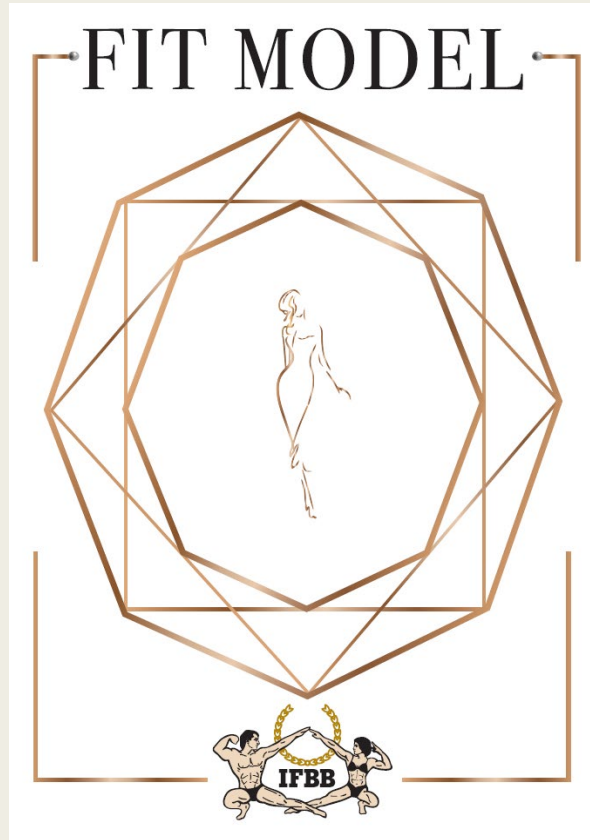


# IFBB WOMEN'S FIT MODEL INTERNATIONAL RULES

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INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS



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- **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 have to be shaped, balanced, proportionally and symmetrically developed body. 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.

# CATEGORIES

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- Class A: Up to and incl. 163 cm
- Class B: Up to and incl. 168 cm
- Class C: Over 168 cm

# ATTIRE FOR SWIMSUIT ROUND

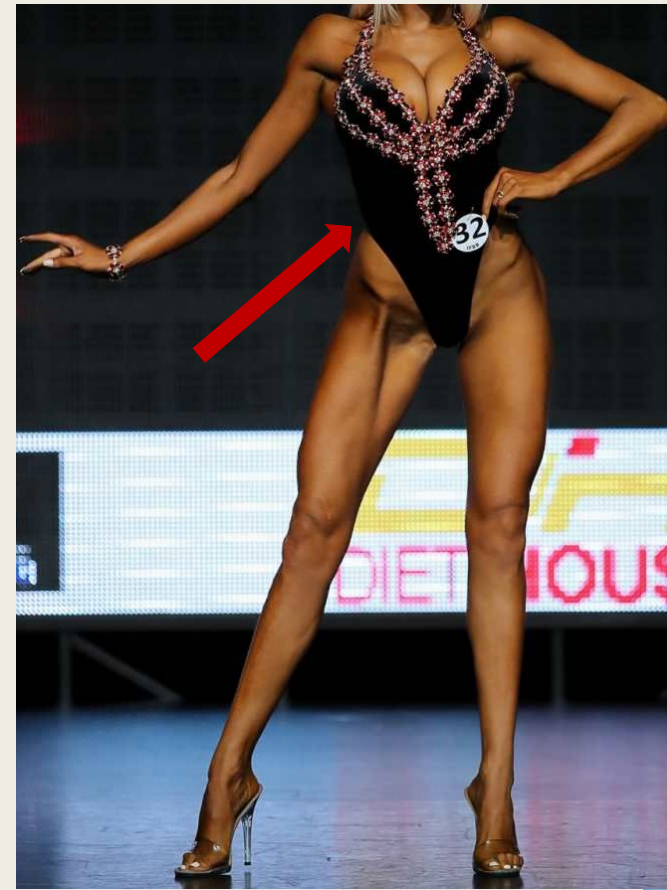
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- One-piece,tight-fitting swimsuit.
- The colour, fabric, texture, decoration and style of the swimsuit is at the choice of the competitor.
- The swimsuit have to cover a minimum of  $\frac{1}{2}$  of the gluteus maximus and lower half of the back.



# SWIMSUIT SIZES

- Swimsuit front side standart





# SWIMSUIT SIZES


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- Swimsuit side standart




# SWIMSUIT SIZES

## ■ Swimsuit back side standart

 **JUDGES SEMINAR  
FIT MODEL**

**ATTIRE-Round 1 & 2**

1. One-piece, tight-fitting **swimsuit**.
2. The colour, fabric, texture, ornamentation and style of the swimsuit 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.
3. The swimsuit will cover a minimum of  $\frac{1}{2}$  of the gluteus maximus and lower half of the back.



**WRONG** **OK**

5



# ATTIRE FOR EVENING GOWN ROUND

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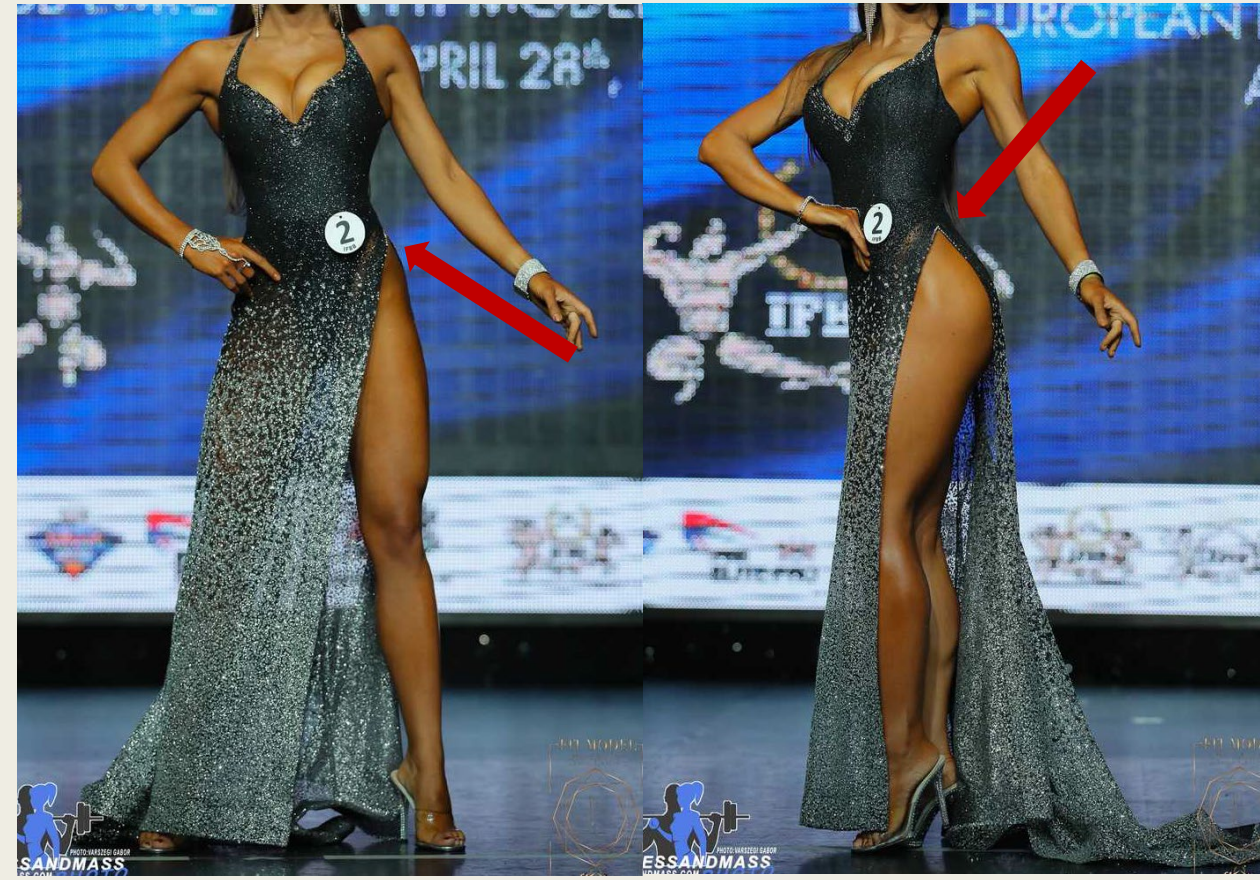
- Evening gown must be floor length.
- The gown must cover lower half of the back.
- Sophistication counts!
- All competitors are permitted to wear an evening gown of their choice.
- The slit in a dress must meet the requirements.
- Corsets are strictly prohibited.





# EVENING GOWN SIZES

- Requirements for a slit in a dress

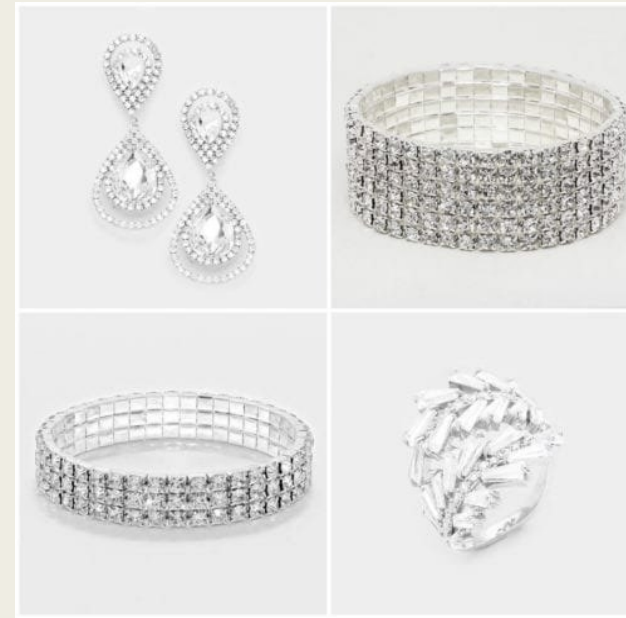




# ATTIRE FOR ALL ROUNDS

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- Jewellery may be worn, according to competitor's choice.



# SHOE STYLE

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- 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. Even if the sole is 7mm thick at the beginning of the sole (the toe part), but is 15mm thick at the end of the sole (the ball of the foot part), it is classed as a platform.

