

FITNESS MODEL RULES SJ FALL CLASSIC

(OPEN TO ALL COMPETITORS IN ATLANTIC CANADA)

JUDGING CRITERA/RULES/ATTIRE

The Fitness Model competitor must present an athletic, symmetrical and fit physique. We are not looking for extreme definition and a drawn emaciated appearance to the point of looking skinny. The ideal Fitness Model competitor should possess nice shape and symmetry with reasonable muscle tone.

The competitor must also display a marketable appearance, bubbly personality, poise, and confidence. The judges will also consider overall grooming, tan, style of hair, make-up, facial beauty, skin tone, modeling ability and confidence during their introduction and presentation.

The competitor is required to wear a theme based costume that is in good taste. The costume should complement the physique and personality of the competitor. Scoring will take into consideration the originality of the Theme wear, presentation, physical appearance and how well it is modeled. Thongs as part of the costume are prohibited. Competitor's attire must meet an acceptable standard of taste and decency. If these standards are not met, the official has the right to remove the competitor from stage and have them change attire.

High heels must be worn and there are no restrictions. Competitors may also wear jewelry along with props if appropriate in conjunction with the theme.

We do permit competitors to cross over into any other Division at the same event.

PREJUDGING

1. Each competitor will be called out individually and will enter the stage from UPSTAGE CENTER. Competitors will walk straight ahead towards the DOWNSTAGE CENTER direction. When you reach the square where an X is clearly marked, perform your theme based routine for approximately 20 seconds using poses that best showcase your physique, theme, modeling ability and personality. The competitor will then exit the stage where they entered directed by the Stage Marshal.
2. Once all contestants have performed their presentation, all couples will re-enter from UPSTAGE CENTER and line up on the slanted left or right lines on the stage directed by the Stage Marshal. The Chief Judge will call up groups of competitors to the front of the stage for a comparison round. Chief Judge will call out the mandatory poses for each group comparison.

GROUP COMPARISON POSES

- a) Front Pose (of choice)
- b) Right Side Pose (of choice)
- c) Back Pose (of choice)
- d) Left Side Pose (of choice)
- e) Front pose (of choice)

***** NOTE:** There are no mandatory poses for this division, it is suggested that each competitor practice several different poses that best showcases their shape, conditioning and modeling ability.

3. After the first group has been compared, they will return to their original position on the slanted diagonal line (s). This process will be repeated until all groups have been compared.
4. Chief Judge will then conduct the group call-outs announcing numbers in no particular order. They will be called center stage to be compared. The competitors may be asked to move or change their original position if necessary.

As directed, facing the judges, the selected group will perform once again:

- a) Front Pose (of choice)
- b) Right Side Pose (of choice)
- c) Back Pose (of choice)
- d) Left Side Pose (of choice)
- e) Front pose (of choice)

SCORING & STAGE EXIT

While the judges finalize their scores, the selected group will exit UPSTAGE CENTER directed by the Stage Marshal and leave the stage at the center or at the right, depending on the venue. This process will be repeated for the next selected group call-outs.

EVENING FINALS (No scoring during evening finals)*

1. The MC will introduce each competitor and will enter the stage UPSTAGE CENTER and walk towards the DOWNSTAGE CENTER direction. When you reach the square where an X is clearly marked, they will perform the theme based routine for approximately 30 seconds using poses that best showcase your physique, theme, modeling ability and personality. You will then exit the stage where you entered.
2. Once all contestants have performed their presentation, all competitors will re-enter from UPSTAGE CENTER and line up on the slanted left or right lines on the stage directed by the Stage Marshall.

3. The Top 3 Models will be announced to the **DOWNSTAGE FRONT CENTER** stage area and the MC will announce that the rest of the competitors leave the stage directed by the stage marshal towards the **UPSTAGE CENTER** exit.
4. The MC will then announce the placing's beginning with 3rd, 2nd, & 1st place awards. They will remain on stage for trophy presentation and pose for photos.

OVERALL

Each class winner will be called on stage in numerical order for the mandatory quarter turns. This will be scored and judged.

The overall winner will be announced and photos of only the winner will be taken.



