**RULES WBPF WOMAN FIGURE ATLETIC PHYSIQUE**

Regulations according two categories

1. Senior Women Athletic Physique
2. – 165 cm
3. + 165 cm

**1. Clothing**

**In two piece swim suite (Bikini).The bottom of the bikini has to cover 50% of the buttocks. Thong is forbidden. Color, fabric and texture is up to the competitor.**

**High heels shoes.**

**The soles of the shoes can’t be thicker than 1 cm, the heels can’t be higher than 10 mm. Glass shoes are prohibited.**

**The hair can be done in any style, well groomed and feminine.**

**2. Only one Round.**

**Prejudging. On high heels**

1. **Quarter turns**
2. **Compulsory Poses**
3. Front double biceps ( palms open)
4. Back double biceps (palms open)

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

The competitors are guided on stage by the onstage expediters 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 expediters 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.**