

UKUP Bikini Wellness Category

CRITERIA:

- **Healthy toned look**
- **Upper Body similar muscularity and condition to bikini**
- **Lower Body, more muscle mass on glutes, hamstrings, and quads then bikini**

(You won't be marked down for having tattoos)

ATTIRE:

The attire for the Bikini category will be a two-piece suit. Any colour and/or pattern are allowed and will be the competitors own choice. Thongs are strictly prohibited. High heel shoes must be worn; platform soles are permitted but with a maximum height of 1.5 inch. The colour and style of the shoes will be the competitors own choice. Competitors may wear jewellery in good taste.

Ultimate Bikini Fitness consists of one round which include a T-walk and Mandatory Quarter Turn Comparisons.

Presentation:

1. In numerical order, each competitor will enter the stage and perform a T-walk then wait at the back or side of the stage (where instructed).
2. After all competitors have preform their T-walk, all Athletes if possible or in groups of 5/6 will be instructed to stand at the front of the stage in a line to perform the Mandatory Quarter Turns for comparisons.

T-WALK:

The competitors will enter the stage individually. Starting from the back centre of the stage to perform a T-walk. The competitor will walk to the back centre stage where she will pause briefly in a stance of choice. The competitor will then walk up to front centre stage and perform a pose/poses of their choice. The competitor will then walk to the left to perform a pose and then walk to stage right to perform their last pose/poses. (ALTHOUGH YOU CAN PREFORM MORE THAN ONE POSE AT EACH SPOT, PLEASE DO NOT HANG ABOUT FOR TO LONG AND MAKE SURE YOU STRICTLY STICK WITHIN THE MANDATORY POSES FOR THE T-WALK).

QUARTER TURNS: Front stance:

Competitors will stand with one hand resting on the hip and one leg slightly moved forward and to the side.

Quarter turn right:

Competitors will perform the first quarter turn to the right. They will stand left side to the judges, with upper body slightly turned toward the judges and face looking at the judges. hand resting on either hip, feet placed freely but not together.

Quarter turn back:

Competitors will stand with your back to the judges. Legs together, crossed and unbent or legs apart, stomach in, chest up, shoulders back, both arms relaxed down the side of your body. The judges are looking at the whole physique, balance and symmetry between upper body and lower body. You should stand upright.

Quarter turn right:

Competitors will stand their right side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Right hand resting on either hip, feet placed freely but not together.

Quarter turn front:

Competitors will do the last quarter turn to the right and will perform front stance. All competitors will undergo at least one comparison. Upon completion of the last comparison, all competitors will return to a single line-up, in numerical order, before exiting the stage.

Judging:

Tattoos will not affect the Judges score.

The assessment should take the whole physique into account. Beginning with a general impression of the physique, taking into consideration the overall body development and shape; the presentation of a balanced, symmetrically developed, complete physique; the skin tone also the athlete's ability to present themselves.

Scoring:

Each judge awards each competitor an individual placing, ensuring that no two or more competitors receive the same placing. Scores from each judge are added together to produce the best sub score to calculate the top 5 placing. **Should a tie occur after countback, Athletes in the Tie, will have a pose off to decide the Victor.**