



1. CLASSES

Contests with 2 classes:

| | |
|----------------|------------------------------------|
| Class A | up to and including 5' 4" (163 cm) |
| Class B | over 5' 4" (163 cm) |

Contests with 3 classes:

| | |
|----------------|--|
| Class A | up to and including 5' 4" (163 cm) |
| Class B | over 5' 4" (163 cm) up to and including 5' 6" (168 cm) |
| Class C | over 5' 6" (168 cm) |

Contests with 4 classes:

| | |
|----------------|--|
| Class A | up to and including 5' 2" (157 cm) |
| Class B | over 5' 2" (157 cm) up to and including 5' 4" (163 cm) |
| Class C | over 5' 4" (163 cm) up to and including 5' 6" (168 cm) |
| Class D | over 5' 6" (168 cm) |

Contests with 6 classes:

| | |
|----------------|--|
| Class A | up to and including 5' 1" (155 cm) |
| Class B | over 5' 1" (155 cm) up to and including 5' 2 ½" (159 cm) |
| Class C | over 5' 2 ½" (159 cm) up to and including 5' 4" (163 cm) |
| Class D | over 5' 4" (163 cm) up to and including 5' 5 ½" (166 cm) |
| Class E | over 5' 5 ½" (166 cm) up to and including 5' 7" (170 cm) |
| Class F | over 5' 7" (170 cm) |

2. FIGURE ATHLETES SHOULD DISPLAY:

1. An overall balance of muscular development which includes rounded delts, sweep to the quads, back depth, and width – emphasis is on balance and symmetry
2. Small amount of muscle separation
3. A nice “V” taper
4. Tight glutes with separation between the hamstring and glute area
5. Balance between the upper and lower body

Figure athletes should NOT display:

1. Striations or graininess
2. Muscularity thickness associated with Women’s Physique

3. ATTIRE

1. Competitors will compete in a two-piece suit. 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.
2. Competitors must wear high heels.
3. Competitors may wear jewelry.

4. ONSTAGE

1. Prescription eyewear (except sunglasses) is permitted.
2. Competitor numbers must be worn on the left side of the suit bottom at all times while onstage.

5. FORMAT

Judging

Presentation

1. 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. Length of time allowed is 30 seconds.
2. Depending on the number of competitors in the class, each competitor may be directed to:
 - a. exit the stage until the entire class has performed the quarter turns at which time the entire class is called back onstage.
 - b. line up along diagonal lines on the sides of the stage.

Mandatory Poses



Mandatory Poses



Comparisons

1. The Head Judge will call the competitors, in small groups and in numerical order, to center stage to perform the quarter turns.
2. In the call-outs, the Head Judge will direct specific competitors to perform the front and back turns. Judges will have the opportunity to compare competitors against each other.

6. SCORING

The Presentation and Comparisons are scored 100% using the following criteria:

1. Small degree of muscularity with separation, no visible striations
2. Overall muscle tone with shapely lines, overall firmness and not excessively lean
3. Full general assessment
4. Healthy appearance
5. Skin tone and make-up
6. Symmetry and Balance
7. Presentation (Posing)

*If necessary, the judging panel, at its sole discretion, reserves the right to re-judge at the Finals using a Confirmation round