

## FIGURE DIVISION JUDGING CRITERIA

### BACKGROUND INFORMATION

Figure is a class of physique competition judged equally on symmetry and muscle tone. Stage presence (to include posing and the stage walk) shall be a tie breaker. Judges use two rounds to assess competitors in each of these physique-based areas.

### COMPETITION ATTIRE

Two-piece posing suit, must be in good taste; thongs are not allowed. The suit may be adorned with rhinestones, sparkles, sequins, etc. for added effect. High-heeled shoes are required. Jewelry is permitted; body jewelry (piercing) is allowed, so long as it is not offensive. Other jewelry (earrings, necklace, bracelets) may be worn, but should not obscure the physique or be in poor taste.

### ROUNDS SCORED

Round #1 – Symmetry

Round #2 – Muscle Tone

**Round #1 – Symmetry.** Competitors will perform mandatory quarter turns; judges will compare competitors against each other. Judges will be looking at balance and proportion (e.g., between upper and lower body, and sides). Figures athletes should be symmetrically balanced; upper or lower body should not overpower the other; no one-body part should overpower the rest of the physique.

**Round #2 – Muscle Tone.** Competitors must show good muscle tone. Leanness and muscle development is expected; however, competitors should NOT exhibit as much conditioning and muscle mass/size or present an over-conditioned physique as is presented in Bodybuilding or Fit Body.

Mandatory Quarter turns for Symmetry and Muscle Tone rounds.

Face Front –

- Heels must be together and in line, without either foot ahead of the other.
- Hips MUST face the judges and arms must remain to the sides (although they shouldn't touch the sides or be exaggerated spread wide)
- Lats should be open/flared to show a nice V-Taper
- Toes must face the judges, but competitors can angle their toes out slightly if it helps to accentuate their quad presentation

Side Pose – From the front pose, competitors execute a ¼ turn to the right and adjust stance:

- Upper body turned 35 degrees toward judges so the rear shoulder can be seen, but nothing

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- Hips must face side of the stage
- Eyes must face side of the stage
- Toes must face side of the stage with both feet flat. The feet can be offset only half the distance of the foot (front or back foot offset)
- Long hair should be pushed back behind the front shoulder so it doesn't obscure view
- Front and rear hands should hang freely with palms toward the body

**Rear Pose** – From the side pose, competitors execute a ¼ turn to the right and face the curtain or rear of the stage

- Both feet must be together or very close
- Toes cannot be spread wide apart
- Feet cannot be offset to any degree (i.e., one in front of the other)
- Competitors should brush their hair to one side so their back can be seen
- Arms must be at the sides with the hands hanging freely- palms toward the body
- Lats are spread wide to show upper body symmetry

### **Presentation & Stage Walk (to be used as a tie-breaker, not given a score/ranking)**

- Hair and make-up should complement your figure
- Posing suit and shoes should complement your figure
- Skin tone - tan products/foundation color should complement hair, suits, and enhance overall figure
- Overall stage presence – judges will assess competitor's ability to seamlessly execute quarter turns, present confidence and poise, and change places with other competitors

During the stage walk, judges will consider: The above presentation elements as a whole and how well you walk and present yourself during the mandatory poses. Judges will be looking to see if all the above elements work together as whole to present a total package. Subtotal scores can be positively or negatively affected by the walk, moving a competitor up or down by breaking ties.

**PRE-JUDGING WALK** - A normal t-walk should occur with all competitors remaining on stage at the back line. Competitors should execute a side pose facing toward the middle of the stage when posing on the outside posing spots. At the middle spot competitors should perform a front pose, back pose and turn back to a front pose before walking to the next outside spot. Poses should not be held for more than 3 seconds each, and the entire individual presentation should be completed in 30 seconds (the head judge may allow more time depending on the size of the stage).

The Stage Walk or T-Walk is the competitor's opportunity to show grace, poise and confidence.

Competitors should execute the T-walk in a tasteful, confident manner. Over exaggerated posing or performance outside the figure division (bodybuilding poses, gymnastic moves, etc.) are not allowed.

**SCORING EACH ROUND:** Judges will score each round and give competitors a final placement for that round. Example: in a class of 8 competitors, judges will rank competitors 1 to 8 in each round. When the judges have completed scoring for two rounds, they will add the (2) scores together to determine subtotals for each competitor. Ties shall be broken by the stage walk.