

ABA/INBA/PNBA FITNESS MODEL

MEN AND WOMEN

JUDGING CRITERIA:

The judges will be looking for a combination of these objectives;

Beauty - Overall cosmetic appearance, photogenic, skin tone and sex appeal.

Poise and General Impression - Overall grooming, personality, self assurance, composure and carriage.

Muscle Tone & Definition - Overall Muscle tone with a low degree of muscle separation. The judges are not looking for muscle mass or "ripped to the bone," extreme striations or the vascularity of a bodybuilder or a figure competitor. They are looking for shapely and toned figure that is highly photogenic and marketable.

Symmetry & Proportion - Overall structural harmony of the model's figure relative to the shape and size of various body parts and proportional balance of opposite body parts. The upper and lower extremities should flow aesthetically when viewed from all sides creating a balanced and symmetrical appearance.

Speech- Share your speaking ability in a 30 second speech (who you are, where you are from and your philosophy of fitness). Be sure to use eye contact and speak confidently. (Do you have what it takes to be a spokesperson in the fitness industry?)

ONE ROUND JUDGING

FITNESS WORKOUT WEAR:

This round is designed to give the judges a general impression of the competitors in their fitness workout wear. Again the head judge will instruct the group to execute a series of quarter turns to the right allowing the judges to view them from the front, left side, back and right side before returning to the front position. Women and men are to wear rubber sole shoes such as aerobic or cross-training shoes.

Each competitor will walk on stage and center yourself, walk straight up from back to front of stage, hit your favorite model pose, turn and face the rear to present your back, turn and face the front and hit another model pose, then return straight back to your original position, prior to walking off stage.

DIVISIONS

- **Novice**
- **Open**
- **Jr. Masters (35-39)**
- **Masters (40-49)**
- **Grand Masters (50-59)**

THE FINALIST OF EACH CONTEST QUALIFY TO COMPETE IN SEPTEMBER AT THE TEAM USA CHAMPIONSHIPS AND BECOME PART OF THE TEAM TO RECEIVE TEAM UNIFORMS AND SPONSORSHIP, TO REPRESENT YOUR COUNTRY AT INTERNATIONAL COMPETITION SUCH AS THE WORLD, NATURAL UNIVERSE, AND NATURAL OLYMPIA FOR CASH AND PRIZES.