

## **Bikini Judging**

### **Judging Criteria**

Judging is based on having an overall healthy-looking toned athletic body with good symmetry, shape, fullness, skin tone, balance and proportion with good poise, posture, confidence, stage presence and comfortable presentation.

**Attire:** Must be a two- piece style for women. No thongs are permitted. The competitor may utilize any style they choose as long as it is within good taste. The promoter and or SMA regional chairperson has the right to ban any swimsuit that is not within good taste. The swimsuit should enhance the competitors look. This style will be used for both the morning and night show. Foot attire is necessary and high heels are commonly worn for both rounds. Manufacturers logos like Nike and Billabong are acceptable.

**Prejudging- Group Comparisons: Quarter Turns** – Competitors will walk out individually to the front line of the stage and strike 4 of your best poses. Then you will step to the rear line of the stage by the awards table in order. After each person in the class has done this you will all proceed to the front line of the stage, in a numerical order, and we will proceed with the ¼ turn comparisons.

### **Description of quarter turns:**

**Front:** Both feet should remain in alignment on the designated line on the stage (i.e. no staggered stance). Hip can be slightly twisted to the side, but competitors should be careful not to be overly twisted so that the judges are unable to see their number. One hand may be on the hip if desired.

**Rear:** – Both feet should remain in alignment on the designated line on the stage (i.e. no staggered stance). Legs should not be crossed and competitors must not bend over or turn to look over their shoulder when performing the rear pose. One hand may be on the hip if desired

**Side:** – The side poses are flexible and competitors should use the stances they feel display their physiques in the most favorable manner. Feet may be together or one may be slightly in front of the other; knees (or a knee) may be straight or bent; hands may be at the side or one or both may be on the hip. Competitors may twist at the waist to turn their upper torso toward

the judges. Stances should be fairly relaxed and competitors should not appear to be flexing.

### **Finals Individual Presentations – (T- Walk)**

The individual presentation portion for SMA Bikini competitions is a T- walk (see Figure 1). Competitors walk out to music provided by the SMA and perform a T- walk. walk consisting of walking out to the rear line center stage and pausing briefly in a stance of choice. Competitors then walk up to front line center position, pause to show a front and back view of their physiques, then walk to their left while still on the front line, pause to show a front and back view of their physiques then walk back to center of the front line briefly in two poses of their choice, then walk to the right side of stage and pause briefly in a two poses of choice, and finally walk off stage on that side. We will reverse the order if the stage entry is coming from the right of the stage. Individual presentations should be done tastefully and be conducive to a family atmosphere. Bodybuilding-type poses, fitness moves (like push-ups) and costumes/props should be avoided.

Figure 1 Stage Left Entry (Reverse for Stage Right Entry)



