

Transformation Class Criteria and Judging:

SMA Transformation Class Rules and Judging

The classes are Men's Transformation Open and Women's Transformation Open. This may be changed to specific time periods based on show dates such as Spring, Summer, Fall, and Winter for the 2023 season.

Components:

Essay- this component will consist of a minimum 200 up to a maximum 500 word essay on what the transformation process has meant to the competitor. This must be written in a Word doc, Google doc, PDF, or other such electronic means of communication and cannot be hand written. All essays are due 7 days prior to show date.

For the Blue Ridge Classic Championships, that means all essays and before and after photos are due April 22, 2023, by 11:59 pm EST.

For the Peach State Classic Pro-Am Championships, that means all essays and before and after photos are due June 3, 2023, by 11:59 pm EST.

For the Georgia State Bodybuilding and Bench-Pressing Championships, that means all essays and before and after photos are due September 30, 2023, by 11:59 pm EST.

All essays and before and after photos (jpg or png file format on photos) must be emailed to the corporate office to Gary@southernmuscleassociation.com

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Grammar and spelling will NOT be counted against the competitor.
Point Scale- 0- 3, in full point increments, no partial points are given

Southern Muscle Association Website Online Voting- 5 days prior to show date, contestants' before and after photos will be posted on the Southern Muscle Association's [website page](#). Friends and family will be eligible to vote for their favorite competitor (one vote per person). Voting will commence 5 days prior to the event and end 1 day prior to event.

The Blue Ridge Classic Championships voting would commence on April 24, 2023 at 12:01 am EST and end on April 28, 2023 7:00 pm EST.

The Peach State Classic Pro-Am Championships voting would commence on June 5, 2023 at 12:01 am EST and end on June 9, 2023 7:00 pm EST.

The Georgia State Bodybuilding and Bench-Pressing Championships voting would commence on October 2, 2023 at 12:01 am EST and end on October 6, 2023 7:00 pm EST.

Point Scale- Voting placement, i.e., First place (most votes) = 10 points; Second place (9 points); etc.

Points will adjust for larger class sizes. No partial points will be awarded.

T-Walk- This will be the most subjective of the 3 components but will lend to the contest feel for these competitors. The typical T -walk for [bikini or men's physique](#) will be used by these competitors. Also, an image of the before picture will be posted during the competitors T-walk. Judges are looking for:

- Poise
- Confidence
- Attitude

Point Scale- 3 is the highest:

Poise- 0-3; Confidence 0-3; Attitude 0-3, again no partial points will be awarded.

The pre-judging will be focused on the first two components (essay and online voting), while the night show will be focused on the T-walk.

Attire: Men will wear shorts similar to Under Armor shorts no shirts and women will wear a sports bra and shorts (See examples). All competitors will perform the T-walk in bare feet. Tanning, glaze/oil, make-up may be applied as well. Inspirational house music will be used for this component.

