

## Ms Figure (International)



The Ms Figure Class is judged in two rounds. Round 1 is the relaxed quarter turn comparisons. Round 2 is the stage T-Walk. There is no free posing round in the Ms Figure Class.

In competitions that have a one show format Round 1 will be followed by Round 2. In competitions with a Pre- Judging and Evening Show format, Round 1 will be performed at the Pre-Judging and the Round 2 T-Walk will be conducted in the Evening Show.

### Round 1: Quarter Turn Comparisons

Each competitor will come out individually and line up with their class along the front of the stage in the figure relaxed pose. Once the entire class is on stage the Head Judge will direct the class through the quarter-turn comparisons.

Beginning from stage left the competitor will proceed to the back center of the stage, pause facing the audience, walk towards the front of the stage (front center), pause, and line up with the rest of the class in the figure relaxed pose. If you are the first competitor you will begin lining up along the front of the stage to your right (stage right).



**Figure Relaxed Pose or Stage Stance** - A relaxed pose with head and eyes facing forward, feet are positioned in a “L-position” with one foot facing straight ahead and the other foot in a 90-degree angel (as shown in the photo above). Hold your stomach in, keep your chest up by keeping your shoulders back, one hand is place on your hip with other arm hanging relaxed and at the side along the

center-line of the body, elbow slightly bent, tips of the fingers at the hip level (no further than 6 inches from the hips)

Head and eyes facing the same direction as the body, heels together, knees together and slightly bent, hold stomach in, keep your chest out by keeping your shoulders back, both arms hanging relaxed and slightly back from the center-line of the body and elbows slightly bent, tips of the fingers horizontal to the hip level (no further than 6 inches from the hips).

### **Quarter Turn Back**

Head and eyes facing the same direction as the body, heels together, knees together and slightly bent, hold stomach in, keep your chest out by keeping your shoulders back, both arms hanging relaxed and at the side along the center-line of the body, elbows slightly bent, tips of the fingers at the hip level (no further than 6 inches from the hips).

### **Quarter Turn Right**

Head and eyes facing the same direction as the body, heels together, knees together and slightly bent, hold stomach in, keep your chest out by keeping your shoulders back, both arms hanging relaxed and slightly back from the center-line of the body and elbows slightly bent, tips of the fingers horizontal to the hip level (no further than 6 inches from the hips).

### **Quarter Turn Front**

Head and eyes facing the same direction as the body, heels together, knees together and slightly bent, hold stomach in, keep your chest out by keeping your shoulders back, both arms hanging relaxed and slightly back from the center-line of the body and elbows slightly bent, tips of the fingers horizontal to the hip level (no further than 6 inches from the hips).

### **Round 2 Night Show Figure Walk (T Walk)**

Beginning from stage left the competitor will proceed to the back center of the stage, pause facing the audience, walk towards the front of the stage (front center), pause, head to their left to the far end of the stage (stage right), pause, head to the far right of the stage (stage left), pause, walk towards the front center of the stage, pause, head to the back center of the stage, pause, exit stage from the same side they started (exit stage left).

This is the competitor's time to show off their physique in the best light to the judges and the audience. The competitor is encouraged to add in their personality and have fun with the music they. The Pre-judging (Round 1) is where the scoring mainly takes place however if your class is close this is the judges last time to see you. So yes, the night show does count.

### **Music**

No Music Required, it will be provided by the INBA.

### **Overall Comparisons**

If the division has more than one class the winners of each class will be compared in the same fashion as Pre-judging to determine the Overall Winner.

## **JUDGING CRITERIA**

### **Muscular Development**

- Muscular, defined and toned figure
- This is not a bodybuilding competition so excessive mass will take away from the overall muscular toned physique
- Reasonable level of body fat showing separations between major muscle groups (ex. biceps to triceps) without visible striations in the muscle groups

### **Symmetry and Proportion**

- No body part should stand out from the rest, train a complete package

- There should be an even flow through the body
- Equal development between all muscle groups

### **Stage Presence**

- Confidence
- Execution of quarter turns and figure walk
- Skin tone, make-up, suit selection
- Overall presentation.

### **Ms Figure Classic**

This Class is conducted along the same guidelines as the Ms Figure Class except that the contestants wear a one piece costume. This Class has appeal to those contestants who may have stretch marks or scars which they may be self conscious about but otherwise be in good contest condition.

