

Teenage Bikini Rules

Attire

The bikini bottom will cover a minimum of 1/2 of the gluteus maximus and all of the frontal area. The bikini must be in good taste. Strings are strictly prohibited. The attire will be inspected during the Official Athlete Registration. The hair may be styled.

Bracelets and earrings are the only jewelry allowed.

Prejudging: Assessing of Round 1

Assessment of Round 1:

Round 1 will be assessed using the following criteria:

1. The assessment should take the whole physique into account. The assessment, beginning with a general impression of the physique, should take into consideration the hair and facial beauty; the overall body structure and shape; the presentation of a balanced, proportionally and symmetrically developed, complete physique; the condition of the skin and the skin tone; and the athlete's ability to present herself with confidence, poise and grace.
2. The physique should be assessed as to its level of overall body tone, achieved through athletic endeavors and diet. The body parts should have a nice and firm appearance with a decreased amount of body fat but may have a "softer" and "smoother" look than in figure. The physique should neither be excessively muscular nor excessively lean and should be free from muscle separation and/or striations. Physiques that are considered too muscular, too hard or too lean must be marked down.
3. The assessment should also take into consideration the tightness and tone of the skin. The skin tone should be smooth and healthy in appearance, and without cellulite. The hair and makeup should complement the "Total Package" presented by the athlete.
4. The judge's assessment of the athlete's physique should include the athlete's entire presentation, from the moment she walks onstage until the moment she walks offstage. At all times, the Bikini competitor must be viewed with the emphasis on a "healthy and fit" physique, in an attractively presented "Total Package".
5. Judges are reminded that this is not a figure contest. The competitors should have shape to their muscle but not the separation, definition, very low body fat level, dryness or density that is seen at figure competitions. Any competitor who exhibits these features is to be marked down.

Prejudge

All competitors will walk in a line up on stage and divided in groups as directed by the Head Judge to perform quarter turns.

These quarter turns will be done in the following way:

- Front stance: competitors will stand with one hand resting on the hip and one leg slightly moved forward and to the side.
- Quarter turn right: competitors will perform the first quarter turn to the right. They will stand left side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Right hand resting on the right hip, left arm hold down and slightly back from the centerline of the body, feet placed freely but not together.
- Quarter turn back: competitors will perform the next quarter turn to the right and will stand back to the judges. They will stand straight, not leaning the upper body forward pull hair off the back to the front as not to obstruct the view of the upper back. Feet not more than shoulder width apart, one hand on hip either side of the body; palms down. Competitors are not allowed to turn their upper body towards the judges and should face the back of the stage at all time during the comparison.
- Quarter turn right: competitors will do the next quarter turn to the right and will stand their right side to the judges, with upper body slightly turned toward the judges and face looking at the judges. Left hand resting on the left hip, right arm hold down and slightly back from the centerline of the body, feet placed freely but not together.
- Quarter turn front: competitors will do the last quarter turn to the right and will perform front stance.

Finals

The finalists will be called on stage, one by one, in numerical order and will perform the T-walk.

The competitor will walk to the center of the stage, will stop and perform front stance.

The competitor will then walk to the front center of the stage and perform a front and side pose.

The competitor will then walk to the line-up on the side part of the stage. At the discretion of the head judge awards presentations may begin or the next two steps will be followed.

The top finalists will be directed to the center of the stage, in a single line and in numerical order.

The Chief Judge will direct the competitors, as a group, through the four quarters.

The finalist will return to the side of the stage for award presentations.