

Women's Physique

Attire- Will be a two- piece bikini-style swimsuit (T-back bottom permitted but not mandatory). This style will be used for both the morning and night show. Foot attire - Bare feet for pre-judging and night show.

Judging Criteria- Judges are looking for muscularity along with symmetry, vascularity, poise, and conditioning

All competitors will be judged and compared on the following;

1. Body shape: This is how the muscle groups are shaped. Judges will look for rounded muscle groups that are pleasing to the eye. The condition of the skin and the skin tone and the athlete's ability to present herself with confidence, poise and grace.

2. Symmetry: This is the balance of how all the muscle groups fit together. Judges will look for harmony and proportion of the physique. The body structure should have an equal ratio of torso to leg length, shoulders to hips etc. Harmony and proportion also include upper body to lower body development should be in parity and fit together. Symmetry will be judged similar as that to a bodybuilding competition with the idea in mind that the judge will be looking for a Muscular Physique. The physique should be assessed as to its level of overall muscle tone, achieved through athletic endeavors.

3. Muscle Tone: The muscle groups should have a round and firm appearance with absence of body fat. Judges will look for a pleasing level of muscularity. Judges will also look for the even balance of muscle tone throughout the entire body.

4. Stage presence: Appearance, Charisma, Professionalism.

Prejudging (Symmetry & Mandatory Poses)

Round One Symmetry- Competitors will enter the stage and report to the front line of the stage in order of their assigned contestant numbers. All competitors will face the front towards the judges in a relaxed but tensed pose. The judges will then conduct quarter turn group comparisons in the first round of prejudging.

Description of quarter turns:

SYMMETRY ROUND:

Front: Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30 degree angle, knees together and unbent, stomach in, chest out, shoulders back, both arms hanging relaxed and at the side along the center-line of the body, elbows slightly bent, tips of the fingers resting lightly near the hips.

Side Pose: Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30 degree angle, knees together and unbent, stomach in, chest out, shoulders back right arm hanging relaxed and slightly back from the center-line of the body with a slight bend at the elbow, left arm hanging relaxed and slightly front of the center-line of the body with a slight bend at the elbow. The positioning of the arms will cause the upper body to twist slightly toward the judges shoulder lowered and the left shoulder raised

Rear Pose: Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30 degree angle, knees together and unbent, stomach in, chest out, shoulders back, both arms hanging relaxed and at the side along the center-line of the body, elbows slightly bent, tips of the fingers resting lightly near the hips.

Round Two- Mandatory Poses Round:

Front Double-Biceps: One leg shifted toward the side or crossed in front of the opposite legs, with both arms up in double-biceps pose. Hands open.

Side Chest: Arm facing front is bent at 90 degrees, with the back arm reached across the stomach and grabbing the bent-arm wrist. The bent arm must have an open hand. Competitor's torso should be turned slightly to the front. One leg should be shifted back and tighten.

Side Triceps: Arm facing front is extended straight down at the side with palm open facing downward. The rear arm should be bent with that hand on the hip. Competitor's torso should be turned slightly to the front. One leg should be shifted back and tighten.

Rear Double-Biceps: One leg shifted toward the side, with the leg

tightened. Both arms are lifted up in double-biceps pose hands open.

Front Abdominal Pose - One leg must be extended toward the judges. Hands positioned together behind the head.

Optional Poses

The judging panel may request additional poses depending on necessity. These may include Side Hamstring Curl, Stand-On-Calves Pose, Serratus Side Pose, etc.

Finals- Finals will consist of the Individual Presentation set to the individual competitor's music of choice (no profanity allowed). The routine will range from 60 to 90 seconds. Please que your music on a USB Flash Drive with no other files on it according to the name of the song/artist and if you want your music to start playing before you get to the stage or once you are on the stage.