



# Ms. Bikini Model

**Female entry level division. Muscularity is on the smaller side, while carrying just enough bodyfat to avoid muscle separation. Nice 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.**



## Judging Points

1. **Emphasis on shape, symmetry and toned condition, not to lean.**
2. **Stage Presence, Energy, Confidence, Posing is KEY – this is what true beauty is derived from.**
3. **Hair & Bikini – Well-groomed and immaculate physical presentation.**
4. **Not judged on muscularity**

## Attire - You are required to supply your own Bikini

1. **Two-piece stage bikini (any fabric, connectors and crystals)**
2. **Stage jewellery of choice**
3. **Clear stage heels (any height).**

## Stage Walk & Posing

**Bikini Models will walk on stage and present themselves on the line in a relaxed position.**

1. **As a group, athletes will perform 4 quarter turns (front pose, side pose, back pose and opposite side pose) A comparison round of quarter turns may follow for the top contenders. Athletes will also be required to half turn and walk to stated coloured lines.**

## Category Subdivisions

**Ms Bikini - First Timers , Ms Bikini - Novice, Ms Bikini - Open, Ms Bikini - 21 and Under  
Ms Bikini - 30+ , Ms Bikini - 40+ , Ms Bikini - Momma's**