



WOMENS FITNESS

HEIGHT CLASSES

- Up to and including 5'3"
- Over 5'3"

COMPETITION JUDGING - PREJUDGING

Presentation:

- Competitors will walk to the center of the stage alone and perform quarter (1/4) turns, face the judges as directed then proceed to the side of the stage, standing on angle to back of stage.

Round 1 - Scored Comparison Round – Two Piece Swimsuit:

- Competitors will be judged wearing a two-piece swimsuit and high heels.
- The competitors will be brought back out in a group and directed to do quarter turns.
- Judges will have the opportunity to compare competitors against each other in quarter turns.

Scoring: Judges will be scoring competitors using the following criteria:

- Small degree of muscularity with separation, no visible striations
- Overall muscle tone with shapely lines, overall firmness and not excessively lean
- Full-body general assessment
- Healthy appearance
- Make-up
- Skin tone

Round 2 - Scored Routine Round – 90 Second:

Athletes perform a 90 second maximum personal routine to music of their choice.

Costumes may be worn.

No props allowed.

- Routines may include aerobics, dance, gymnastics or other demonstrations of athletic talent, but there are no required movements.

Judging concluded during prejudging.



FINALS

Presentation:

- Competitors will walk to the center of the stage alone and perform quarter (1/4) turns, face the judges as directed then proceed to the side of the stage, standing on angle to back of stage.
 - First group of athletes, from lowest number to highest called out in numerical order, . turns, leave stage, continue until all athletes compared and leave stage.
 - Top finalists, 5 or less return to stage performing their personal routines.
 - Top finalists, 5 or less return to stage performing their . turns at centre stage, then move to back of stage, stage marshal directed.
 - Presenter called forward for last place, usually 5th, place trophy on ground on spot located, then MC calls 5th place athlete, continue until all finalists come forward to pick up trophy.

 - If sponsor for class called forward, stands between 1st and 2nd, etc. for pictures.
 - Class finished, leave stage.
- Only scoring during finals is for overall title, finalists called to centre stage and comparison takes place.

PLEASE NOTE YOU ARE REQUIRED TO SHOW UP AT THE NIGHT-SHOW FINALS OR YOU WILL RECEIVE A 1 YEAR SUSPENSION DUE TO POOR SPORTSMANSHIP

Scoring: Judges will be scoring competitors using the following criteria:

- Style
- Personality
- athletic coordination
- strength moves
- endurance and overall performance.
- Contestants should give special attention to their apparel since it too will be judged.

No elimination, all athletes scored to 15 placings, score 16 for all others.



COMPETITOR RULES

- Competitors will compete in a two-piece suit and fitness routine suit of their choice. The bottom of the suit must be V-shaped. No thongs are permitted. Competitors can compete in an off the rack suit. All swimsuits must be in good taste.
- Fitness will have a 90 second judged routine round.
- Competitors must wear high heels, no restrictions.
- Competitors may wear jewelry.
- Competitors will not chew gum or candy while onstage.

CHECK INS

Fitness division competitors will be checked in and measured.
Suits will be verified by the Head Judge or designate.

FAQ for Women's Fitness

Can fitness suits have an underwire? **Yes.**

Can fitness suit tops cross in the front? **No**

How wide to the suit bottoms have to be? **Half of the glutes must be covered.**

Can the bottoms have the booty scrunch / crunching? **Yes**

Do the heels have to be clear? **No**

Can the heels have a platform? **Platform is allowed.**

Do the heels have to be slip on or straps with a buckle? **Your preference.**

Can you wear jewellery for Pre Judging and the Night Show? **You can wear morning and night show. jewellery for the**



Can you wear flowers in your hair? **No and no large hair jewels / barrettes etc.**

If my hair is longer than shoulder length do I have to wear my hair up or down or does it matter? **You can wear your hair up or down.**

What poses do we do for pre judging? **Quarter turns**

What poses do we do for the night show? **Quarter turns and your routine.**

Are there any limitations to costumes and props for routines? **We trust you to be tasteful and limit your prop usage.**

How long are routines? **(90) Ninety seconds.**

Does the timing of our routines begin when the music starts or when we hit our first pose / move? **When the music begins to play.**