

ABA/INBA/PNBA
MS FIGURE (2-piece)
&
MS FIGURE CLASSIC (1-piece)
Ms Figure was introduced to America by the ABA/INBA/PNBA in 1995

JUDGING CRITERIA:

Suit:

The required suit is a **2-piece bikini style posing suit**. The posing suit will cover the frontal area and G-strings and thongs may be allowed but are not required.

Shoes:

Clear heels are worn for both rounds. Can either be slip-on style or with straps. **Heel no higher than 5"**. **Sole no higher than 1.5"**.

Judging:

There will be **one round** used in pre-judging and the night show in Ms Figure competitions. The quarter turns and comparisons at Pre-judging. The Night Show will include a Figure Walk.

Novice Eligibility

1. Competitor has not placed in the top 3 in an Open Division
2. Novice Competitors can also compete in Open Division if they wish

Crossovers

- Any Masters can crossover to Open or Novice.

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

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 angle (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).

Description of Quarter Turns:

During quarter turns, you must keep your arms to your sides, to not twist or turn your body.

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 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 slightly bent, hold stomach in, keep your chest out 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 choose.

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 ABA/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.

Awards

All athletes in each class will be introduced at the Night Show with only the top 5 in each class performing their Night Show Figure Walk depending the amount of competitors of the contest. Top 3 will receive sculptured trophies with 4th and 5th receiving medallions.