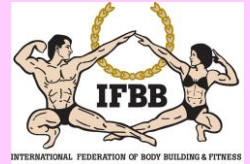
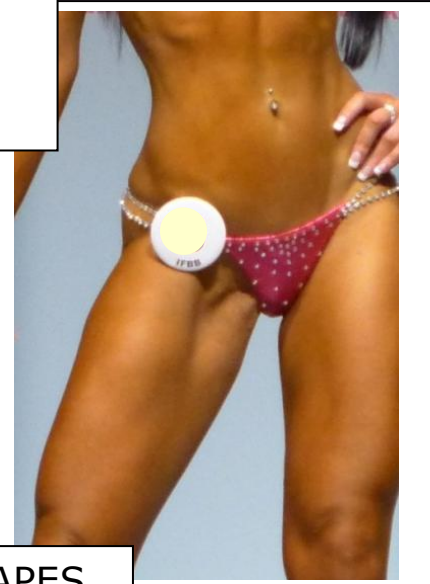


BIKINI SIZES

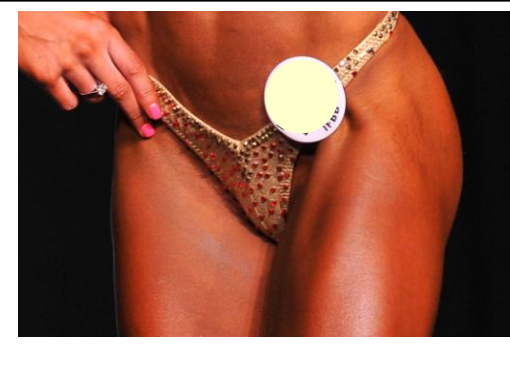


YES – This is in line with the IFBB Bikini standard
NO – This is too small and the athlete will be asked to change her bikini

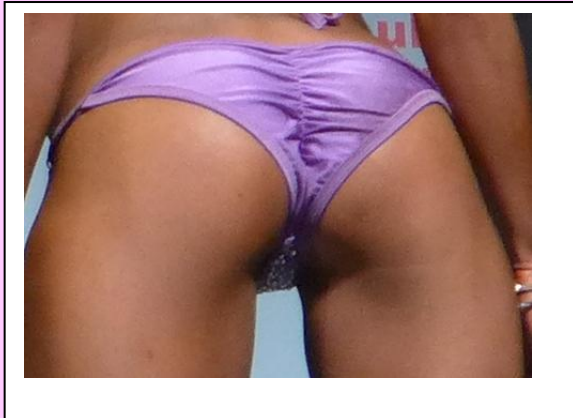
YES



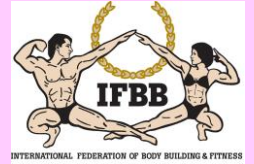
PERFECT BIKINIS IN SHAPES AND SIZES



YES



BIKINI SIZES



YES – This is in line with the IFBB Bikini standard

NO – This is too small and the athlete will be asked to change her bikini

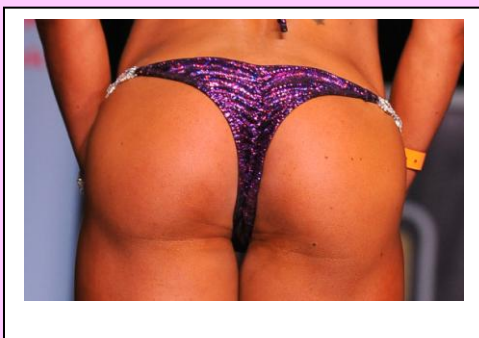
NO



These are examples of Bikinis that are TOO small. The athlete will be asked to change her Bikini or will not be allowed to go on stage.



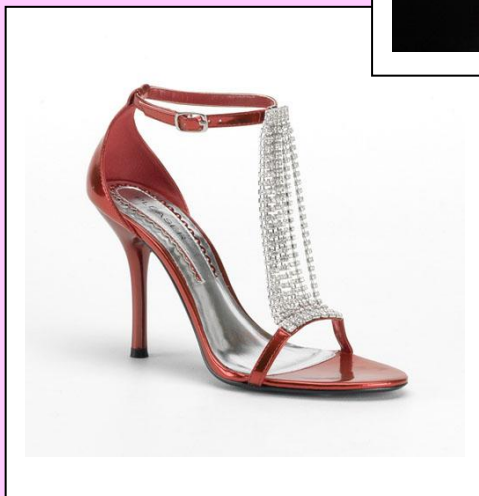
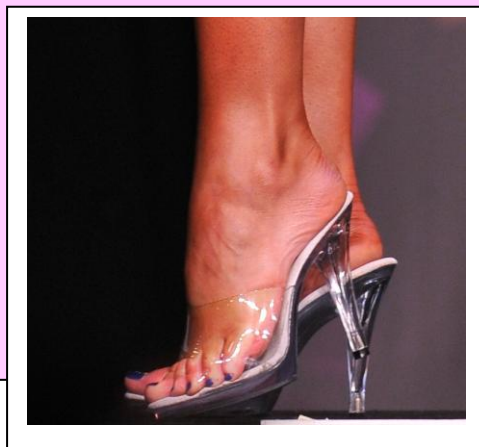
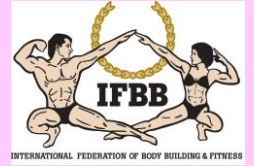
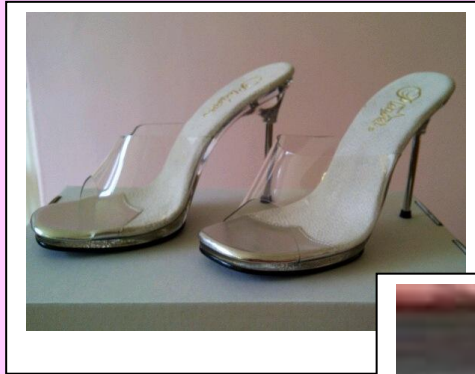
NO



SHOE STYLES

High Heeled shoes or sandals WITHOUT platform. Any colour is allowed

YES

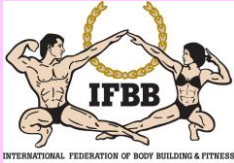
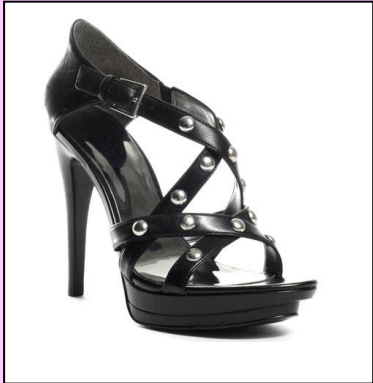
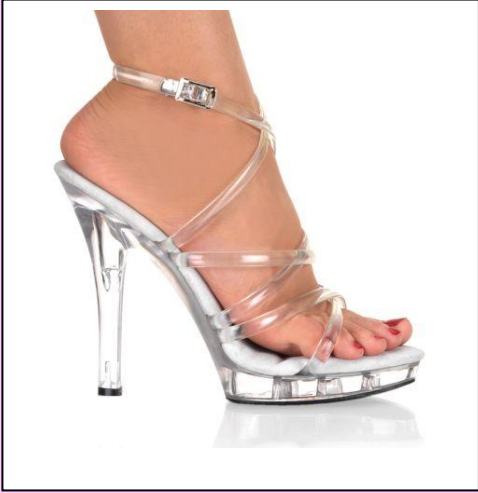


YES



A high heeled shoe is classed as a platform, if the sole is more than 10mm thick.

SHOE STYLES



So even if the sole is 7mm thick at the beginning of the sole (the toe part), but is 15mm thick at the end of the sole (the ball of the foot part), it is classed as a platform.

