and high-heels.

2. The IFBB SEMI PRO Chief Jury will direct the competitors through the quarter turns performed at the center of the stage, in numerical order and then in the reverse order.

3. On completion of the quarter turns, the competitors exit the stage.

4. The juries will use Form 6, entitled "Juries Individual Placings (Finals)". Each jury will award each competitor an individual placing, ensuring that no two competitors receive the same placing.

5. Using Form 5, entitled "Score Sheet (Statisticians)", with nine juries, two highest and two lowest scores will be discarded. The remaining scores will be added to produce an "Overall Category Score" and an "OVERALL CATEGORY PLACE".

6. Should a tie occur in the "Overall Category Score", the tie will be broken using the "Relative Placement" to this category.

7. The "Overall Champion" will be announced and the IFBB SEMI PRO Overall Trophy will be presented to her by the IFBB SEMI PRO Chairman or top IFBB SEMI PRO official at the contest.

APPENDIX 1
DESCRIPTION OF QUARTER TURNS IN A WOMEN'S FIT- MODEL COMPETITION

GENERAL PRESENTATION:

Juries are reminded that the competitor's posture and bearing, at all times while onstage, is to be considered. The overall image displayed should demonstrate poise, femininity and self-confidence. This is especially true at all times when the competitor is performing V-walking in the finals, standing in the line-up and during the comparisons of the quarter turns. When standing in the line-up, the competitors shall be warned against adopting a tense pose, displaying the muscularity.
A relaxed stance in the line-up means that the competitor will:
- stand erect, front to the juries, with one hand resting on the hip and one leg slightly moved to the side. Second arm hanging at the side, or
- stand with the body slightly turned, left side to the juries, so the start number of a competitor will be clearly visible, right hand resting on the hip and left leg slightly moved to the side.

Head and eyes towards the front, shoulders back, chest out, stomach in.
On the IFBB SEMI PRO Chief Jury command, competitors standing in the line-up should perform the Front Position.

QUARTER TURNS

Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score. Performing each quarter turn, competitors will stand motionless.

Front Position:

Competitors will stand erect, head and eyes facing the same direction as the body, with one hand resting on the hip and one leg slightly moved to the side. Second hand hanging down along the body, slightly out of to the side, with open palm and straight, aesthetically configured fingers. Knees unbent, stomach in, chest out, shoulders back. Lats spread is not allowed.

Quarter turn right (left side to the juries):

Competitors will perform the first quarter turn to the right. They will stand left side to the juries, with upper body slightly turned toward the juries and face looking at the juries . Right hand resting on the right hip, left arm holds down and slightly back from the centerline of the body, with open palm and straight, aesthetically configured fingers. Left hip slightly raised, left leg (nearest the juries) slightly bent in the knee, left foot resting on the toes near to the centerline of the body.

Quarter turn back:

Competitors will perform the next quarter turn to the right and will stand back to the juries. They will stand straight, not leaning the upper body forward. with one hand resting on the hip and one leg slightly moved to the side. Second hand hanging down along the body, slightly out of to the side, with open palm and straight, aesthetically configured fingers. Knees unbent, stomach in, chest out, shoulders back. Lower back curvature natural or with slight lordosis, upper back straight, head up. Lats spread is not allowed. Competitors are not allowed to turn their upper body towards the juries and should face the back of the stage at all time during the comparison.

Quarter turn right (right side to the juries):

Competitors will do the next quarter turn to the right and will stand their right side to the juries, with upper body slightly turned toward the juries and face looking at the juries. Left hand resting on the left hip, right arm holds down and slightly back from the centerline of the body, with open palm and straight, aesthetically configured fingers. Right hip slightly raised, right leg (nearest the juries) slightly bent in the knee, right foot resting on the toes near to the centerline of the body.

APPENDIX 2:
HOW TO ASSESS WOMEN'S FIT- MODEL QUARTER TURNS

The assessment should take the whole physique into account. The assessment, beginning with a general impression of the physique, should take into consideration the hair, make-up and facial beauty; the overall body shape and body lines; the presentation of a balanced, proportionally and symmetrically developed, complete physique; the condition of the skin and the skin tone; and the athlete's ability to present herself with confidence, poise and grace.
Since muscularity development and muscle quality is not assessed, the juries should favour competitors with a harmonious, proportional, classic female physique, good posture, correct anatomical structure (including body framework, correct spinal curves, limbs and trunk in good proportion, straight legs, not bandy or knock- kneed). Vertical proportions (legs to upper body length) and horizontal proportions (hips and waist to shoulder width) are ones of the key factors.

The body parts should have a nice and firm appearance with a decreased amount of body fat. The physique should neither be excessively muscular nor excessively lean. Physiques that are considered too muscular, too hard, too dry or too lean must be marked down.

The assessment should also take into consideration the tightness and tone of the skin. The skin tone should be smooth and healthy in appearance, and without cellulite. The hair and makeup should complement the "Total Package" presented by the athlete.

The juries assessment of the athlete's physique should include the athlete's entire presentation, from the moment she walks onstage until the moment she walks offstage. At all times, the Fit-Model competitor must be viewed with the emphasis on a "healthy and balanced" physique, in an attractively presented, impressive "Total Package".

APPENDIX 3:

HOW TO PERFORM AND ASSESS V-WALKING
V- walking is performed in the following manner:

- The competitor will walk to the center of the stage, will stop and perform two-three different positions of her choice.
- The competitor will then walk to the line-up in the rear part of the stage.

The juries will be assessing each competitor on how well they display their physique in move. Competitors shall be assessed on whether or not they carry themselves in a graceful manner while walking to and along the stage. The pace, the elegance of moves, gestures, "showmanship", personality, charisma, stage presence and charm, as well as a natural rhythm should play a part in the final placing of each competitor.

APPENDIX 4: PHOTGRAPHS

Photo 1: Style of attire – front (the evening gown) for Elimination Round, Round 1&Round 3.

Photo 2: Style of attire – back (the evening gown) for Elimination Round, Round 1&Round 3.

Photo 3: Style of attire (front of the one-piece swimsuit) for Round 2&4.

Photo 4: Style of attire (back of the one-piece swimsuit) for Round 2&4.