

## **Rules and Regulations – Figure**

With the growth of women entering the figure arena everyday, the need for a competition to show their endeavors has grown. Some not wanting to do bodybuilding posing and incurring the extreme leanness, they have turned to the Figure competition. The Figure Division will enable women that dedicate so much of their time to achieve physical perfection a competition to exhibit their physique.

### **ATTIRE**

#### **1-Piece Posing Suit**

#### **2-Piece Posing Suit**

#### **Evening Gown (Pro Division)**

The posing suits will cover a minimum of half the gluteus maximus and all of the frontal area, no G-strings, thongs etc. These specifications apply to both pre-judging and the night show. Heels are worn for both rounds.

### **DIVISIONS**

- Novice Overall winner will have the option of competing for their Pro card in the Open Division on Saturday.
- Pro Division will have one class.
- Masters (One Class 40+)
- Short (5'4" and under)
- Tall (5'5" and up)

### **COMPETITION ROUNDS**

#### **ROUND ONE – 2 PIECE SWIMSUIT:**

In each height class the contestants will be brought out all at once. Contestants will present quarter turns. Light oil required, sheen is okay, and jewelry may be worn.

#### **ROUND TWO – 1 PIECE SWIMSUIT:**

In each height class the contestants will present quarter turns, wearing swimsuit and high heels. Judges may ask to change contestants for comparison.

#### **ROUND THREE – EVENING GOWN ( PRO FIGURE DIVISION)\***

At the night show the contestants will be introduced individually. They will move to stage right or stage left. When all competitors are on stage they will line up for quarter turns, then exit the stage. In the Open and Novice Division they will wear their **1 Piece Swimsuit**.

## **JUDGING CRITERIA**

**BODY SHAPE** – This is how the muscle groups are shaped. Judges will look for rounded muscle groups that are pleasing to the eye.

**SYMMETRY** – This is the balance of how all the muscle groups fit together. Judges will look for harmony and proportion of the physique. The body structure should have an equal ratio of torso to leg length, shoulders to hips etc. Harmony and proportion also include upper body to lower body development should be in parity and fit together. Symmetry will be judged similar as that to a bodybuilding competition with the idea in mind that the judge will be looking for a Fitness Type physique not excessive large muscle groups. The physique should be assessed as to its level of overall muscle tone, achieved through athletic endeavors.

**MUSCLE TONE** – The muscle groups should have a round and firm appearance with a small amount of body fat. Judges will look for separations between major muscle groups, but not striations in the muscle groups. The key word is “physically fit”. Too much muscularity would take away from the “physically fit” look. Muscle tone also means absence of excessive fat and water with a sense of overall body hardness. Judges will also look for the even balance of muscle tone.

**STAGE PRESENCE, APPEARANCE, CHARISMA, PROFESSIONALISM.**