

比賽服裝 Competition Attire

自選設計和顏色兩件式比堅尼

Competitors' own choice of design and color two-piece bikini

- 必須涵蓋至少一半(1/2)的臀大肌和所有的正面部分
Must cover 100% a minimum of half (1/2) of the gluteus maximums and all of the frontal area
- 褲邊側面寬度不得少於1厘米
Side breadth should be at least 1 cm

高跟鞋 High-heels

鞋底厚度不多於2厘米 Sole thickness will be no greater than 2cm

鞋跟高度不多於12厘米 stiletto height will be no greater than 12 cm

嚴禁穿著船跟高跟鞋 Platform high-heels will be strictly prohibited

髮型可以設計 The hair may be styled

比賽程序 Competition Procedure

初賽
Prejudging
&
決賽
Finals

- 三點行走與定位造型
Perform in the left, right and center of the stage areas
- 四個轉向
Four Quarter Turn

初賽及決賽 Prejudging and Finals

(a)三點行走與定位造型 Perform in the left, right and center of the stage areas

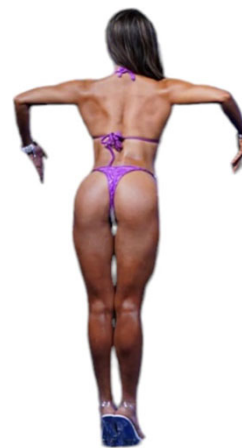
(b)四個轉向 Four Quarter Turn



(面向裁判)
Start from the Front



四份一轉體 (右轉)
(左面朝著裁判)
Quarter Turn Right
(left side to the judges)



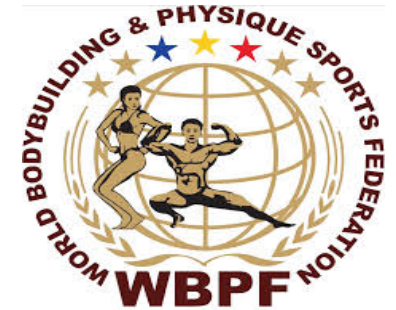
四份一轉體 (轉後)
Quarter Turn Back



四份一轉體 (右轉)
(右面朝著裁判)
Quarter Turn Right
(Right side to the judges)

整體外觀：

- 對稱身體比例（肩膀必須比腰寬）
- 展現身體緊緻度
- 不需要過強腹部肌肉
- 大腿及臀部感覺平滑緊緻
- 髮型、化妝及配飾均會計算
- 整個表演能展示自信及優雅女性美
- 過強肌肉量，明顯肌肉分離度會扣分



1. Competitors will be assessed for a healthy, fit, athletic, balanced and symmetrically developed physique.
2. Physique considered excessively muscular with deep muscle separation and/or striations will be marked down.
3. General impression of competitors' physique taking into consideration the tightness and tone of the skin. The skin tone should be smooth and healthy in appearance, and without cellulite.
4. The face, hair and makeup should complement the "Total Package" presented by the athlete.
5. Competitors' ability to present themselves with confidence, poise and grace. The judges will also take into consideration the overall impression contestants produce, as well as correct posture and nice move. **This is Model Physique contest where a nice belly, legs and bottom are all important assets but only when combined with an attractive face, beauty, femininity and healthy look.** Special care should be taken of the hair, make-up and accessories as all these factors