



SPORT REGULATIONS

WOMEN BIKINI DIVISION



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1) LIST OF CATEGORIES

Note: The minimum age is 16 years old. The age on the day of competition is decisive.

First timer: You have never competed before in any federation. You are entering your first contest; therefore, you are only a First Timer once in your life. However, you can enter multiple divisions on the day of your first contest.

To best protect this category, when you register you declare that you are indeed a first-time competitor. If you are nevertheless not honest about this, your result will be deleted and you'll be suspended for life within the organisation.

Junior: this category is mandatory as a first category for all athletes who are younger than 23 years on the day of competition (*with the exception of First Timer athletes who only compete in 1 category*).

Master: this category is mandatory as a first category for all athletes who are 40 years or older on the day of competition (*with the exception of First Timer athletes who only compete in 1 category*).

Open (Height): Athletes are divided into subcategories according to body height measured at the registration/weigh-in. There will be 2 subcategories (minus or plus 1m65).

(An athlete can register for as many categories she prefers across multiple divisions as long as she qualifies for the above regulations of the specific category.)

Overall: All winners from the above categories are put into this category to decide the best athlete of the division in a competition. The athlete does not have to register for this category herself and is free of charge.

PRO: NCOBB/ICN Belgium does not host PRO shows at the moment. All PRO athletes are automatically signed up in the Overall category. Please contact info@ncobb.com when you are a PRO athlete looking to compete in our shows.



2) JUDGING CRITERIA

Female entry-level division. Muscularity is on the smaller side, while carrying just enough body fat to avoid muscle separation.

A toned body with no visible 6 pack abs but still maintaining a flat and toned midsection.

A bikini competitor should deliver a combination of overall beauty and the physical appeal of a shapely toned body together with stage and self-confidence. Promoting a feminine look is key in this division.

Not judged on overall muscularity, but looking for development in the shoulders and glutes. Vascularity and striations in the muscles is not preferred in this division and should be scored unfavourably.

Symmetry >> muscularity = conditioning (Symmetry is key, followed by muscle mass and conditioning with the same (lower) importance)



A well developed and toned physique, without excessive conditioning on the abdominals and upper body musculature. The posterior side of the lower body is slightly more toned and muscular. Posture and sensuality is key in this division.

3) REGISTRATION & OUTFIT

REGISTRATION / WEIGH-IN

Athletes have to present themselves on the day of the competition at the administration office at the aforementioned times. An athlete must be able to officially disclose their identity (identity card, driving licence or passport). Open payments or invoices have to be paid before the disclosed time. Athletes who fail to do this, will be disqualified unless there is a valid reason for their failure. The decision to allow the athlete is only decided by the official members of the administration.

Athletes receive 2 number badges with an identical number. The badges are always visible on stage and are attached to the competition suit on the left hand side on the front AND the back. Athletes who go on stage without their number badge, are unable to be judged and will be disqualified.

Athletes will be measured according to their registered categories. If they do not meet an appropriate height, the athlete can retry the weigh-in to try and meet the target height category before the weigh-in period ends (this is mentioned beforehand).

The athlete can ask for feedback if her posing outfit is according to the regulations, after this point in the competition the athlete is responsible to be compliant with his posing outfit.



When competing in a height category, an athlete is always measured without shoes.

OUTFIT

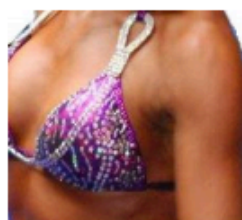
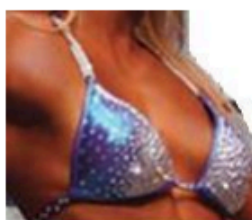
- Athletes wear a Bikini:
 - Unicolor. Shiny or glitter effect allowed (including crystals)
 - G-Strings forbidden
 - Side width 1 cm minimum
 - Two piece outfit
 - Free bikini binding system
 - Open or closed high heeled shoes
- Jewelry and piercings are allowed but without excess.
- Athlete number must be always visible at the left side of the waist and on the back.

N.B After inspection of the posing attire at the registration, any objection will automatically result in disqualification of the athlete if no remediation is possible before the start of the contest (first category of the day).

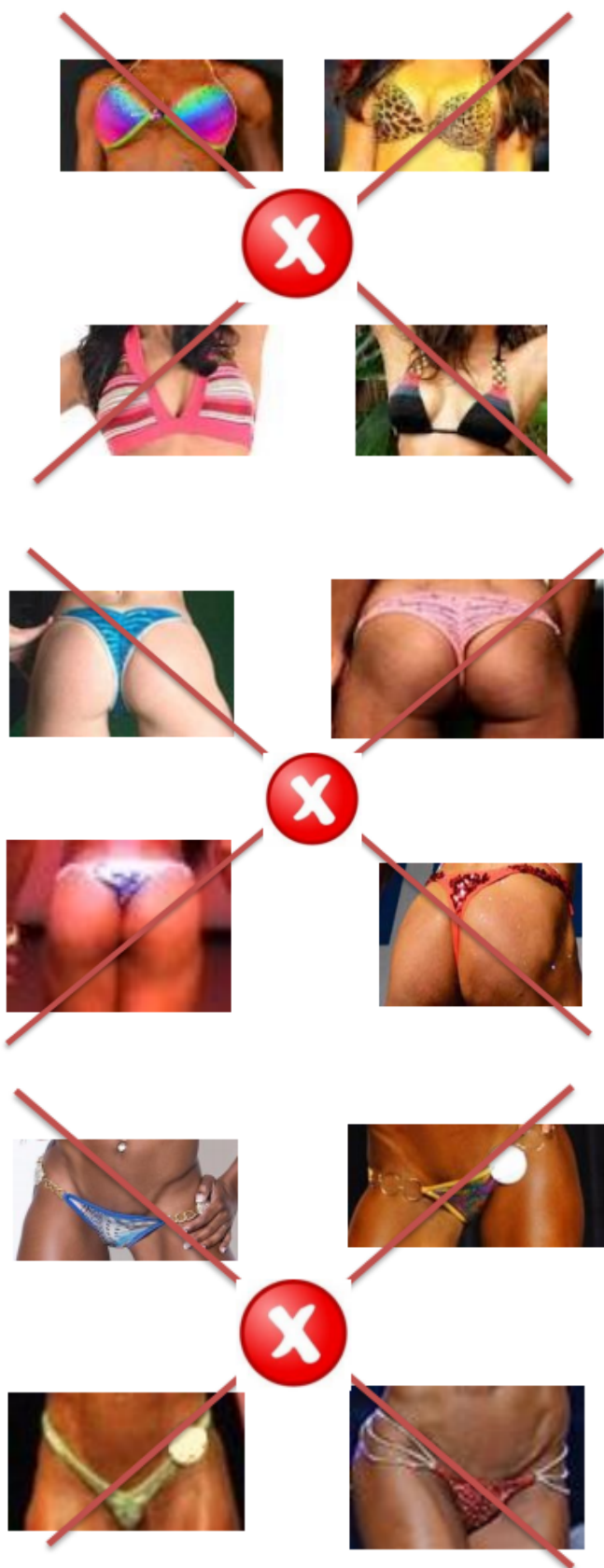


Measurements of the high Heels (open or closed):

OK



Non-regulatory outfit



TANNING / BRONZE

In order to give every athlete an equal chance to show off their physique on stage, we use one method exclusively to tan athletes for the competitions organised by NCOBB/ICN Belgium.

The tan is applied by means of a cream supplied at a very democratic price through our organisation. This cream can be purchased through our webshop and collected at a location and time provided with the purchase, as well as at the registration/weigh-in of each competition.

Any other method used backstage to tan will not be accepted and will result in disqualification of the athlete if no remediation is possible before the start of the contest (first category of the day). Also note that extra application oils/sprays on top of this official competition tan is not allowed!

Athletes are required to be extremely mindful of backstage hygiene and tidiness. Athletes who damage or stain the backstage area excessively, will be disqualified and in extreme cases fined by the NCOBB administration. This is decided by the official NCOBB administration.

It must be noted that this tan is oil based, making it not allowed in many other organisations, including most competitions of other ICN Worldwide countries.
Athletes must be mindful of this!



Application of the cream is easiest with a small paint roller in 1 to max. 2 layers. The face should be less dark compared to the rest of the body for best aesthetic results.

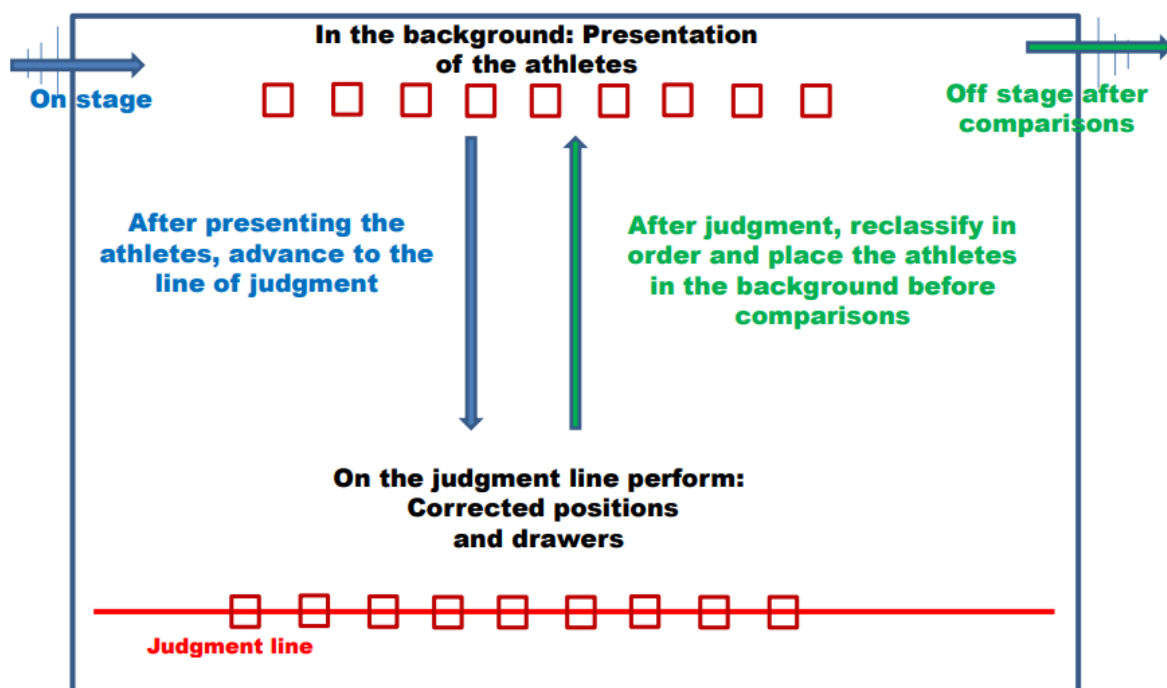
4) POSING

FIRST ROUND (SYMMETRY ROUND)

Athletes of the same category present themselves backstage in their competition outfit.

Under the direction of the stage organiser all the athletes of the same category come on stage. The stage organiser presents each athlete in ascending order of athlete numbers.

Under the orders of the stage organiser, after presentation at the back of the stage, and having advanced on the comparison/judgment line, the athletes perform **4 quarter turns**.



A quarter turn to the right so as to appear in profile, then again a quarter turn to the right so as to stand with the judges, then a quarter turn to the right to present their other profile, and finally the athletes finish with a last quarter turn to the right in order to face the judges again.

Depending on the number of athletes a new order or of numbers can be made. All athletes perform all (or several) quarter turns again in the new order of athlete numbers. After being put back in the original order of the athlete numbers, the athletes are aligned in the background. This ends the first round.

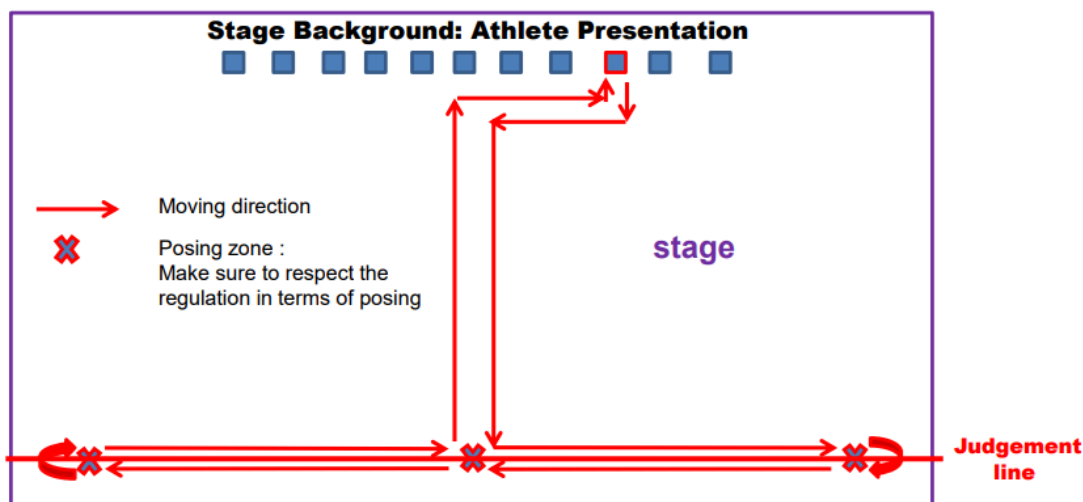
EXAMPLE OF QUARTER TURNS



Side quarter turn

SECOND ROUND (INDIVIDUAL POSING (T-WALK))

By instruction of the stage organiser, the athletes individually make a tour on the stage in a 'T' shape lasting approximately 45 seconds in front of the judges before returning to their position at the back of the stage. International ICN contests may differ in the inclusion of an individual posing round.



In the 'posing zones' on the diagram, an athlete can do several poses (quarter turn poses from first round), the poses must be fluid and well transitioned to provide a convincing individual posing round. The second round or t-walk is judged more heavily than other individual rounds of other divisions due to the higher demand in stage presence and confidence.

Important Note:

- The music is randomly chosen by the organisation and will be the same for all athletes. The music lasts 45".
- Each athlete starts with a "T-Walk", beginning from the middle of the back of the stage.
- The athlete will have to regain her place in the background as soon as possible at the end. Any breach will be sanctioned or disqualify.
- **Athletes who do not perform a "T-Walk" will be sanctioned with points.**

THIRD ROUND (CALL-OUTS + POSEDOWN/FREE POSING)

At the end of the individual round (t-walk), comparisons by 3 can then be requested by the judges in order to better estimate the athletes' physique and refine the ranking. Requests for comparisons will be made by the head of the table. The comparisons of these 3 athletes will be with the same poses as the first round (symmetry round).

After the judges have asked for call-outs, 1 minute of free posing is offered to all athletes on stage. The posedown is competitive, but friendly in nature, overly aggressive behaviour will be sanctioned by the jury.



Posedown: 1 minute of free posing for all athletes together on stage!

5) RESULTS

The athlete will be called back on stage together with the other athletes of the category according to the time schedule of the competition for the award ceremony.

It is forbidden to leave the stage while the award ceremony is taking place without being instructed to by the administration of the NCOBB.

Objections to the outcome of the competition are not possible on the day of the competition. The athlete can make an official objection by mail to the head judge of the NCOBB (jury@ncobb.com) within 8 days after the day of the competition.

6) OVERALL WINNER

For every division an Overall Winner will be decided by qualifying the winners of every category within that said division. The overall category takes place after the award ceremonies of the competition.

Outfit and judging criteria are exactly the same as in the original division where the category champion originally competed. Only 1 exception: NO second round (individual posing round) for posing! Only the symmetry and muscularity round (if applicable) will be held for the judging.

