

COMPETITOR GUIDELINES

Guidelines: All competitors will follow rules, guideline and mandatory poses.

Judging and Finals will be held on Saturday, June 4, 2016 - Judging 12:00 Noon with the Finals at 6:00 PM

Exhibition of poor sportsmanship will be grounds for automatic disqualification. No thongs are allowed in any division. If you think your suit is border-line, bring a 2nd suit. Due to insurance requirements, safety concerns and space restrictions, only registered athletes are permitted backstage. There will be experienced staff to help competitors.

Fitness Competitors: Will have two rounds of judging, consisting of a Fitness Round (2/3), a Two-Piece Swimsuit Round (1/3).

Round 1 – Fitness Round (2/3 of score): Each athlete will perform a routine to music, with a maximum time limit of two minutes. Judges will be looking for style, personality, athletic ability, strength, flexibility and overall performance. Routines must include the following mandatory moves in no particular order: **a push up of any kind, high kicks, a straddle hold and a side split.**

Round 2– Two-Piece Swimsuit Round (1/3 score for Fitness) Figure & Fitness Women: Contestants will be brought out in one or more lines for quarter turns. The judges will be scoring symmetry, conditioning and overall appearance including complexion, poise and overall presentation. The judges will move competitor's positions in the line-up to make comparisons and will repeat quarter turns.

Figure Competitors: Will have one round of judging, consisting of quarter turns and comparisons in a two-piece swimsuit.

Women's Bikini: Competitors will be brought out in a group and directed to do a full front and rear stance. Judges will be scoring on balance and shape, overall physical appearance including complexion, skin tone, poise and overall presentation.

Suits must be in good taste. Bikini competitors should bring two suits if unsure about your suit because suit bottoms cut too low in the front or not providing enough coverage in the rear will be disqualified. In Bikini the "Motorcycle" pose is not allowed. This is a pose that is done with your back facing the audience with legs straight in a straddle position and glutes sticking out towards the audience as if straddling a motorcycle. **When facing the back and legs are apart your weight must be on the right or left hip or you can have the legs crossed.** Feel free to call or email us with your questions or concern about this. We will also go over this in the athletes meeting. Please keep in mind parents, grandparents, brothers, sisters and children are in the audience! You are a serious athlete and want to be viewed as such.

Fitness, Figure and Bikini competitors must wear high heels. Swimsuits must be in good taste and thongs and T-back suits are not allowed.

Women's Physique: Competitors are judged on symmetry, shape, proportion, muscle tone, poise, and beauty flow. The following words can be helpful to assess what should NOT be descriptive to Women's Physique: ripped, shredded, peeled, dry, diced, vascular, grainy, massive, thick. Excessive muscularity will be scored down accordingly. It is the standard between Women's Figure and Women's Bodybuilding. Posing consists of ¼ turns and mandatory poses: front double biceps (no flat footed full front pose – some sort of front twisting pose, side chest with arms extended, back double arm biceps, side triceps with leg extended and front ab/thigh – all poses must be executed with open hands remember no fists or closed hands in this division. Barefoot – no heels. Finals routines are 60 seconds in length and will be performed in the evening only.

Men's Physique Divisions: Men's Physique is similar to a male model search division with the men wearing board shorts. Judges will be looking for fit contestants who display proper shape and symmetry combined with muscularity and overall condition. This is not a bodybuilding contest so extreme muscularity, vascularity and dryness will be marked down. Contestants will be asked to walk in board shorts (no spandex and **no team logos** are permitted on the board shorts however a manufacturer's logo such as Nike symbol or Billabongs are acceptable.) Competitors will enter the stage without a shirt and barefoot. Judges are looking for the contestant with the best stage presence and poise who can successfully convey his personality to the audience. Competitors will walk to the center of the stage alone and perform quarter (1/2) turns with optional pose of hand on hip or hand in pocket, face the judges as directed then proceed to the side of the stage. Judges reserve the option to ask for ¼ turns in comparisons.

Men and Women Bodybuilders: Quarter turns and Mandatories: Front double biceps, front lat spread, your favorite side chest, rear double biceps, rear lat spread, side tri-cep and abdominal/thigh (hands behind your head with one leg extended forward) and for the men only the most muscular pose. Posing routines are 60 seconds in length. Moon poses are not allowed. Women Bodybuilding is just one class.

Music: Music downloaded onto a jump or flash drive is recommended. The jump drive must be distortion free and blank, with the exception of the one piece of music being used, unless you are doing more than one division that requires additional music. It must be titled with your name and the category you entered. The music must be recorded at the appropriate starting and ending position, with a maximum length of ninety seconds. Absolutely no profanity is allowed and competitors with profanity-laced music will be subject to disqualification. Sheila Bratten Productions reserves the right to refuse music not meeting these standards. Figure, bikini and men's physique competitors will use house music. Fitness competitors have a maximum time limit of two minutes and must provide their music meeting the above specifications. *****MUSIC MUST BE TURNED IN BEFORE or AT THE WEIGH-IN. Do not forget to bring it with you to the weigh-in!***** This hopefully will prevent the problem with unplayable music during the show, which becomes embarrassing and stressful for the competitor on stage, the promoter, and the person working the sound system.