

## Female Fitness Model Categories

The Female Fitness Model Division comprises of two categories as follows:

Female Fitness Model Open age 22 years old and above \* (On the day of the competition)

Female Fitness Model Junior 21 years old and below\* (On the day of the competition).

Judging Rounds in Female Fitness:

There will be three rounds in the fitness model category and this will comprise of a:

### SWIMWEAR ROUND



Contestants will be asked to walk in a bikini and high heels across the stage. It is important to mention that two-piece swimsuits are required. Thongs or G-Strings are not acceptable.

## SPORTS THEMEWEAR ROUND



Contestants will be asked to walk on stage cat walk style displaying active/sportswear or theme wear that will be of the athlete's choice. It may include any theme and not just sport to allow for more creativity. Sport active wear is still acceptable. In all cases the outfit of choice must still allow judges to be able to assess the athlete's body and body shape. Chosen attire must be tasteful and complementary to your body type.

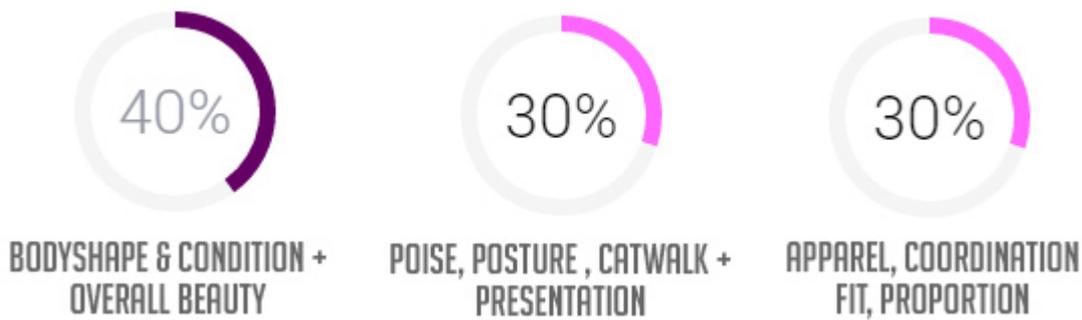
## EVENING WEAR ROUND



Contestants will be asked to walk onstage wearing their choice of evening/nightclub wear. Ensure your outfit is stylish and sexy yet not lewd in presentation.

There is a wide interpretation for this round in respect to choices in clothing, but the idea is to choose something that is stylish and flattering to your body type, skin colouring, hair etc.

Each round will be judged on the following attributes:



#### BODY SHAPE AND CONDITION, OVERALL BEAUTY 40%

Our expert panel will be looking for fit, feminine contestants who display proper shape and symmetry combined with overall condition and beauty. Keep in mind this is not a bodybuilding or figure contest, so extreme muscularity and definition will be negatively scored.

#### POISE, POSTURE AND PRESENTATION (including hair styling and smile) 30%

Our expert panel will be looking for contestants who have great stage presence and a very marketable look for fitness modeling.

#### APPAREL – COORDINATION, FIT AND PROPORTION 30%

Our expert panel will be looking for contestants who best compliment the apparel they are modeling and therefore can suit almost any type of attire.

#### **Important Note for Female Fitness Models:**

It is important that Females Fitness Models do not portray themselves on stage as anything less. Females are to ensure when standing on stage or performing their half turns to the front and rear of the stage that their feet remain together without excessive arching of the back. Provocative and sexual stances/facial expressions/gestures will be mark down.

#### CATWALK

Either as a **T walk** or **Spotlight walk** across the stage (type of walk will be determined based on the final competitor numbers) in each round. At a set point on stage Models will take a moment to pose, do either a quarter or half turn and move either to the next set point on stage (if-T walk) and do the same or move to the rear of stage and commence the formation of a line-up.

Once each competitor has performed their individual walk each line-up of competitors will be asked to move forward for the comparisons to occur.

For the comparisons competitors will be asked to perform half turns, facing front of stage straight on then facing the rear of the stage. This may occur several times as you are being judged and the judges may need extra time to finalise their scoring. (Note: No moves or stances of any sexual or erotic nature will be tolerated.)