

ATHLETES RULES

GENERAL RULES

PREAMBLE

WABBA INTERNATIONAL is a Bodybuilding and Fitness Organization and therefore all the judging criteria are focused on the athletic aspects of the male and female physiques. All competitors are commonly called *athletes*, which means that the athletic component of the human body aesthetics plays a major role during the competitions.

Criteria will vary according to the categories, but the main focus of WABBA INTERNATIONAL is to promote a culture of physical aesthetics based on athletic and muscular bodies, either male or female.

ENTERING INTERNATIONAL COMPETITIONS

- All athletes entering an International Competition can do so after being selected by the National Organization affiliated with WABBA INTERNATIONAL of their Country of residence. If an athlete lives in a Nation where there is no affiliated Organization, a permission by WABBA INTERNATIONAL technical committee is required to compete.

- Athletes can compete with a National team other than that of their Country of residence only if 1) There is no affiliated Organization in their Country, or 2) They have the written consent by the President or Delegate of the affiliated Organization of their Country of residence.

- The Presidents, Vice Presidents and Delegates of all affiliated Organizations cannot compete in any WABBA INTERNATIONAL official competition.

- Athletes can compete in only one category at any given competition. It is forbidden to compete in two or more categories at the same event with the sole exception of the Mixed Couples. Athletes willing to compete also in the mixed couples will have to pay an extra fee of 50 Euros per couple.

REGISTRATION AT INTERNATIONAL COMPETITIONS

- During the registration process, athletes competing in categories with height or weight divisions will have their height and/or weight checked. A scale and a height measuring tool will be available *outside* the registration room to allow all the athletes to check their weight and height *before* registration. Once inside the registration room, only one measurement will be taken and there will be no possibility to come back later for a second measurement.

- A table with height/weight ratios and a copy of the rules will be available for the athletes either inside and outside the registration room. The instruments used to assess the height and weight of the competitors will be tested before the event and the readings will be considered accurate.

- Women can give a first indication of the category they wish to enter but the final category they will be allowed to compete in will be decided by a selected group of judges at *line-up*, before the beginning of the competition. All female athletes will be informed of this at registration.

- The Nations must go to the registration with the full team of athletes, after paying all the fees and taking the room keys. At registration, each athlete must have his/her passport or National ID and, for the categories where it is applicable, the music for the routine (CD with a SINGLE track or pen drive).

- The Nations must send the team registration sheet with all the competitors data, at least two weeks before the competition. The organizer will set the deadline for sending the team information to the National Team Leader or to the Wabba National President. All details must be given, including the categories for each athlete (presumed).

WOMEN

JUDGEMENT CRITERIA FOR MISS MODEL BEAUTY

This category is aimed at all girls, athletes or models, displaying beauty and elegance in their physiques. The fundamental factors in the judging of the athletes of this category are beauty, structural elegance and physical grace.

AESTHETICS

50% of the total Score. This aspect considers general beauty of the body, face and care in the details of the grooming (skin, hair).

PHYSIQUE

30% of the total Score. Elegance and structural symmetry, lack of structural defects. Proportions between upper and lower body.

MUSCULARITY

This is less important than the general physical structure. Athletes must display low bodyfat but an excessive definition is not allowed.

POISE

20% of the total Score. Elegance during the T-walk and feminine attitude, without posing.

Posing suite

Bikini of any colour and shape. High heels are mandatory.

Accessories

There are no limitations, provided they do not impede the athlete evaluation by the judges.

JUDGEMENT CRITERIA FOR MISS BIKINI

Athletes competing in this category have a slightly more muscular physique than the Miss Model Beauty, but beauty is still the predominant feature sought. The ladies must display a proportioned, feminine, elegant and athletic physique.

AESTHETICS

20% of the total Score. This aspect considers general beauty of the body, face and care in the details of the grooming (skin, hair).

PHYSIQUE

30% of the total Score. Elegance and structural symmetry, lack of structural defects. Proportions between upper and lower body.

MUSCULARITY

30% of the total Score. The athlete must show a low bodyfat percentage, right proportions in the development of upper and lower body, round muscles and an overall athletic appearance. Abs must be slightly visible with no vascularity and excessive definition is not allowed.

POISE

20% of the total Score. Elegance during the T-walk and very feminine attitude, without posing.

Posing suite

Bikini of any colour and shape. High heels are mandatory.

Accessories

There are no limitations, provided they do not impede the athlete evaluation by the judges.

JUDGEMENT CRITERIA FOR MISS SHAPE

Athletes competing in this category should have a muscular physique, but must still display beauty. The face cannot be emaciated and the overall figure cannot be too virilized.

SIMMETRY

Proportions between upper and lower body and V-shape are important.

MUSCULARITY

The athlete must show a higher grade of muscularity than the Bikini Category, without bodyfat, in particular on thighs and glutes. Definition of the back is also important without excessive vascularization or definition.

DEFINITION

Excessive definition, vascularity and an emaciated face are not allowed.

Athletes must take care of all the details and put emphasis on the athlete's femininity.

Posing suite

Bikini of any colour and shape. High heels are mandatory.

Accessories

There are no limitations, provided they do not impede the athlete evaluation by the judges.

MANDATORY POSES – SIMMETRY, MUSCULARITY AND DEFINITION

Poses will be called in the following order. Athletes must exert a slight muscular contraction.

1. **FRONT RELAXED**
2. **RIGHT SIDE RELAXED**
3. **BACK RELAXED**
4. **LEFT SIDE RELAXED**

JUDGEMENT CRITERIA FOR MISS FITNESS

Athletes competing in this category should display a good muscular development, but must still be feminine.

SIMMETRY

Proportions between upper and lower body, V-shape and lateral simmetry are important.

MUSCULARITY

The athlete must show a high degree of muscularity, without being highly developed as the Ms Body. Muscles must be round and well separated, vascularity is allowed.

DEFINITION

Athletes must display a high level of definition, with a very low bodyfat percentage. Vascularity is allowed but the face should not be emaciated or masculine.

Athletes must take care of all the details and put emphasis on the athlete's femininity.

Posing suite

Bikini of any colour and shape. High heels are mandatory.

Accessories

There are no limitations, provided they do not impede the athlete evaluation by the judges.

MANDATORY POSES – SIMMETRY

Poses will be called in the following order. Athletes must exert a slight muscular contraction.

1. FRONT RELAXED
2. RIGHT SIDE RELAXED
3. BACK RELAXED
4. LEFT SIDE RELAXED

MANDATORY POSES – MUSCULARITY AND DEFINITION

In order to evaluate muscular development and definition, the following poses will be called:

1. FRONT CHEST EXPANSION
2. FRONT DOUBLE BICEPS
3. BACK EXPANSION
4. BACK DOUBLE BICEPS
5. ABDOMINALS AND THIGHS

FREE POSING ROUTINE (with music): 1 minute

JUDGING CRITERIA FOR MISS BODY

Athletes are judged on three main criteria:

- **SIMMETRY**

The skeletal structure and the proportions of the development of the various

- **MUSCULAR DEVELOPMENT**

Pure muscular volume and mass

- **DEFINITION**

The lack of body fat, vascularity and the separation of the various muscles.

The competition suite can be of any colour or style and competitors of this category cannot wear shoes.

During the mandatory poses all fashion accessories and jewelry is allowed, given that they do not interfere with the judges evaluation of the physical characteristics of the athletes (for example, accessories that hide part of the body).

During the free routine, any clothing and accessory is allowed.

MANDATORY POSES – SIMMETRY

The following poses will be called in the order listed below. During this phase the athletes must keep a slight muscular contraction while maintaining the requested position, in order to allow the judges to fully evaluate all competitors.

5. FRONT RELAXED
6. RIGHT SIDE RELAXED WITH BOTH FEET ON THE GROUND
7. BACK RELAXED
8. LEFT SIDE RELAXED WITH BOTH FEET ON THE GROUND

MANDATORY POSES – MUSCULAR DEVELOPMENT and DEFINITION

The evaluation of muscular development and quality needs seven mandatory poses:

6. FRONT CHEST EXPANSION
7. FRONT DOUBLE BICEPS
8. SIDE CHEST
9. SIDE TRICEPS

OTHER RULES

- No tanning creams are allowed. Only self tanning products like Pro Tan or Jan Tana (just to name a few) are permitted. The Organizers of all International Competitions will do their best to provide a tanning service to the competitors (for a price).

- A prize for the best National Team will be awarded at the World Championship and Mr/Ms Universe. The score will be calculated with the following criteria:

- 1 point for each athlete of the Nation, regardless of the placing;
- 5 points for each athlete placed at the 6th place
- 6 points for the 5th
- 7 points for the 4th
- 8 points for the 3rd
- 9 points for the 2nd
- 10 points for the 1st;
- 10 points for the overall winners.