

CRITERIA and POSING

Bodybuilders (Male): Muscle quality, muscle separation and striations, symmetry (correct proportion), vascularity, conditioning, absence of visible body fat, posing ability, and overall presentation and stage presence. While “ripped” competitors are desirable, “emaciated/anorexic” looking competitors are not. Lean shape should be accompanied by quality muscularity. Athletes should also be judged on their ability to follow directions and professional actions. Tan will be considered. Attire: Solid color posing suits in good taste. No thongs.

Posing for prejudging: Quarter Turns (to the right), Front Double Biceps, Front Lat Spread, Side Chest, Rear Double Biceps, Rear Lat Spread, Side Triceps, Overhead Abdominals, Most Muscular. Optional poses include-Side Hamstring curl, Stand-on-Calves, Serratus Side. Also optional: 1-minute of free posing.

Mens Classic Physique: This group is for athletes that want to put on more muscularity than Mens Physique, but not to the extreme of a bodybuilder. Classic Physique bridges the gap between Bodybuilder and Physique. The judges look for fit athletes that display symmetry, proper shape, muscularity, and over-all conditioning, as well as stage presence and personality. Extreme muscularity will be marked down. Tan will be considered. Attire: solid color spandex shorts

Posing for prejudging: Quarter Turns (to the right), Front Double Biceps, Side Chest, Rear Double Biceps, Abdominals and thighs, 3 classic poses of athletes choice-Most Muscular is excluded

Mens Physique: Judges will be looking for fit athletes that display proper shape and symmetry combined with muscularity and overall conditioning. This is not a bodybuilding contest, extreme muscularity will not be rewarded. Judges are looking for the athlete with the best stage presence and poise that conveys his personality to the audience. Tan will be considered. Attire: Board Shorts. Shorts must be above the knee in length and can be one inch below the belly button. No spandex or logos permitted, with the exception of a manufacturer's logo such as Nike or Adidas for example.

Posing for prejudging: Quarter Turns (to the right)

Bodybuilders (Female): Muscle quality, muscle separation and striations, symmetry (correct proportion), vascularity, conditioning, absence of visible body fat, posing ability, and overall presentation and stage presence. While “ripped” competitors are desirable, “emaciated/anorexic” looking competitors are not. Lean shape should be accompanied by quality muscularity. Athletes should also be judged on their ability to follow directions and professional actions. Tan will be considered. Attire: Two piece suit that crosses in the back. Suits do not need to be a solid color. The bottom of the suit must be V-shaped and absolutely no thongs or micros are permitted. All suits must be in good taste. No heels may be worn.

Posing for prejudging: Quarter Turns (to the right), Front Double Biceps, Front Lat Spread, Side Chest, Rear Double Biceps, Rear Lat Spread, Side Triceps, Overhead Abdominals, Most Muscular. Optional poses include-Side Hamstring curl, Stand-on-Calves, Serratus Side) Also optional and possible: 1-minute of free posing.

Womens Physique: This division is for women who enjoy weight lifting and competing. Athletes should display an athletic physique showcasing femininity and muscle tone. What is not looked for in women's physique is: ripped, shredded, striated, vascular, massive, and/or dense. All types of physiques will be considered. Striations and excessive muscularity will not be rewarded. Presentation and color (tan) tone will be considered. Attire: Two piece suit that crosses in the back. Suits do not need to be a solid color. The bottom of the suit must be V-shaped and absolutely no thongs or micros are permitted. All suits must be in good taste. No heels may be worn.

Posing for prejudging: Quarter Turns (to the right), Front Double Biceps (open hands, no flat footed full front pose-front twisting pose), Side Chest (with arms extended, one hand on top of the other and front leg extended), Rear Double Biceps (open hands), Side Triceps (w front leg extended), Overhead Abdominals and thighs

Figure: The athlete should show good balance, proportion, conditioning, and symmetry in her physique. From the side, her body should show a nice taper from the lat, to the tie into the oblique-showing the “oblique sweep”. The legs should be muscular with a minimum separation of the quads. The glutes and hamstrings should be firm and show a well-developed outer sweep to the thigh. The muscles should have a firm, round appearance, indicating muscle tone and conditioning. There should not be excessive separation or cut between the muscles. Muscle tone also means the absence of excessive fat and water, with a sense of overall hardness. Judges will look for an even balance of muscle to frame and balance of body parts to each other. Presentation and color (tan) tone will be considered. Transitions should be fluid/without hesitation and poise must be well practiced. Overall polish, femininity, hair, make-up, and accessories can make a difference. Attire: Two piece suit that crosses in the back. Suits do not need to be a solid color and may have sequins and embellishments. No thongs permitted. All suits must be in good taste. Jewelry and hairpieces may be used. Heels are mandatory.

Posing for prejudging: Quarter Turns (to the right)

Bikini: The purpose of this division is to allow athletes who are physically fit, hold a strong image for stage and camera, compete in a fair and drug free arena. The judges are looking for fit, toned, proportionate builds, with feminine shape and conditioning that is universal in appeal. The overall image of the athlete is a toned, sculpted physique that bears firmness, non-evident body fat and a fitness life-style. This translate to an overall body quality with mild definition and no muscular separation. Athletes will want to give the impression that they work out, did more than just diet to get there, and can maintain this impression long after the curtain closes. The five major elements include: balance and symmetry, tone and conditioning, poise and presentation, style and stage presence and a suit, make-up and accessories that enhance their physique. Attire: A suit that enhances your physique. Pay attention to style, fit, color, etc. Sequin and embellishments are permitted. Clear high heeled shoes are mandatory.

Posing for prejudging: Half turns-as well as walking to the back of the stage and to the front. Back pose- no bending over, one leg extended to the side, one hand on a hip and the other extended.

Bikini Model: The NGA Bikini Model requires competitors to bring an original and creative themed costume that incorporates the bikini and compliments their fit physique. Bikini Models will display a fit and toned body. Pageantry style competition means beauty and stage presence is considered and scored. Among items judged: complexion, face, hair, smile, make-up, poise, presentation, confidence, finesse, style, charisma, and your costume. Attire: an extravagant, classy, tasteful, and feminine costume that enhances physique along with a bikini. Pay attention to style, fit, and colors. Think...a flattering costume that resembles high fashion, Victoria’s Secret, and/or a Vegas style theme. Micros and thongs are prohibited. Clear high heels mandatory.

Posing for prejudging: will do T-Walks and also comparison with Half turns-as well as walking to the back of the stage and to the front. Back pose- no bending over. Posing is more relaxed then bikini

Beach Body: This is a non-sanctioned event. The Womens beach body division is scored based upon a fit, toned, athletic, beach body look. Hair and makeup should be done to enhance natural beauty. Attire: a regular off the rack 2 piece bathing suit. No thongs or micro bottoms allowed.

Posing for prejudging: Half turns-as well as walking to the back of the stage and to the front. Back pose- no bending over. Posing is more relaxed look then bikini

MEN AND WOMEN:

Transformation: This is a non-sanctioned event for Men and Women. Each transformation competitor will submit a no longer than one minute video (on a usb stick) showcasing their body transformation story with before pictures. Judging is done based upon video story, stage presentation, and overall impact of their transformations. Attire: participants can wear anything that shows shape. Anything from a figure suit, a bikini suit, a regular bathing suit, work out attire, and spandex. Shoes (heels, flip flops, sneakers) can be worn if wanted.

Posing for prejudging consists athlete coming out onto stage after video is played, basically walking the stage and saying "hey" to everyone. Then athlete exits. Once all transformation stories have been told, all athletes will come back out on stage together, No real body comparisons are made 😊 Everyone exits together

COUPLES

This division is for couples who enjoy weight lifting and competing. Athletes should display an athletic physique showcasing muscle tone and strength. All body types of physiques will be considered. Striations and excessive muscularity will not be rewarded. Presentation, posing, and color (tan) tone will be considered.

Posing for prejudging consists of Quarter turns and Routine/t-walk/presentation is judged during this portion of the competition

FITNESS

The FITNESS division is not a BODYBUILDING competition. Criteria emphasizes a "healthy, fit, athletic" physique that is attractively presented. The athlete should show good balance, proportion and symmetry of their physique. The physique should also show separation and conditioning but not be over lean or striated. Limited body fat in the glutes and hamstrings area is a strong adage. Presentation and color tone will be considered. Transitions from each quarter turn should be fluid without hesitation and poise must be well practiced. Overall polish, (including hair, make-up and accessories for women) can make a difference. It is recommended women use heels, not platforms. Pastel and skin colored suits wash out on stage. Body piercing is allowed, but jewelry for women should be minimal.

Round One: Assessment of the Fitness Routine

Costume or Fitness Outfit for Women and Spandex Shorts for Men In these rounds, athletes perform a fitness routine, to music selected by the competitor, the length of which shall not exceed 2 minutes and **FREE** of profanity. Once again, the judge should consider the "Total Package", that is, the entire routine from the moment the athlete presents their selves onstage until the moment the athlete walks offstage. The judges are reminded that, during this Round, they are judging **ONLY** the fitness routine and **NOT** the physique. The judge should look for a well-choreographed and creative routine performed at tempo/speed. Compulsory movements are mandatory. The routine shall include the following at a minimum:

Elements of STRENGTH and FLEXIBILITY

- Women: One arm pushup, straddle hold, leg extension hold and high kick.
- Men: Hand stand, one arm pushup, straddle hold, leg extension hold, 90-degree kick, 360 aerial spin and back flip.

The number of strength moves, their degree of difficulty, and the overall creativity of the moves should be considered in the judging of the routine. Optional strength and flexibility movements may include front and/or side splits and one arm handstand. The TEMPO of the routine demonstrates a degree of cardiovascular fitness, stamina, and endurance. There is a component - an element of "showmanship", which competitors bring to a fitness routine that is unique to them. This is their personality, charisma, stage presence, and charm, as well as a

natural rhythm that should play a part in the final placing of each competitor.

Two-Piece Suit or Costume for Women and Spandex Shorts for Men:

- Contestants may be brought out individually for a short stage walk for the judges to observe overall presentation, poise, and stage presence.
- **Contestants will be brought out all at once and do quarter turns.** Solid color two-piece suits or costumes for women are required. Ornamentation, like sequins, is permitted. No thongs permitted. No oil may be used. Sheen is okay. Jewelry and hairpieces may be worn. No props are used. Heels are mandatory.

IF YOU NEED MORE INFORMATION ABOUT DIVISIONS, GUIDELINES, AND RULES. CHECK OUT THE NGA WEBSITE AT www.nationalgymassociation.com check out the NGA handbook with all the guidelines and show information you may need.