



NPC, NPC WORLDWIDE & IFBB PROFESSIONAL LEAGUE

UPDATED BIKINI RULES, MARCH 2020

BIKINI COMPETITOR RULES

1. PRESENTATION

- Competitors will walk on stage alone and perform their Model Walk (personal preference)
- The Model Walk consists of the following:

Walk to the center of the stage, stop and do a front stance, then a full turn and do a back stance, then turn to the front again and face the judges as directed, then proceed to the side of the stage. No lewd acts are permitted. Length of time allowed is 10 seconds.

- **NOTE:** *We do not want to see the arm off to the side with the elbow bent and the wrist bent upwards or downwards.*

2. COMPARISON ROUND, TWO-PIECE SWIMSUIT

- Competitors will be judged wearing a two-piece swimsuit and heels.
- The competitors will be brought back out in a group and directed to do a full front and back stance.
- Judges will have the opportunity to compare competitors against each other in half turns. (No side judging permitted, front and back only.)
- **NOTE:** *We do not want to see the arm off to the side with the elbow bent and the wrist bent upwards or downwards.*

3. SCORING

Judges will be scoring competitors using the following criteria:

- Balance and Shape
- Overall physical appearance including complexion, skin tone, poise and overall presentation.

Incorrect Posing (see example images below)



BIKINI COMPETITOR RULES

- Competitors will compete in a two-piece suit. The bottom of the suit must be v-shaped. No Thongs are permitted. Competitors can compete in an off-the-rack suit. All swimsuits must be in good taste. Athletes will be warned about improper suits and are advised to bring two (2) suits to check in. If the fronts of the suit(s) bottoms are too low and the judges deem them so at check-in's, then the suit must be constructed higher, otherwise the Athletes will be scored down if the suit is not up to standard.
- Competitors must wear high heels.
- Competitors may wear jewelry.

***Note:** *The NPC, NPC Worldwide and IFBB Professional League Have Not Authorized or Granted the license, authority or exclusivity to any competition suit company or designer to be their Official Suit Maker and to advertise their suits as an Official Cut or Approved Cut. There has never been an Official or Approved "Pro Cut Bikini" for Any Division! That term was erroneously created by suit makers.*

Full Bikini Rules Can Be Viewed Here: <http://npcnewsonline.com/bikini-rules/>