

Female RULES and REGULATIONS UK ELITE PHYSIQUES EXTRAVAGANZA

CATEGORY DIVISIONS

- Bikini Open Short: Height up to 173cm (no age limit).**
- Bikini Open Tall: Height over 173cm (no age limit).**
- Bikini Juniors: Under 23 years old on competition day (height divisions apply as per Open classes; age verified via photo ID).**
- Bikini Masters: Split into 40+, 50+, and 60+ age groups (age verified via photo ID; height divisions apply).**
- Bikini Inked: Open to all ages/height groups; tattoos are a key judging component.**

Note: Athletes may compete in only one qualifying class per show; additional non-qualifying classes (if offered) can be entered separately.

PHYSIQUE CRITERIA

- General for All Bikini Classes:**
- Healthy, toned appearance with visible muscle definition (no deep separation or**

striations).

- Good symmetry, balance, and proportion (hourglass shape is ideal).
- Slight abdominal definition (no "ripped" six-pack); round, firm glutes; and toned legs/shoulders.
- Excessive leanness, vascularity, or muscularity will be marked down.
- Bikini Inked:
 - Same general physique criteria apply.
 - Tattoos are judged on design quality, placement, and how well they integrate with the overall aesthetic.

ATTIRE REQUIREMENTS

- Bikini: Two-piece design thongs are allowed. Bottoms must cover frontal areas and have a tasteful rear; tops must provide adequate support. Sequins, crystals, or decorative fabrics are encouraged to complement the physique.
- Footwear: High heels mandatory for all classes (ankle boots allowed for Inked division). Heels must be safe to walk in and appropriate for stage presentation.
- Accessories: Costume jewellery permitted but must not be obtrusive. Number pins must be clearly displayed on the hip (front) and center back of the

bikini.

– Appearance: Evenly applied spray tan, neat hair, and makeup are required to enhance stage presence.

JUDGING ROUNDS

All categories follow these mandatory rounds:

1. Quarter Turns:

– Athletes line up in numerical order; may be split into groups by the head judge.

– Starting front-facing (knees, hips, toes aligned to judges), perform four quarter turns to the right, holding each pose to showcase physique from all angles.

2. Mandatory I-Walk:

– Individual presentation: Athletes enter from the rear/side of the stage, walk to the rear center, then proceed to the front center (pausing to pose), move to each front corner (posing at each point), return to front center for a back pose, then exit to the rear.

– No music required for the I-Walk; athletes are judged on posture, confidence, and flow.

3. Comparison Round:

– Groups of athletes are called forward to

- perform mandatory poses side-by-side:
- Front pose (one hand on hip, one leg slightly extended).
 - Left side pose (hand on hip, showcasing torso/leg line).
 - Back pose (arms slightly out to flare lats, highlighting V-taper).
 - Right side pose (mirror of left side).
 - Concludes with a 60-second pose-down for final judging.

SCORING WEIGHTING

- Physique (symmetry, proportion, conditioning): 70%
- Stage presentation (I-Walk, posing, confidence): 25%
- Overall appearance (tan, hair, makeup, suit choice): 5%
- Bikini Inked adds 10% for tattoo aesthetic (deducted from physique weighting, making it 60%).

GENERAL RULES

1. All athletes must be registered members of UK Elite Physiques and pay entry fees by the deadline.
2. Music (if required for additional routines) must be appropriate – no

- profanity, violence, or racial hatred; athletes must submit music as instructed.
3. The head judge reserves the right to exclude athletes not meeting minimum standards or behaving inappropriately.
 4. By competing, athletes consent to their name/image being used in event-related media (social media, publications, etc.).
 5. Minimum age to compete is 16; athletes under 18 require parental consent and supervision.

First timers

Here are the rules and regulations for the UK Elite Physiques Extravaganza (28th June, London) First Timers Bikini Category, with emphasis on prior competition eligibility:

CATEGORY DIVISION

- Bikini First Timers: Open to all heights; no age restrictions (minimum 16 years old, under 18s require parental consent/supervision).**
- CRITICAL ELIGIBILITY RULE: Athletes MUST NOT have competed in any capacity before – this includes any federation, any division, any class, or even local/charity**

shows. Proof of prior competition (from any organisation) will result in immediate disqualification. If discovered post-competition, titles/trophies will be revoked and a ban from future UK Elite Physiques events will apply.

PHYSIQUE CRITERIA

Same as general Bikini classes: Healthy, toned appearance with visible muscle definition (no deep separation/striations), good symmetry/proportion, slight abdominal definition, and no excessive leanness/vascularity.

ATTIRE REQUIREMENTS

- Two-piece bikini only thongs are allowed decorative fabrics/sequins encouraged.
- High heels mandatory (safe, stage-appropriate style).
- Number pins displayed on front hip and center back of bikini.
- Even spray tan, neat hair, and makeup required.

JUDGING ROUNDS

All rounds are mandatory:

- 1. Quarter Turns: Group line-up performing four turns to showcase physique from all angles.**
- 2. Mandatory I-Walk: Individual presentation with poses at designated stage points (no music required).**
- 3. Comparison Round: Side-by-side mandatory poses (front, left side, back, right side) and 60-second pose-down.**

SCORING WEIGHTING

- Physique (symmetry, proportion, conditioning): 70%**
- Stage presentation (I-Walk, posing, confidence): 25%**
- Overall appearance (tan, hair, makeup, suit choice): 5%**

GENERAL RULES

- 1. Must be a registered UK Elite Physiques member and pay entry fees by deadline.**
- 2. Music (if applicable) must be appropriate – no profanity/ offensive content.**
- 3. Head judge may exclude athletes not meeting minimum standards or acting**

inappropriately.

4. By competing, athletes consent to name/image use in event media.

5. Only one qualifying class per show is permitted.

Miss Fitness

Here are the rules and regulations for the UK Elite Physiques Extravaganza (28th June, London) Miss Fitness Category, structured in line with the style of previous divisions:

CATEGORY DIVISION

- Miss Fitness Open: No height or age restrictions (minimum 16 years old; under 18s require parental consent/supervision).
- Miss Fitness Juniors: Under 23 years old on competition day (age verified via photo ID).
- Miss Fitness Masters: Split into 40+, 50+, and 60+ age groups (age verified via photo ID).

Note: Athletes may compete in only one qualifying class per show; prior competition in any federation is allowed unless entering a First Timers subclass (if offered).

PHYSIQUE CRITERIA

- Balanced, athletic physique with visible muscle tone and definition (moderate separation allowed, but no excessive striations or vascularity).
- Emphasis on symmetry, proportion, and feminine shape – upper and lower body development should be harmonious.
- Healthy, lean conditioning; judges will deduct for being overly soft or excessively muscular.

ATTIRE REQUIREMENTS

- Pre-Judging & Comparison Rounds: Two-piece bikini (no thongs/G-strings; must cover at least half of buttocks) and high heels mandatory. Number pin must be displayed on the left side of the bikini at all times. No watches, bracelets, or excessive jewellery allowed.
- Fitness Routine Round: Custom costume (must meet minimum coverage requirements) and footwear of choice. Props are permitted only if transported/ carried by the athlete alone and pre-approved by event organisers.

JUDGING ROUNDS

All rounds are mandatory:

1. Pre-Judging:

- Athletes take the stage individually in numerical order, perform four quarter turns at centre stage, then line up for group comparisons.
- Head judge will direct call-outs for side-by-side evaluation of quarter turns and mandatory poses (front, left side, back, right side).

2. Fitness Routine:

- Individual 2-minute max routine to approved music (no profanity, violence, or racial content).
- Must include mandatory movements in any order: push-ups (any type), high kicks, straddle hold, side split.
- Judged on creativity, execution, flow, and how well the routine showcases physique and athleticism.

3. Finals Comparison:

- Repeat of pre-judging quarter turns and call-outs; may conclude with a 60-second pose-down.

SCORING WEIGHTING

- Physique (symmetry, proportion, conditioning): 40%
- Fitness routine (execution, creativity, athleticism): 35%
- Stage presentation (posing, confidence, walk): 20%
- Overall appearance (tan, hair, makeup, suit/costume choice): 5%

GENERAL RULES

1. All athletes must be registered UK Elite Physiques members and pay entry fees by the deadline.
2. Music must be submitted as instructed; inappropriate content will result in the routine being stopped.
3. The head judge reserves the right to exclude athletes not meeting minimum standards or behaving unprofessionally.
4. By competing, athletes consent to name/image use in event-related media.

Here are the rules and regulations for the UK Elite Physiques Extravaganza (28th June, London) Figure Toned and Athletic Categories, with emphasis on thongs being permitted:

CATEGORY DIVISIONS

- **Figure Toned:** Open to all heights; no age restrictions (minimum 16 years old; under 18s require parental consent/supervision).
- **Figure Athletic:** Open to all heights; split into Juniors (under 23), Open, and Masters (40+, 50+, 60+ age groups).
- Prior competition in other federations is allowed unless entering a First Timers subclass (if offered).

PHYSIQUE CRITERIA

- **Figure Toned:** Focus on lean, toned musculature with subtle definition – no deep striations or excessive vascularity. Emphasis on symmetry, proportion, and a healthy, feminine aesthetic.
- **Figure Athletic:** Step-up in muscular development and conditioning – visible separation in quads, glutes, and shoulders allowed; slight vascularity acceptable but not excessive. Still maintains feminine shape.

ATTIRE REQUIREMENTS

- **Bikini Style:** Two-piece designs permitted, including thongs and micro-cuts (as per athlete preference). Sequins,

crystals, or custom fabrics encouraged to enhance stage presence.

– Footwear: High heels mandatory for Toned category; athletic heels or performance footwear allowed for Athletic category (must be stage-appropriate and safe).

– Number Pins: Display on front hip and center back of attire.

– Appearance: Even spray tan, neat hair, and makeup required to highlight physique lines.

JUDGING ROUNDS

All rounds are mandatory:

1. Quarter Turns: Group line-up performing four turns to showcase physique from all angles.

2. Mandatory I-Walk: Individual presentation with poses at designated stage points – music optional for Athletic category (must be pre-approved and free of offensive content).

3. Comparison Round: Side-by-side mandatory poses (front, left side, back, right side) and 90-second pose-down for final evaluation.

SCORING WEIGHTING

- Physique (symmetry, proportion, conditioning): 65%
- Stage presentation (I-Walk, posing, confidence): 30%
- Overall appearance (tan, hair, makeup, attire choice): 5%
- Figure Athletic adds 5% for athleticism demonstration (deducted from physique weighting).

GENERAL RULES

1. Must be a registered UK Elite Physiques member and pay entry fees by deadline.
2. Head judge reserves right to exclude athletes not meeting standards or acting inappropriately.
3. By competing, athletes consent to name/image use in event media.

Figure Toned Posing Guidelines

- Core Focus: Highlight smooth, round muscle bellies and feminine lines – avoid excessive tension or sharp transitions.
- Mandatory Poses:
 1. Front Pose: One hand on hip, opposite

leg slightly extended (toes pointed).
Shoulders relaxed but squared to judges;
lats gently flared to create subtle X-frame
without overemphasizing width.

2. Left Side Pose: Hand on hip, torso
rotated slightly forward to show quad
sweep and waist taper. Glutes squeezed
for roundness, but no deep separation
visible.

3. Back Pose: Arms slightly out to sides,
shoulders pulled back to open the chest.
Focus on balanced upper/lower body
development – avoid flaring lats too
aggressively.

4. Right Side Pose: Mirror of left side;
ensure legs are straight and toned but not
overly defined.

– Transitions: Move smoothly between
poses with minimal tension; keep
movements fluid to emphasize "toned not
hard" aesthetic.

Figure Athletic Posing Guidelines

– Core Focus: Showcase increased
muscle development while maintaining
femininity – transitions can be sharper to
highlight definition.

– Mandatory Poses:

1. Front Pose: Hands can be positioned to

accentuate shoulder width and abdominal definition (no striations visible). Legs slightly apart to show quad separation.

2. Left Side Pose: Hand on hip, torso twisted to reveal slight muscle separation in glutes/hamstrings. Abs engaged but not "chiseled".

3. Back Pose: Lats flared more prominently, arms bent to show tricep definition. Glutes squeezed to highlight shape and subtle separation.

4. Right Side Pose: Mirror left side; emphasize hamstring and calf definition.

– I-Walk: Can include slight pauses to hold poses briefly, highlighting athletic lines. Music (if used) should match the energetic tone of the physique.

– Pose-Down: Use dynamic movements (e.g., high kicks, controlled twists) to showcase athleticism, but avoid overly aggressive or bodybuilding-style posing.

Here are the rules and regulations for the UK Elite Physiques Extravaganza (28th June, London) Wellness Division, with attire rules aligned to the style used for previous categories (including thongs/micro-cuts as permitted, matching Figure Toned/Athletic guidelines):

CATEGORY DIVISIONS

- Wellness Open: No height restrictions; split into Juniors (under 23), Open, and Masters (40+, 50+, 60+ age groups).
- Eligibility: Prior competition in other federations is allowed unless entering a First Timers subclass (if offered).
Minimum age 16; under 18s require parental consent/supervision.

PHYSIQUE CRITERIA

- Focus on lower body dominance: Fuller glutes, quads, and hamstrings with visible tie-in between hamstrings and glutes. Upper body is developed but not overpowering – balanced shoulders and slight back definition, no excessive muscularity or striations.
- Conditioning should be lean but not overly dry; some body fat is encouraged to maintain a feminine, healthy look.

ATTIRE REQUIREMENTS

- Bikini Style: Two-piece designs permitted, including thongs and micro-cuts (at athlete's discretion). Sequins, crystals, or custom fabrics are

- encouraged to complement physique lines.
- Footwear: High heels mandatory (any style safe for stage movement; ankle boots allowed if preferred).
 - Number Pins: Must be clearly displayed on front hip and center back of attire.
 - Appearance: Even spray tan, neat hair, and makeup required to enhance muscle definition and stage presence.

JUDGING ROUNDS

All rounds are mandatory:

1. Quarter Turns: Group line-up performing four turns to showcase symmetry and proportion from all angles.
2. Mandatory I-Walk: Individual presentation with poses at designated stage points – music optional (pre-approved, no offensive content).
3. Comparison Round: Side-by-side mandatory poses (front, left side, back, right side) and 90-second pose-down to highlight athleticism and stage presence.

SCORING WEIGHTING

- Physique (symmetry, lower body development, conditioning): 60%

- Stage presentation (I-Walk, posing flow, confidence): 35%
- Overall appearance (tan, hair, makeup, attire choice): 5%

GENERAL RULES

1. Must be a registered UK Elite Physiques member and pay entry fees by deadline.
2. Head judge reserves right to exclude athletes not meeting standards or acting inappropriately.
3. By competing, athletes consent to name/image use in event-related media.

Here are the rules and regulations for the UK Elite Physiques Extravaganza (28th June, London) Miss Physique Category, created to reflect the fusion of Trained Figure into this new division with an emphasis on sharp definition and full-body muscle mass:

CATEGORY DIVISIONS

- Miss Physique Open: No height restrictions; open to all ages (minimum 16 years old; under 18s require parental consent/supervision).

- Miss Physique Juniors: Under 23 years old on competition day (age verified via photo ID).
- Miss Physique Masters: Split into 40+, 50+, and 60+ age groups.
- Prior competition in any federation is allowed unless entering a First Timers subclass (if offered).

PHYSIQUE CRITERIA

- Core Focus: Sharp muscle definition and full-body muscle mass – a step up from Figure or Wellness categories. Judges will look for visible separation in quads, hamstrings, shoulders, and abdominals, with moderate vascularity acceptable.
- Must maintain balanced symmetry and proportion; upper and lower body development should be harmonious, with no single body part overpowering the physique.
- Conditioning should be lean and dry to enhance muscle detail, but retain a feminine aesthetic – excessive hardness or masculinization will be marked down.

ATTIRE REQUIREMENTS

- Pre-Judging & Comparisons: Two-piece

bikini permitted, including thongs and micro-cuts (at athlete discretion). Custom designs with crystals/metallic fabrics encouraged to complement physique lines.

– Footwear: High heels mandatory for all rounds; athletic heels or performance footwear allowed for the routine round.

– Number Pins: Display on front hip and center back of attire.

– Appearance: Even spray tan, polished hair, and stage-appropriate makeup required to highlight muscle definition.

JUDGING ROUNDS

All rounds are mandatory:

1. Quarter Turns: Group line-up performing four turns to showcase physique from all angles – judges assess symmetry and mass distribution.

2. Mandatory I-Walk: Individual presentation with poses at stage markers; can be performed with or without pre-approved music.

3. Comparison Round: Side-by-side mandatory poses (front double bicep, left side chest, back double bicep, right side tricep) to evaluate definition and mass against competitors.

4. 60-Second Creative Routine: Athletes must perform a choreographed sequence highlighting strength and athleticism, including mandatory dynamic movements: pull-ups/push-ups (modified allowed), leg extensions, and controlled transitions. Music must be pre-submitted and free of offensive content.

SCORING WEIGHTING

- Physique (symmetry, mass, definition): 65%**
- Routine & Presentation (creativity, execution, flow): 30%**
- Overall Appearance (attire, grooming): 5%**

GENERAL RULES

- 1. Must be a registered UK Elite Physiques member and pay entry fees by the deadline.**
- 2. Head judge reserves the right to exclude athletes not meeting standards or acting unprofessionally.**
- 3. By competing, athletes consent to name/image use in event media.**

Here are the rules and regulations for the UK Elite Physiques Extravaganza (28th June, London) Ladies Bodybuilding Open Category, designed to reflect the sport's focus on maximum muscular development while maintaining competitive integrity:

CATEGORY DIVISIONS

- Ladies Bodybuilding Open: No height restrictions; open to all ages (minimum 16 years old; under 18s require parental consent/supervision).
- Weight Classes: May be split into Lightweight (up to 57kg), Middleweight (57.1kg–64kg), and Heavyweight (over 64kg) if entry numbers allow.
- Prior competition in any federation is permitted.

PHYSIQUE CRITERIA

- Core Focus: Maximum lean muscle mass with sharp separation, visible striations, and moderate vascularity – balanced across the entire physique. Judges prioritize full-body development, symmetry, and conditioning that enhances muscle detail without excessive dryness.

– Must maintain feminine structure; overdeveloped masculinizing features (e.g., broad blocky shoulders, excessive trapezius growth) will be marked down.

ATTIRE REQUIREMENTS

– Posing Suit: Two-piece design only – thongs and micro-cuts are prohibited. Suits may include custom prints, crystals, or metallic fabrics.

– Footwear: No shoes worn in any round (bare feet mandatory to showcase calf and foot musculature).

– Number Pins: Display on front hip and center back of suit.

– Appearance: Even spray tan, polished hair, and stage-appropriate makeup required to highlight muscle definition.

JUDGING ROUNDS

All rounds are mandatory:

1. Quarter Turns: Group line-up performing four turns to assess symmetry and mass distribution.

2. Mandatory Individual Posing: 60-second solo presentation of mandatory poses (front double bicep, left side chest,

back double bicep, right side tricep) – no music permitted.

3. Comparison Round: Side-by-side mandatory poses to evaluate definition and mass against competitors.

4. 90-Second Creative Routine: Choreographed sequence including mandatory dynamic movements (pull-ups/push-ups – modified allowed, leg curls, controlled transitions). Music must be pre-submitted and free of offensive content.

SCORING WEIGHTING

– Physique (symmetry, mass, definition): 70%

– Routine & Presentation (creativity, execution, flow): 25%

– Overall Appearance (attire, grooming): 5%

GENERAL RULES

1. Must be a registered UK Elite Physiques member and pay entry fees by deadline.

2. Head judge reserves right to exclude athletes not meeting standards or acting unprofessionally.

3. By competing, athletes consent to name/image use in event media.

Here are the rules and regulations for the UK Elite Physiques Extravaganza (28th June, London) Ladies Bodybuilding Open and Miss Glamour Category, with a focus on the sparkly evening gown requirement:

LADIES BODYBUILDING OPEN

- Divisions: Open to all ages (min 16; under 18s need parental consent). May be split into weight classes (e.g., Lightweight <125lbs, Heavyweight >125lbs) based on entry numbers.
- Physique Criteria: Maximum muscular development, full-body symmetry, sharp definition, and moderate vascularity – maintaining a feminine structure while prioritizing size and conditioning.
- Attire: Two-piece posing suits only (thongs/micro-cuts permitted). No footwear required for posing rounds; high heels optional for presentations.
- Judging Rounds: Mandatory poses (front double bicep, side chest, back double bicep, side tricep), 60-second individual routine, and group comparisons.
- Scoring: Physique (70%), Presentation (25%), Appearance (5%).

MISS GLAMOUR CATEGORY

- Evening Gown Round: Exceptionally sparkly, ball-style gowns are mandatory – floor-length, with heavy embellishments (crystals, sequins, metallic threads, or beading). Designs should reflect red-carpet glamour (e.g., A-line, mermaid, or ball gown silhouettes).
- Additional Rounds: Swimwear (two-piece, sparkly designs) and interview segment (judged on personality and communication skills).
- Scoring: Gown round (40%), Swimwear (35%), Interview (25%).

GENERAL RULES

- All athletes must be registered UK Elite Physiques members.
- Only one qualifying class per show is permitted.
- By competing, athletes consent to name/image use in event media

MISS EXTRAVAGANZA ROUND

- Core Requirement: Mandatory masquerade mask – can be outlandish,

oversized, or themed. Attire has no restrictions: feathers, trains, elaborate headpieces, sheer fabrics, and custom designs are all allowed.

– Key Rule: Every competitor must wear a masquerade mask (any style – decorative, sculptural, or themed) with their outfit.

– Judging: Attire creativity (50%), stage presentation (35%), mask integration (15%).

GENERAL RULES

1. All athletes must be registered UK Elite Physiques members.

2. Head judge may exclude those not meeting standards.

3. Consent to media use required.

