

SPORTS (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.

TWO JUDGING ROUNDS



1) SWIMSUIT TWO-PIECE BIKINI ROUND:

Fitness Model Required Attire

In the Bikini round competitors require a two-piece fashion bikini. There is no restriction on fabric or style. However, avoid the 'posing costume' typical of Ms Physique and Bodybuilders. A Fitness Model will be better served wearing a bikini that displays a sense of fashion and style. Competitors also wear high heels during their round.

Competitors will be introduced individually and enter at the back of the stage, walking to the centre, then walking to the centre front of the stage, pause walk to stage left, turn and walk across the front of the stage to stage right. turn and walk to stage centre. When directed by the Head Judge the contestants will form a line at one side of the stage until all contestants have been introduced and completed their stage walk.

Competitors will then be directed to present themselves on stage in a

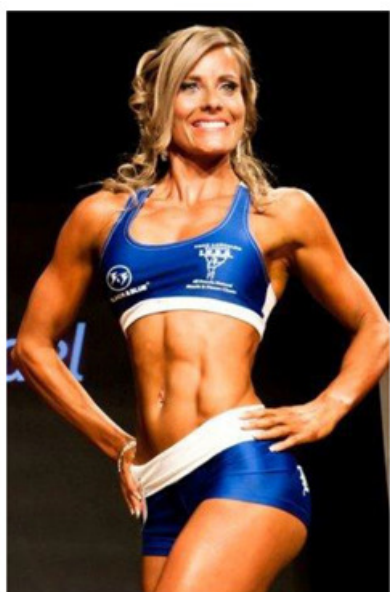
straight line or curve facing judges as directed; assuming a semi relaxed stance with heels touching. The Head Judge will instruct the group to execute a series of quarter turns to the right allowing the judges to view them from the front, left side, back and right side before returning to the front position.

The judges will be looking at overall grooming, personality, self assurance, sex appeal, composure and carriage along with symmetry, shape and some muscle definition.

Women are to wear heels and men are to wear slipper(sandals), barefoot or tennis shoes.

2) FITNESS WORKOUT WEAR ROUND:

This round is designed to give the judges a general impression of the competitors in their fitness workout wear.



Competitors will be introduced individually and enter at the back of the stage, walking to the centre, then walking to the centre front of the stage, pause walk to stage left, turn and walk across the front of the stage to stage right. turn and walk to stage centre. When directed by the Head Judge the contestants will form a line at one side of the stage until all contestants have been introduced and completed their stage walk.

Competitors will then be directed to present themselves on stage in a straight line or curve facing judges as directed; assuming a semi relaxed stance with heels touching. 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.

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 rubber sole shoes such as aerobic or cross-training shoes.

Each competitor must walk around the stage pagent style, to the left, to the center, to the right showing their physique.

Male Fitness Model has the same ideals as their female counterpart – to present themselves professionally on stage as a Model.

Fitness Model Required Attire:

In the **Beach wear** round competitors wear beach shorts (or board shorts) with bare feet.

In the **Fitness wear** round competitors wear shorts and running shoes.

In all rounds, competitors should remain erect but relaxed posture. Do not flex or try to emphasize muscle size--**this is not a bodybuilding competition.**

The models are allowed to wear earrings and belly rings. Appropriate footwear must also be worn for each round. Each competitor will be given an overall score in each round with an overall tabulation of points between all rounds.

What the Judges are looking for:

Women

Bikini Round

Body: Physique should display a fit body with nice abdominal section

Appearance: Does she have sex appeal?

Stature: Ability to move, turn and stand with confidence and grace like a fitness model

Symmetry: Overall shape and line

Structural flaws: Skeletal assessment

Fitness Wear Round

Appearance: Does she look like a fitness model - project a natural, healthy appearance?

Beauty: Is she beautiful?

Poise: Does she walk and hold her stage presence with confidence

Charisma: General impression.

Male



Beach Wear Round

Body: Physique should display a fit body with nice abdominal section

Appearance: Does he have sex appeal?

Stature: Ability to move, turn and stand with confidence and purpose like a fitness model

Symmetry: Overall shape and line

Structural flaws: Skeletal assessment

Fitness Wear Round

Appearance: Does he look like a fitness model - project a natural, healthy appearance?

Physique: Is his physique appealing?

Poise: Does he walk and hold his stage presence with confidence

Charisma: General impression

