

WOMEN'S FIT MODEL DIVISION JUDGING CRITERIA

WOMEN'S FIT MODEL DEFINED

In the Fit Model division, athletes wear sports bra + booty shorts. The top will be a piece that is showing shoulders and clavicle in the front (showing of moderate cleavage is allowed), and showing moderate upper back muscle from the back. The bottom is a booty cut that shows entire quads in the front, and entire hamstring and moderate lower glutes from the back. Over revealing piece will not be allowed. Booty shorts should sit right above the hip, wearing the shorts too low will be scored down.

COMPETITION ATTIRE

- Multi-coloured or patterned piece is allowed, but solid coloured or simple design is preferred.
- Two-piece attire. One-piece sportswear is not allowed. Decorations like jewellery, studs, rhinestones, beads, or appliqués are NOT ALLOWED.
- Shoes are required. Covered shoes with minimal design that goes along with your attire of choice is preferred and will be scored towards your final points. Height of shoes is optional.

ROUNDS SCORED

Round 1 - Fitness & Balance

- Round shoulders, defined abs, soft lines in legs, and tight glutes
- Over lean, muscular, or hard or vascular physiques will be scored down

Round 2 - Physical Appearance

- The overall appearance of the athlete. Stage presentation, suit choice, tanning, hair, makeup, etc. is encompassed in this round.

EXECUTION

The information below outlines competitor's poses for the Fitness and Physical Appearance rounds.

Face front:

- Hips and toes shall be positioned forward.
- One leg is extended to the side. Either leg is acceptable.
- One hand must be on the hip, the other arm should hang down below the hips (not extended to the side). Arms should not be raised or spread wide impeding in another competitors space next to you.
- Lats should be open but not overly flared as in Figure.
- A slight twist is allowed as long as both hips and shoulders are visible from the front.

Quarter turn to the right:

- From the front. Competitors execute a 1/4 turn to the right and adjust stance: Upper body turned 35 degrees towards judges, so the rear shoulder can be seen.
- The hips face the side of the stage; you may twist your shoulders towards the judges. Turn your head and look directly at the audience/judges.

The front foot may be offset. A slight lift of the heel onto the toe is permitted. Long hair should be pushed back behind the shoulder. The rear hand is placed on the hip, the other hanging freely.

BIKINI DIVISION JUDGING CRITERIA CONT.

Face back of stage:

- From the side pose, competitors execute a 1/4 turn to the right and face the rear of the stage. Heels can either be together or spaced less than shoulder width apart. Weight can be centered or shifted to either side. Other options for leg positions include legs crossed over and feet in a staggered T position.
- Arm position is optional and can include arms down, or arms placed at top of thighs. One hand on the hip does not apply in the back pose.
- Lats will be open but not over flared to show upper body shape
- Hair should be pushed to the front.
- At no time during the rear stance is a competitor permitted to turn their head to look at the judges. Standing in a wide straddle or bending over excessively is not permitted and will be scored down.
- At any time if competitors posing does not meet the criteria the head judge will issue a general warning. If it is not corrected they may call the specific athlete number to correct an issue. If the competitor still does not correct an issue the competitor may be scored down.

Quarter turn to the right - Same as first side pose.

Front and Back Stage Walk for Scoring – This optional walk is called by the head judge, and bikini competitors walk from the front of the stage to the back of the stage as a group. Competitors are asked to execute a back pose at the back of the stage. They transition by turning back around facing the judges and walking to the front of the stage. This walk may be performed multiple times.

A Normal T Walk can be included in prejudging and/or used at Finals.

The Stage Walk or T-Walk – Is the competitor's opportunity to show grace, poise and confidence. Competitors should execute the T-walk in a tasteful, confident manner. Over exaggerated posing or performance outside bikini division (bodybuilding poses, gymnastic moves, etc.) will be scored down.

This stage walk is the same as Bikini and Men's Physique, usually executing 3 points on the stage. The stage walk will be conducted in a manner according to the promoters site restrictions, and competitors will execute the T-walk in the pattern designated by the promoter. Competitors who fail to follow the designated walking pattern may be scored down.

SCORING EACH ROUND: Judges will score each round and give competitors a final placement for that round before the head judge moves to the next round. Example: in a class of 8 competitors, judges will rank competitors 1 to 8 in each round. When the judges have completed scoring for both rounds, they will add the scores together to determine the final placement for each competitor.