

## Criteria

### **MISS BIKINI**

Inc best Jr & Over 35

**Attire:** One piece or two-piece bikinis are acceptable. One Colour Preferred. **Tan:** should be natural and even in appearance and not unnaturally dark.

**JEWELLRY :** such as bracelets necklaces rings are expected to be kept to a minimum. Other accessories not permitted. Heeled shoes are recommended.

#### **Round 1 Quarter Turns**

The general presentation during the quarter turns will consist of competitors presenting themselves with poise, self-confidence and posture. Although they will be in fixed but not flexed stance. The judges are looking for a "total package" and competitors are warned against adopting any stance that tries to emulate too much muscularity.

#### **Round 2 - I Walk**

Competitor's will perform an I walk individually. Starting point at back of stage plinth facing judges table, head judge will request you to walk forward to stage front, stop front stage then be requested to rotate right, left side pose, to rear pose, right side pose, to front pose, then to face rear of stage and walk back, once a rear of stage turn to front again, head judge will then ask you to return to line up in numerical order, I walk to music of the DJ's choice. 35 - 45 SECONDS

#### **Round 3 - Comparisons:**

Competitors will be called back on to stage. Competitor numbers will be called requesting them to come front / centre stage in small groups of 4- 6.

Judges will request the following from the line-up.

1. A pose from the front
2. A pose from left side
3. A pose from the back
4. A pose from the right side
5. One or two for your favourite poses

#### **Pose-down**

#### **Awards**

## **Mens Physique**

#### **Round 1 Quarter Turns**

The general presentation during the quarter turns will consist of competitors presenting themselves with poise, self-confidence and posture. Although they will be in fixed but not flexed stance. The judges are looking for a "total package" and competitors are warned against adopting any stance that tries to emulate too much muscularity.

#### **Round 2 - I Walk**

Competitor's will perform an I walk individually. Starting point at back of stage plinth facing judges table, head judge will request you to walk forward to stage front, stop front stage then be requested to rotate right, left side pose, to rear pose, right side pose, to front pose, then to face rear of stage and walk back, once a rear of stage turn to front again, head judge will then ask you to return to line up in numerical order, I walk to music of the DJ's choice.

#### **Round 3 Comparisons**

Competitors will be called back on to stage. Competitor numbers will be called requesting them to come front / centre stage in small groups

#### **The judges will request the following poses:**

1. Front Biceps
2. Left side oblique
3. Back Biceps
4. Right side Oblique

5. Front favourite pose

Athletes who are not in the line-up are asked to adopt the "front stance" with no posing.

**Pose-down**

**Awards**

**MISS TRAINED FIGURE**

The emphasis must be on feminine shape and proportion, while retaining a "trained look" and low body fat levels, but not carrying development or definition to an extreme that could be classed as unfeminine.

Three disciplines are involved and competitors should prepare with diligence for all three. During the disciplines wearing jewellery and/or shoes is optional,

**Round 1 Quarter Turns**

The general presentation during the quarter turns will consist of competitors presenting themselves with poise, self-confidence and posture. Although they will be in a semi tense stance the judges are looking for a "total package" and competitors are warned against adopting any stance that tries to emulate too much muscularity. This is followed by any 1 favourite pose at front, left side, back and finally right side.

**Round 2 Routine**

Routines to be 60 seconds,

**Round 3 Comparisons**

Competitor numbers will be called requesting them to come front / centre stage in groups, "call-outs".

1. Front Double Biceps
2. Side Chest (any side)
3. Side Tricep (any side)
4. Rear Double Biceps showing Calf
5. Abs & Thighs

Athletes who are not in the line-up are asked to adopt the "front stance" with no posing.

**Pose-down**

**Awards**

**MISS ATHLETIC FIGURE**

The definition of this category is to show athletic and feminine development.

Muscle definition, relating to how lean the muscle is, showing an absence of subcutaneous body fat and water showing muscularity, is an important aspect to cover. We are not looking for excessive vascularity, extreme striations, or the Athletes to look emaciated.

Definition is encouraged, but the overall look must be one of a healthy, toned, feminine look. The way that the physique is displayed is extremely important to include the above rather than displaying the Athlete as a mini physique competitor.

Symmetry and balance, showing equal balance in muscular development and muscle definition in both the top and bottom parts of the Athletes physique, is also important. Stage presence and the overall presentation of the Athletes physique have become extremely important in the toned class, as it will be in the new "Athletic" class. Confidence, poise, skin tone, suit selection and execution of quarter turns will be taken into account and is often, where the standard is high, a determining factor in many Judges eyes.

Judges are not looking for large deltoid or arm development, sweeping quadriceps or a thick back, but displaying enough muscle to maintain an athletic, healthy and feminine appearance, an Athlete that works out with serious intentions.

In conclusion, this category is the result of many Athletes developing on their bodybuilding journey. Feminine and an athletic healthy appearance, coupled with stage presence will give an Athlete over one that is purely concerned with their level of definition.

Presentation will consist of the following:

### **Round 1 Quarter Turns**

The general presentation during the quarter turns will consist of competitors presenting themselves with poise, self-confidence and posture. Although they will be in a semi tense stance the judges are looking for a "total package" and competitors are warned against adopting any stance that tries to emulate too much muscularity. This is followed by any 1 favourite pose at front, left side, back and finally right side.

### **Round 2 Routine**

Routines to be 60 seconds,

Judges are again reminded that however graceful and exciting an individual presentation may be, the most important aspect is the agreed criteria applied to Figure Judging. Competitors should construct their routines to reflect this.

### **Round 3 Comparisons**

Competitor numbers will be called requesting them to come front / centre stage in small groups - "call-outs".

1. Front Double Biceps
2. Side Chest (any side)
3. Side Tricep (any side)
4. Rear Double Biceps showing Calf
5. Abs & Thighs

### **Pose-down & Awards**

#### **MISS TONED FIGURE**

The total package of the "Toned" Miss Figure Class should display an athletic level of development presenting a balanced, symmetrical developed figure, considering the condition of the skin and the skin tone, with the ability to present confidence, poise and grace.

Judging criteria will be for a "Toned" Figure and not "physique" or "trained" Figure category. This means muscularity, vascular, muscular definition and/or diet leanness will not be considered acceptable.

Competitors will be assessed as to the level of overall tone, achieved through athletic endeavours. The figure should have a round and firm appearance with small amount of body fat. Competitors cannot be excessively muscular and should be free from deep muscle separation and /or striations.

The Head Judge will make considerations as to whether or not to remove any competitor that displays a look that is "too hard". In this instance, anyone that is considered too hard for the "Toned" Figure, will be given the opportunity to enter the Ladies Miss Athletic category.

Presentation will consist of the following:

### **Round 1 Quarter Turns**

The general presentation during the quarter turns will consist of competitors presenting themselves with poise, self-confidence and posture. Although they will be in a semi tense stance the judges are looking for a "total package" and competitors are warned against adopting any stance that tries to emulate too much muscularity. This is followed by any 1 favourite pose at front, left side, back and finally right side.

### **Round 2 Routine**

Each competitor will then be required to do an individual posing routine. This is the opportunity to display their figure to the judges without distraction. It is advised that athletes present themselves with confidence and control. Judges are again reminded that however graceful and exciting an individual presentation may be, the most important aspect is the agreed criteria applied to Figure Judging. Competitors should construct their routines to reflect this.

Routines to be 60 SECONDS

### **Round 3 Comparisons**

Competitors will be called back on to stage. Competitor numbers will be called requesting them to come front / centre stage in small groups- "call-outs".

1. Pose from the front with your hands above your head.
2. A pose from your left side.
3. Pose from the back with your hands above your head.
4. A pose from your right side.
5. One or two of your favourite poses

### **Pose-down**

### **Awards**

## **Bodybuilding**

### **Includes U80 / U90 OPEN & MASTERS**

**Bodybuilders are judged on the OVERALL QUALITY of their muscular development.**

**Mass: The perception of muscular size has been the foundation for bodybuilding since the beginning of the sport. Yet, mass is only a merit when accompanied by the remaining qualities.**

**Definition: Indicates the degree of muscularity brought about by the absence of subcutaneous body fat. Defined muscularity is necessary to fully display the development of the physique. Definition is only of value when it allows massively developed muscles to be displayed.**

**Proportion: Implies an even balance of muscular development in comparison to each muscle group. Theoretically, a "strong body part" can be just as detrimental as a "weak body part". Bodybuilders must strive for equal development between all muscle groups. Symmetry A misnomer, is commonly used to depict "proportion" or expressed to indicate an aesthetic quality throughout the physique. Although, in its strictest definition, symmetry denotes equal development of muscularity on both right and left sides of the physique.**

**Stage Presence Includes posing performance and other factors influencing general appearance such as skin tone, grooming, charisma, and poise. Effective stage presentation is essential to display the physique to its maximum potential.**

**Attire: Athletes are required to wear suitably fitting trunks no restriction on colour or material / shorts or underwear are not permitted.**

### **Round 1 Quarter Turns**

### **Round 2 Routine**

Routines to be 60 seconds,

### **Round 3 Comparisons - 'Call outs'**

**The judges will request the following poses.**

1. Abs and Thighs
  2. Lat Spread
  3. Front Double Bicep
  4. Side Chest (any side)
  5. Side Tricep (any side)
- Turn to face the rear*
6. Rear Lat Spread showing Hamstring and Calf
  7. Rear Double Bicep
- Turn to face the front*
8. Most Muscular

**Pose-down**

**Awards**