

JUDGING CRITERIA

(NOTE: IN ALL ROUNDS COMPETITORS SHOULD MAINTAIN ERECT BUT RELAXED POSTURE. COMPETITORS SHOULD NOT FLEX OR TRY TO EMPHASIZE MUSCLE SIZE. THIS IS NOT A BODYBUILDING CONTEST.)

BEAUTY, POISE & PROJECTION ROUND (floor length evening gown)

This round is designed to give the judges the opportunity to get a general impression of the contestants. The contestants will introduce themselves, give a brief biography, and their philosophy on fitness. Be individual in this round. We urge style, flair and overall beauty. Also, some of the costs we have heard are shocking. Please be aware that many cities have resale shops that rent or sell beautiful dresses. There is a time limit of 30 seconds at the microphone.

JUDGING OBJECTIVE:

- a) Beauty.
- b) General impression of contestant (overall grooming and cosmetic appearance).
- c) Poise (self-assurance, composure, carriage).
- d) Projection (did she speak well — clearly and distinctly — did she have something to say?)

PHYSICAL BEAUTY & MUSCLE TONE (swimsuit)

Contestants will be judged on overall symmetry and muscle definition during quarter turns and comparisons. Contestants should have good to excellent muscle tone with clean, tight lines and appear to have reasonable levels of body fat. We do not want the muscle mass, ripped to the bone, striated look, or vascularity of a bodybuilder. Contestants should appear to have constructed their physiques through proper diet and fitness training.

(NOTE: Competitor's heels must be together at all times during quarter turns. They must not hold their arms in a rigid or exaggerated manner. Their hair must be styled in a manner that they do not have to move it aside to show their backs.)

JUDGING OBJECTIVE:

- a) Does the contestant have good to excellent muscle tone with clean, tight lines? A high degree of separation is not necessary.
- b) Does she appear to have reasonable (naturally attainable) levels of body fat?
- c) If she has the mass or vascularity of a bodybuilder she should receive a low score.
- d) Does her physique appear evenly developed?
- e) Does the lean muscularity of the upper/lower body and extremities flow aesthetically when viewed from all sides creating a balanced, sculpted appearance?

STRENGTH, FLEXIBILITY & ENDURANCE (routine costume)

Contestants will present a fitness routine for 90 seconds to music. They will emphasize their strength, flexibility, and endurance. The routines are meant to give the judges some idea of the contestants' physical condition and abilities. It also gives the contestants the opportunity to express their creativity and interests. Contestants are encouraged to perform a high energy routine which include movements to show their strength and flexibility. They are also encouraged to include any talent they might have such as dance, martial arts, jumping rope, baton, gymnastics, mime, etc. Props may be used.

JUDGING OBJECTIVE:

- a) Did she demonstrate strength?
- b) Flexibility?
- c) Endurance?
- d) Did she demonstrate high level execution of movements? Executions should appear effortless.
- e) Did she include a diversity of difficult routine elements?
- f) Did her performance have clean, fluid transitions?
- g) Did she demonstrate the ability to perform outward?
- h) Did she project her personality and creativity?