



Class Descriptions

NOVICE - A competitor that has not won 1st place in Novice, having at least four competitors, in any organization.

Novice Bikini
Novice Figure
Men's Physique

OPEN - Is open to any competitor regardless of age or accomplishments.

Open Bikini
Open Figure
Open Men Bodybuilding
Open Women's Bodybuilding / Women Physique
Open Men's Physique

•All Open and Novice classes will be broken down by height.

MASTERS – is open to any competitors at the age 40 & over.

Masters Bikini 40+
Masters Figure 40+
Masters Men 40+
Masters women / Women Physique 40+
Masters Male Physique 40+

Masters 50+- A competitors at the age 50 & over.

Masters 60+- A competitors at the age 60 & over.

Masters 70+- A competitors at the age 70 & over.

- If a class is to be split it will be by height: Short, medium & tall
- Number of competitors will determine how many classes there will be



Figure Attire: Prejudging and Finals Two Piece suit & high heel shoes. All thongs are prohibited. Suits may be enhanced with sequins. Jewelry is allowed. Music will be played during the presentation round (T-Walk) at finals only; the promoter will determine the choice of music played.

Bikini Attire: Prejudging and Finals Two Piece suit & high heel shoes. Suits may be enhanced with sequins. All thongs are prohibited; Bikini bottoms **MUST BE 50% coverage**. Jewelry is allowed. Music will be played during the presentation round (T-Walk) at Finals only; the promoter will determine the choice of music played.

Women's Physique: Prejudging and Finals Attire Posing Suits can include designs, patterns and/or adornments. Jewelry is permitted. Shoes are not worn.

Mandatory Poses

Front Double Biceps with open hands and One Leg Spiked
Side Triceps with Front Leg extended
Side Chest with Arms Extended and Front Leg Extended
Back Double Biceps with Open Hands and One Heel Spiked
Side Serratus
Hands Over Head Ab with One Leg Extended

60-second posing routine:

Posing music is to be recorded by each competitor, emailed in MP3 or MP4 format.
Or bring on a junk drive at Check IN. NO CDs Excepted
Music is limited to 60 seconds. 60-second routines are only done at finals.

Men's Physique Attire: Prejudging and Finals Board shorts, (shorts must be just above the knee in length and can be one inch below the belly button, no spandex and no logos are permitted on the board shorts however a manufacturer's logo such as Nike symbol or Billabongs are acceptable.) No shirt. No footwear. No body accessories. Music will be played during the presentation round (T-Walk). "At Finals Only". The promoter will determine the choice of music played.

Bodybuilding Prejudging Attire Men & Women: Posing suits shall be solid color and devoid of strips, embroidery or embellishments of any kind. No other objects of any kind may be worn or carried on stage including neck chains, bracelets, ankle bracelets, watches, rings, hair ornaments, feathers or beads. Thongs are prohibited.

Male competitors may not wear swim trunks or boxer shorts. Suits must be standard posing trunks. Thongs are prohibited.

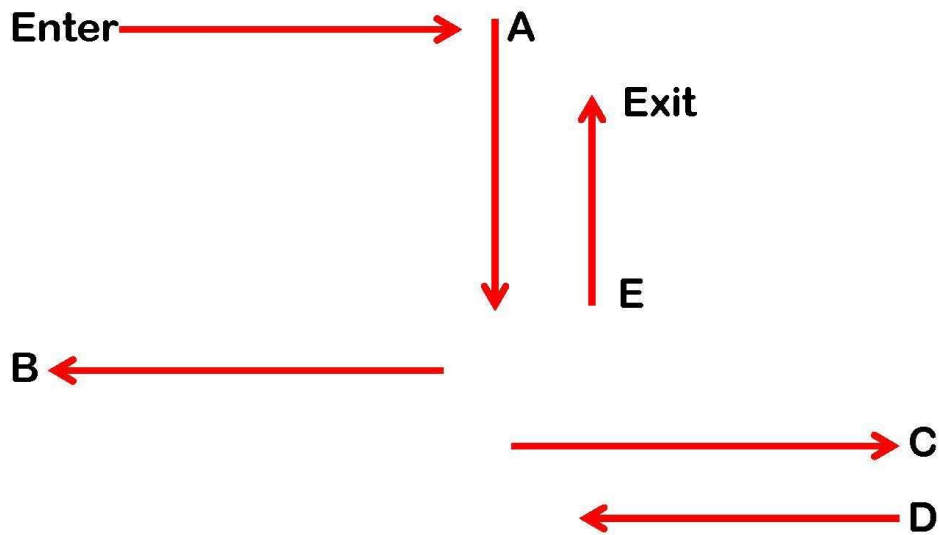
Bodybuilding Finals Attire Men & Women: Competitors may wear posing suits of multi-color and with embellishments. Competitors may use personal props, which fit on the body or stage props. Thongs are not permitted in any phase of the competition.

60-second posing routine:

Posing music is to be recorded by each competitor, emailed in MP3 or MP4 format.
Or bring on a junk drive at Check IN. NO CDs Excepted
Music is limited to 60 seconds. 60-second routines are only done at finals.

- **In all cases, competitors are subject to disqualification for illegal suits.**

T-Walk Guideline



This is the basic T-Walk for all categories that do a T-walk
Bikini, Figure & Male Physique