

Bikini Diva



The Bikini division offers a contest for members who compete at the softer range of physical development.

- (1) A competitor who prefers to develop and maintain a bikini body shape and physique.
- (2) A competitor with a naturally occurring bikini body who wishes to compete immediately.
- (3) A complete novice.

Once a Bikini competitor develops increased muscle tone and/or six pack abdominals she will move into the Fitness Model division. "6 pack abdominals" serves as a very good grade. A Bikini competitor can have a flat stomach but if she has defined abdominals, they should enter Fitness Model. Competitors should display a very confident and feminine attitude and keep a relaxed posture. There is no flexing allowed. This is not a Bodybuilding or Figure competition.

Bikini Diva Required Attire: A two-piece fashion bikini. There is no restriction on fabric or style. However, avoid the 'posing costume' typical of Ms Physique and Bodybuilders. A Bikini Model will be better served wearing a bikini that displays a sense of fashion and style. Competitors also wear high heels during their round.

A Bikini competitor will deliver a combination of these objectives:

Beauty

Overall cosmetic appearance, photogenic, skin tone and physical appeal.

Poise and General Impression:

Overall grooming, personality, self assurance, composure and walk,

Tone Overall physical tonewith no muscle separation.

The judges are not looking for muscle mass or muscle separation. They are looking for shapely, toned bodies.



Bikini Diva Division consists of one round that has two elements – an individual stage walk and group comparisons. Competitors may either come out individually or as a group to perform a stage walk – there is no set path for a stage walk as stage shape and dimension varies greatly between venues. The path will be outlined to competitors on the contest day. However, all stage walks finish with each competitor performing the 4 symmetry quarter turns (in their own time) in the centre of the stage. During the stage walk judges will be assessing stage presence and confidence, execution of quarter turns, bikini model walk, appearance, bikini selection and overall presentation.

In the symmetry round, all competitors face the judging panel and perform four quarter turns as a whole line-up. Bikini competitors have freedom to shape their body on each turn so it looks most appealing. The turns and stances should be model-like and relaxed. Do not perform turns like Figure or Ms Physique competitors who (pose) present in a flexed, strict stance. A Bikini competitor's stage persona and self confidence is as important as their appearance.

Judging Criteria

1.) The judges will be looking for a combination of these objectives;

Beauty - overall cosmetic appearance, photogenic, skin tone and sex appeal.

Poise and General Impression - overall grooming, personality, self assurance, composure and walk.

Muscle Tone & Definition - overall muscle tone and NO muscle separation. The judges are NOT looking for muscle mass or "ripped to the bone," extreme striations or the vascularity of a bodybuilder or a figure competitor. They are looking for shapely and toned bodies.

Symmetry & Proportion - overall structural harmony of the figure relative to the shape and size of

various body parts and proportional balance of opposite body parts. The upper and lower extremities should flow aesthetically when viewed from all sides creating a balanced and symmetrical appearance.

2.) The competitors should display a very sexy and feminine attitude and keep a relaxed posture. There is NO FLEXING allowed. This is not a Bodybuilding or Figure competition.

3.) The judging will be conducted in one round.

4.) The Bikini Divas are allowed to wear jewelery such as earrings and belly rings. Appropriate footwear must also be worn. Each competitor will be given an overall score in each round with an overall tabulation of points between all rounds.

T-Walk, Four Quarter Turns and Comparisons during Prejudging.

Bikini Diva Walk

Beginning from off stage the competitor will proceed to the back center of the stage, pause facing the audience, walk towards the front of the stage (front center), pause, head to their left to the far end of the stage (stage right), pause, head to the far right of the stage (stage left), pause, walk towards the front center of the stage, pause, head to the back center of the stage, make 180 degree turn then form a line as directed at the side of the stage. Keep in mind a Diva Attitude.

This is the competitor's time to show off their physique in the best light to the judges and the audience. The competitor is encouraged to add in their personality and have fun with the music they choose.

After all the contestants have come out individually, the contestants will be directed to line-up together side by side in a relaxed pose. Once the entire class is positioned on stage the Head Judge will direct the class through the quarter-turn comparisons.

Relaxed Pose - Head and eyes facing forward, right leg is straight, left leg is slightly bent and in front of the right leg, left heel is slightly raised, left hip is slightly sticking out, hold stomach in, chest high by pulling your shoulders back, right hand is place on your right hip with your left arm hanging relaxed and at the side along the center-line of the body, elbow slightly bent, tips of the fingers at the hips, no further then 6 inches from the torso.

Description of Quarter Turns:

Quarter Turn Right

Head and eyes facing the same direction as the body, heels together, knees together and slightly bent, stomach in, chest out, shoulders back, left arm hanging relaxed and slightly back from the center-line of the body with a slight bend at the elbow, right arm hanging relaxed and slightly

front of the center-line of the body with a slight bend at the elbow. The positioning of the arms will cause the upper body to twist slightly left with the left shoulder lowered and the right shoulder raised.

Quarter Turn Back

Head and eyes facing the same direction as the body, heels together, knees together and slightly bent, stomach in, chest out, shoulders back, both arms hanging relaxed and at the side along the center-line of the body, elbows slightly bent, tips of the fingers at the hips (no further than 6 inches from the body).



Quarter Turn Right

Head and eyes facing the same direction as the body, heels together, knees together and slightly bent, stomach in, chest out, shoulders back, right arm hanging relaxed and slightly back from the center-line of the body with a slight bend at the elbow, left arm hanging relaxed and slightly front of the center-line of the body with a slight bend at the elbow. The positioning of the arms will cause the upper body to twist slightly right with the right shoulder lowered and the left shoulder raised.



Quarter Turn Front

Head and eyes facing the same direction as the body, heels together, knees together and slightly bent, stomach in, chest out, shoulders back, both arms hanging relaxed and at the side along the center-line of the body, elbows slightly bent, tips of the fingers at the hips (no further than 6 inches from the body).

Music

NO music is needed, INBA will provide it.

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