**Rules woman’s wellness physique**

**1.Categories:**

**There are 2 categories in woman’s wellness physique**

* 1. **Up to 165 cm**
  2. **Over 165 cm**

**More categories may be added at any time if so decided by the WBPF**

**2.Rounds:**

**Woman’s wellness physique consists of two rounds as follow:**

**Round 1:**

**The competitors will enter the stage one by one, they will be introduced by number, name and country and may upon theire discretion present a few poses ( bodybuilding and vulgar poses are not allowed) during their “T-Walk”**

**Round 2: Comparisons in the quarter turns.**

**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. This will give the judges sufficient time to prepare for individual comparisons.**

**Once this preliminary assessment in the quarter turns is completede ach 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.**

**The judges will score the competitors from the first place to the last place in the same way like in other disciplines.**

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

**Present a few poses ( bodybuilding and vulgar poses are not allowed ) during their T-WALK.**

**The duration of the T-Walk can be 1 min and 30 seconds max.**

**3.Clothing.**

**In two piece swim suite (bikini). The bottom of the bikini will cover a minimum of 1/3 of the gluteus maximus and all of the frontal area. Strings are strictly prohibited.**

**High heels shoes: The sole thickness of the shoes may have maximum 1 cm and the heels not more than 10 cm. Glass shoes are prohibited.**

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

**Jewelry, without exaggeration can be worn, as long as it doesn’t prevent proper evaluation of the body.**

**4.Evauation of the body.**

**The jury evaluates primarily the body symmetry, the feminine muscculature and the well-formed gluteus maximus ( no cellulite and jiggling thighs ).**

**It’s important to have abdomen, legs, buttocks, but paired with a friendly face, beauty, femininity and healthy radiance.**

**Fatty, watery total body image as to be marked down.**

**The body of a wellness physique shut be like a sport physique, not like a female bodybuilder or woman athletic physique.**