

## Wellness Judging

### Judging Criteria

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. Typically, Wellness competitors have more mass in the hips, glutes and thigh areas

**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. The physique should be assessed as to its level of overall muscle tone, achieved through athletic endeavors and a true wellness lifestyle.

**3. Muscle Tone:** The muscle groups should have a round and firm appearance with a small amount of body fat. Judges will look for separations between major muscle groups (ex. biceps to triceps) but not striations in the muscle groups. The key word is "physically fit". Too much muscularity would take away from the "physically fit" look. Muscle tone also means absence of fat and water with a sense of overall body hardness. Judges will also look for the even balance of muscle tone throughout the entire body. Full round glutes with a slight separation between the hamstring and glute area but no striations, as is in place for the Bikini Division. Glutes will be bigger than current Bikini competitors. They will not be as lean and defined as Figure and Women's Physique. We are looking for conditioning similar with Bikini athletes, but the athletes will have slightly more muscle.

**4. Stage presence:** Appearance, Charisma, Professionalism.

**Attire:** Must be a two- piece style for women. No thongs are permitted. Unapproved attire that is worn during either the prejudging or finals events will result in automatic disqualification unless the athlete has a suitable alternative on site to change into. The competitor may utilize any style they choose as long as it is within good taste. The promoter and or SMA regional chairperson has the right to ban any swimsuit that is not within good taste. The swimsuit should enhance the competitors look. This style

will be used for both the morning and night show. Foot attire is necessary and high heels are commonly worn for both rounds.

**Pre-Judging Groups Comparisons-** Competitor will walk out individually to the center of the front line of the stage and strike 4 of your best poses. Then you will step to the rear line of the stage by the awards table in order. After each person in the class has done this you will all proceed to the front line of the stage, in a numerical order line, and we will proceed with the standard mandatory poses.

### **Description of quarter turns:**

**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 or one knee bent is acceptable, 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.

**First Quarter Turn Right:** Relaxed erect stance, head and eyes facing front, heels together, feet inclined outward at a 30 degree angle, knees close together and may be slightly bent, stomach in, chest out, shoulders back, left arm hanging relaxed and slightly back from the center-line of the body with a slight bend at the elbow, right arm hanging relaxed and slightly front of the center-line of the body with a slight bend at the elbow or right hand can be placed on hip. The positioning of the arms will cause the upper body to twist slightly left with the left shoulder lowered and the right shoulder raised.

**Second Quarter Turn Back:** 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. Athlete's with hair below the neck line must move the hair to one side or the other during this portion of the quarter turn.

**Third Quarter Turn Right:** Relaxed erect stance, head and eyes facing front, heels together, feet inclined outward at a 30 degree angle, knees close together and may be slightly bent, 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 or left hand can be placed on hip. The positioning of the arms will cause the upper body to twist slightly right with the right shoulder lowered and the left shoulder raised.

**Final Quarter Turn 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 or one knee bent is acceptable, 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.

**Finals- Individual Presentations (T- Walk):** The individual presentation portion for SMA Wellness competitions is a T- walk (see Figure 1). Competitors walk out to music provided by the SMA and perform a T- walk consisting of walking out to the rear line center stage and pausing briefly in a stance of choice. Competitors then walk up to front line center position, pause to show a front and back view of their physiques, then walk to their left while still on the front line, pause to show a front and back view of their physiques then walk back to center of the front line briefly in two poses of their choice, then walk to the right side of stage and pause briefly in two poses of their choice, and finally walk off stage on that side. We will reverse the order if the stage entry is coming from the right of the stage. Individual presentations should be done tastefully and be conducive to a family atmosphere. Bodybuilding-type poses, fitness moves (like push-ups) and costumes/props should be avoided.

Figure 1 T-Walk Entry Stage Left (Reverse for Entry Stage Right)

