

JUDGING CRITERIA

NATURAL BODYBUILDING

Criteria of judging

It is evaluated sporty appearance, symmetry of a figure, muscularity and well balanced muscle groups, being cut appropriately (i.e. not extremely, which could look as being too shredded), state of epidermis (its tone), and the ability of performing on the stage with confidence.

The overall impression and performance of an athlete should be likable and energetic, should exude strength and enjoyment. It is also evaluated alteration of epidermis i.e. color, shine, also pattern and cleanliness of swim wear (they have to cover more than a half of bottom). You should not forget your haircut, facial expressions should be appropriate as well as your posing.

Skin has to be shaved and tanned. We recommend Jan Tana and Pro Tan products.

Elimination:

In case there are too many athletes i.e. more than 12 in one class, judges' committee can make a decision to execute elimination round. Right after athletes come on stage, they are judged in quarter turns, relaxed poses or in small groups will be asked to perform compulsory poses. According to performed comparisons, judges choose 12 athletes who get to semifinal round.

Registration

Competitors have to get registered in sports attire and in posing suits with a registration form and a membership card. Competitors pay entry fee and drug test fee at the registration. The registration is accessible only to competitors. Coach receives a coach tag which must be worn at all times. In case a coach or a competitor is asked, they have to identify themselves with the ID card.

Athletes in categories, where posing routine is performed are required to upload their music to the electronic system along with their entry form!

Procedure for competition:

1. Round – semifinal (prejudging)
 - contestants are evaluated in quarterturns
 - contestants are evaluated in mandatory poses
2. Round – semifinal (prejudging)
 - posing routine (max. 60 seconds)
3. Round – finals
 - contestants are evaluated in mandatory poses

- posing routine (max. 60 seconds)
- posedown
- awards presentation

Categories

Teens (15-18 years old, minus one day)
 Juniors (up to 23 years, minus one day)
 Men up to 175 cm
 Men to 180 cm
 Men over 180 cm
 Masters I. (40 to 50 years, minus one day)
 Masters II. men (50 to 60 years, minus one day)
 Masters III. men (60+ years)
 Men`s/Mr. Physique junior (up to 23 years, minus one day)
 Men`s/Mr. Physique up to 170 cm (inclusive)
 Men`s/Mr. Physique over 170 cm
 Fitness Bikini Junior (up to 23 year old, minus one day)
 Fitness Bikini up to 170 cm (inclusive)
 Fitness Bikini over 170 cm
 Sport Model up to 170 cm (inclusive)
 Sport Model over 170 cm
 Sport Model 35+
 Sport Model 45+
 Fitness Figure
 Fitness Figure 35+
 Fitness Figure 45+
 Ms. Physique
 Fitness Classic
 Mixed Pairs
 Kids Fitness
 Physically Challenged

Description of the various rounds of the competition

1st round – Semi-Finals (prejudging)

Symmetry round

Competitors line up in numerical order facing judges and perform four quarter turns according to orders of the head judge. "Quarter turn to the right!"

Muscularity round

Based on requirements of an individual judge, competitors are called out and compared, minimum two and maximum four competitors in the following mandatory poses:

- a) Front double biceps
- b) Front Lat Spread
- c) Side Chest
- d) Back Double Biceps
- e) Back Lat Spread
- f) Side Triceps
- g) Abdominalis and Thighs

All individual comparisons are made at the center of the stage. Competitors line up according to judge's requirements. Every competitor undergoes at least one comparison.

2nd round - Finals

Posing routine

Length of the posing routine can last up to 60 seconds. Posing dress code – Posing suit. Time runs from the first tone of music, not from the first pose. The music as well as posing of a competitor is stopped after 60 seconds, therefore it is necessary to prepare the posing routine the way that no poses are made after 60 seconds. During the posing routine competitors should present their physique and show the best poses in which they excel and can handle perfectly. Presentation should be mastered choreographically, spatially and transitions should be coherent. Posing routine should include not only standing poses, but also kneeling, side and rear poses. Music selection should represent competitor's temperament, but also the ability to keep rhythm. Competitors should try to leave an impression on the judges and the audience. Besides bodybuilding poses, competitor can also use some of their individual abilities, which should not prevail over bodybuilding ones, as it is not a competition of fitness but bodybuilding.

3rd round - Final

Muscularity round

According to results from previous rounds only six top competitors from the semi-finals (prejudging) make it to the finals.

Finalists make all mandatory poses at once (no calling out). The score of final round is added to the score of prejudging.

Posedown (free posing)

The host of the event can announce the posedown of a category. It is not judged, it is only entertainment for audience and a chance for competitors to present themselves on stage.

Overall winner

After the awarding ceremony of the last bodybuilding category, all winners of bodybuilding categories are brought on stage. They are compared in mandatory poses and posedown is performed. Following that the overall winner is announced and awarded.

Awards presentation

The announcement of winners:

1. The top six competitors are called onstage, in a numerical order.
2. Top 6 finalists are awarded with prizes in order from 6th place to 1st place.
3. At championships (not cups), top three finalists receive gold, silver and bronze medals.

Dress code – posing suit, which must meet the following criteria:

1. Opaque.
2. Color, material and structure are up to competitors.
3. No decorations, trim on the edges, embroidery edges or hems.
4. The minimum height of sides is 1 cm and it covers at least half of gluteus maximus and the whole front.
5. No jewelry or other accessories.
6. No equipment allowed.

Shoes – Male categories - not allowed

Skin color – it is recommended Jan Tana or Pro Tan or any other spray tan.

FITNESS BIKINI

Evaluation criteria:

This category is intended for sporty women and girls. It focuses primarily on body proportionality and symmetry of the competitor's body (the balance of the upper and lower body). It does not put emphasis on separation of individual muscle groups, muscle mass and definition. Turns and poses should have

modeling character, relaxed without tensing up muscles. The whole body must have balanced and naturally harmonious image. A competitor should exude physical attraction, self-confidence, charm and sex appeal. A competitor should have good posture, appropriate alteration of epidermis and hair, makeup and accessories.

Elimination:

In case there are too many athletes i.e. more than 12 in one class, judges' committee can make a decision to execute elimination round. Right after athletes come on stage, they are judged in quarter turns, relaxed poses or in small groups will be asked to perform compulsory poses. According to performed comparisons, judges choose 12 athletes who get to semifinal round.

Registration

Competitors have to get registered in sports attire and in posing suits with a registration form and a membership card. Competitors pay entry fee and drug test fee at the registration. The registration is accessible only to competitors. Coach receives a coach tag which must be worn at all times. In case a coach or a competitor is asked, they have to identify themselves with the ID card.

Dress code for all rounds:

Clothing for all rounds is determined by the following criteria:

1. Two-piece bikini.
2. Color, material and structure are up to competitors.
3. Thong bikinis are not allowed, it has to cover about one third of the gluteus and the entire front area.
4. Competitors have to wear high heels of any style and color. The thickness of platform must not exceed 50 mm. The height of heels must not exceed 150 mm.
5. Hair can be styled.
6. Epidermis should look natural with healthy tan. It is recommended to use tanning color (we recommend Pro Tan), shimmering effects are not prohibited.
7. Jewels are allowed in case they are elegant.
8. The head judge has the right to assess whether the clothing of competitor is acceptable.

Description of the various rounds of the competition

1st round – Semi-Finals (prejudging)

Competitors are lined up in numerical order facing judges. Competitors perform four quarter turns to the right according to commands made by the head judge.

At least two and no more than five of competitors are compared at once. The head judge, at his discretion, rejects or corrects judges' requirements for comparison. All comparisons are placed in the middle of the stage and in order from left to right according to judges' decision. Each judge has the right to submit at least one request for comparisons. Every competitor undergoes at least one comparison.

This comparison is carried out as follows:

Face front: Competitors stand one hand resting on the hip and one leg extended forward and slightly to the side.

Quarter turn to the right:

Competitors stand left side to judges, upper body slightly turned toward judges, looking at judges, left hand resting on the left hip, thighs are not tensed up.

Quarter turn to the right:

Competitors perform next quarter turn to the right and stand back to judges. Feet are apart, no more than 30 cm. One hand relaxed on the hip, the other hand is relaxed along the body. They stand straight, not leaning the upper body toward judges.

Quarter turn to the right:

Competitors stand right side to the judges, upper body slightly turned toward judges, looking at judges. Right hand resting on the right hip, thighs are not tensed up.

Quarter turn to the right = Face front:

Competitors perform last quarter turn to the right and turn back to the front relaxed pose. Turns and poses should have modeling character, relaxed without tensing up muscles.

Assessing in the 1st round:

The first round is evaluated using the following criteria:

1. Overall athletic appearance of the physique, the overall impression, hair, beauty of a face, overall development and shape of a body, presenting reasonably balanced and symmetrically developed figure, state of epidermis and its tone, ability to present themselves with confidence, self-control and elegance.
2. The figure is judged based on the level of overall muscle tone achieved by working out and adequate nutrition. The muscle groups should have a nice and firm appearance with a small amount of body fat. The figure should be neither excessively muscular nor excessively skinny without separation and muscles being ripped. The figure, which is considered too muscular or with too defined muscle groups, must be assessed with lower score.
3. Firmness and tone of epidermis. It should be smooth and healthy looking, without cellulite. Face, hair and make - up should complement the overall impression presented by a competitor.
4. The Presentation of competitors from the point they come to the stage to the moment they leave the stage. The competitor of bikini fitness category must always leave the impression of an attractive, healthy and sporty woman.
5. Competitors should have proportional muscle development and it is not required to have excessive muscle separation and definition. Each competitor that exhibits mentioned properties is assessed with lower score.

Round 2 - Final (T-walk in bikini)

- Evaluation of T-walk (30% points)

Top 6 finalists from the semi-final advance to the finals, which consist of one round (wearing two-piece bikini).

2nd round is as follows:

1. The top 6 finalists are called to the stage one by one in numerical order and each performs T - walk: including poses from Bikini category. Then the competitor walks to the base line at the back of the stage.
2. After individual presentations all competitors stand in the middle of the stage in one line and in numerical order.
3. Then they perform four quarter turns.
4. After that finalists are asked to leave the stage.

Awards presentation

Announcement of the results is as follows:

1. The top 6 competitors are called onstage.
2. Six finalists in order from 6th place to 1st place are awarded with prizes.
3. At championships (not cups), top three finalists receive gold, silver and bronze medal.

Categories:

Fitness bikini to 170 cm (inclusive)

Fitness bikini over 170 cm

Clothing - Competitors in this category, wear a two-piece bikini of any color, no thong cut, must cover about 1/3 of the gluteus and the entire front. Bikini should represent the sense of fashion and design (style).

Shoes – high heels (the thickness of the platform must not exceed 50 mm, heel height must not be higher than 150 mm).

Skin color – it is recommended Jan Tana or Pro Tan or any other spray tan

SPORT MODEL

Assessment Criteria:

This category is intended for competitors, with a balanced, symmetrically developed figure, and appropriate muscle development. In this category, the emphasis is on athletic appearance of the physique, balance, symmetry, presentation on the stage charisma and overall female beauty. Competitors should be photogenic, with a low degree of muscle separation, definition and mass. A figure, which is considered too muscular will be assessed with lower score.

Competition:

1st round – Semi-Finals (prejudging)

- Symmetry round- two-piece bikini (70% points)

2nd round - Final

- Promenade in women's sports attire (shorts and sports bra) (30% points)
- Announcement of results

Categories:

Sports model to 170 cm (inclusive)

Sport model over 170 cm

Sport model 35 + years

Description of the various rounds of the competition

1st round – Semi-Finals (prejudging)

Competitors are lined up in numerical order facing judges. Competitors perform four quarter turns to the right according to commands made by the head judge.

At least two and no more than five of competitors are compared at once. Head judge, at his discretion, rejects or corrects judges' requirements for comparison. All comparisons are placed in the middle of the stage and in order from left to right according to judges' decision. Each judge has the right to submit at least one request for comparisons. Every competitor undergoes at least one comparison.

Descriptions of the four quarter turns:

Quarter turn to the right (standing left side to judges):

Relaxed straight stance, head and eyes facing the same direction as the body, knees together not bent, belly sucked in, chest pushed forward, shoulders back, both arms relaxed hanging along the body, elbows bent, thumbs and fingers together, palms facing the body, arms slightly bent (in the shape of the cup). Position of the hands should cause slight rotation of the upper body to the left side with the left shoulder lower than the right one.

Quarter turn to the right (standing with the back to judges)

Relaxed straight stance, head and eyes in the same orientations as the body, heels together, knees together not bent, belly sucked in, chest pushed forward, shoulders back, both arms relaxed hanging along the body, elbows slightly bent, thumbs and fingers together, palms facing the body, arms slightly bent (in the shape of the cup).

Quarter turn to the right (standing right side to judges):

The same as the first quarter turn, but this time standing right side to judges.

Quarter turn to the right = Face front:

Relaxed straight stance, head and eyes in the same orientations as the body, knees together not bent, belly sucked in, chest pushed forward, shoulders back, both arms hanging relaxed the body, elbows slightly bent, thumbs and fingers together, palms facing the body, arms slightly bent (in the shape of the cup).

Judges can individually compare at least 2, but not more than 4 competitors at once. The head judge, at his discretion, rejects or corrects judges' requirements for comparison. All comparisons are placed in the middle of the stage and in order from left to right according to judges' decision. Each judge has the right to submit at least one request for comparisons. Every competitor undergoes at least one comparison.

Assessing in the 1st round:

The first round is evaluated using the following criteria:

1. Overall athletic appearance of the physique, the overall impression, hair, beauty of a face, overall development and shape of a body, presenting reasonably balanced and symmetrically developed figure, state of epidermis and its tone, ability to present themselves with confidence, self-control and elegance.
2. The figure is judged based on the level of overall muscle tone achieved by working out and adequate nutrition. The muscle groups should have a nice and firm appearance with a small amount of body fat. The figure should be neither excessively muscular nor excessively skinny without separation and muscles being ripped. The figure, which is considered too muscular or with too defined muscle groups, must be assessed with lower score.
3. Firmness and tone of epidermis. It should be smooth and healthy looking, without cellulite. Face, hair and make - up should complement the overall impression presented by a competitor.
4. The Presentation of competitors from the point they come to the stage to the moment they leave the stage. The competitor of sport model category must always leave the impression of an attractive, healthy and sporty woman.

Clothing - Competitors during this round, wear a two-piece bikini of any color, no thong cut, must cover about 1/3 of the gluteus and the entire front.

Shoes – high heels (the thickness of the platform must not exceed 50 mm, heel height must not be higher than 150 mm).

Skin color – it is recommended Pro Tan or any other spray tan

2nd round - Final

Promenade in sporty women's shorts and a sports bra. Color, material and structure are up to competitors. Sports equipment is not allowed.

Top 6 finalists from the semi-final advance to the finals, which consist of one round (promenade in sportswear).

2nd round is as follows:

1. The top 6 finalists are called to the stage one by one in numerical order and each performs T – walk, which should include poses of sport model category. Then the competitor walks to the base line at the back of the stage.
2. After individual presentations all competitors stand in the middle of the stage in one line and in numerical order.
3. Then they perform four quarter turns.
4. After that, finalists are asked to leave the stage.

Clothes - Competitors during this round wear women's sports bra and shorts. Color, material and structure are up to competitors. Sports equipment is not allowed.

Footwear - sports shoes

Skin color – it is recommended Jan Tana or Pro Tan or any other spray tan

Awards presentation

Announcement of the results is as follows:

1. The top 6 competitors are called onstage.
2. Six finalists in order from 6th place to 1st place are awarded with prizes.
3. At championships (not cups), top three finalists receive gold, silver and bronze medal.

INBA ANGELS

Required Suit

Two Piece Suit – Angel Wings

Judging Criteria

The judges will be looking for a combination of these objectives:

INBA Angels costume: based on a bikini, (no G Strings) the costume can resemble that of an Angel (wings), or a Showgirl Las Vegas type costume, feathers and frills, tulle, sequins, diamantes, anything that is feminine and ``over the top`` that the competitor has always dreamed of wearing, glitz, bling, and glamour is the key.

Judging Criteria is based on presentation, individuality, and sex appeal. Competitors are shapely, toned and exhibit a slight degree of definition (visible athletic abs, slightly visible glute-hamstring tie-in).

Round 1- Consists of T-Walk OR I-Walk, Symmetry of Proportion: Definition: Correspondence in size, shape, and relative position of parts on opposite sides of a dividing line or center of axis.

Competitors will make quarter turns to the right on command.

Individual Posing

Perform a T-Walk OR I-Walk

T- Walk:

Start from the back center stage marker

Walk to the front center stage marker

Walk to the left stage marker

Walk to the right stage marker

Walk back to the center stage marker, display back pose

I-Walk:

Start from the back center stage marker

Walk to the front center stage marker, display front and back pose

This is open to Fitness, Bikini and Figure girls. This is more about what you bring to the stage with your presentation and personality!

The competitors should display a very sexy and feminine attitude and keep a relaxed posture.

Competitors have to wear high heels of any style and color. The thickness of platform must not exceed 50 mm. The height of heels must not exceed 150 mm. Hair can be styled. Epidermis should look natural with healthy tan. It is recommended to use tanning color (we recommend Jan Tana or Pro Tan), shimmering effects are not prohibited. Jewels are allowed in case they are elegant. Each competitor will be given an overall score in each round with an overall tabulation of points between all rounds.

Awards presentation

The announcement of winners:

1. The top six competitors are called onstage, in a numerical order.
2. Top 6 finalists are awarded with prizes in order from 6th place to 1st place.
3. At championships (not cups), top three finalists receive gold, silver and bronze medals

FITNESS FIGURE

Evaluation criteria:

This category is intended for advanced athletes. In the category of fitness figure, the emphasis is put on aesthetics and beauty combined with a sporty character. Assessment is focused on symmetry and mutual harmony of individual muscle groups with the possibility of being slightly cut and shredded, and sex-appeal. Warning - this is not bodybuilding. Being too muscular or inadequately shredded is penalized. The overall impression should be likable, should exude strength and enjoyment. Fitness Figure category does not contain free posing routine.

Competition:

- 1st round - Semi-Finals (prejudging)
 - Symmetry round - two-piece swimsuit (70% points)
- 2nd round - Final
 - Individual walk on stage - two-piece swimsuit (30% points)
 - Announcement of the results

Categories:

Fitness Figure

Fitness Figure 35 + years

Explanation: The category "Fitness Figure 35 + is after reaching 35 years old.

Description of the various rounds of the competition**1st round - Semi-Finals**

Competitors are lined up in numerical order facing judges. Competitors perform four quarter turns to the right according to commands made by the head judge.

At least two and no more than five of competitors are compared at once. Head judge, at his discretion, rejects or corrects judges' requirements for comparison. All comparisons are placed in the middle of the stage and in order from left to right according to judges' decision. Each judge has the right to submit at least one request for comparisons. Every competitor undergoes at least one comparison.

Descriptions of the four quarter turns:**Quarter turn to the right** (standing left side to judges):

Relaxed straight stance, head and eyes facing the same direction as the body, knees together not bent, belly sucked in, chest pushed forward, shoulders back, both arms relaxed hanging along the body, elbows bent, thumbs and fingers together, palms facing the body, arms slightly bent (in the shape of the cup). Position of the hands should cause slight rotation of the upper body to the left side with the left shoulder lower than the right one.

Quarter turn to the right (standing with the back to judges)

Relaxed straight stance, head and eyes in the same orientations as the body, heels together, knees together not bent, belly sucked in, chest pushed forward, shoulders back, both arms relaxed hanging along the body, elbows slightly bent, thumbs and fingers together, palms facing the body, arms slightly bent (in the shape of the cup).

Quarter turn to the right (standing right side to judges):

The same as the first quarter turn, but this time standing right side to judges.

Quarter turn to the right = Face front:

Relaxed straight stance, head and eyes in the same orientations as the body, knees together not bent, belly sucked in, chest pushed forward, shoulders back, both arms hanging relaxed the body, elbows slightly bent, thumbs and fingers together, palms facing the body, arms slightly bent (in the shape of the cup).

Judges can individually compare at least 3, but not more than 4 competitors at once. The head judge, at his discretion, rejects or corrects judges' requirements for comparison. All comparisons are placed in the middle of the stage and in order from left to right according to judges' decision. Each judge has the right to submit at least one request for comparisons. Every competitor undergoes at least one comparison.

Score in the 1st round:

The first round is evaluated using the following criteria:

1, Athletic appearance of the physique, the overall impression, overall athletic muscle development, symmetry and mutual harmony of individual muscle groups with the possibility of being slightly cut and shredded, sex appeal. Assessment shall take into consideration hair, beauty of a face, state of epidermis and its tone, ability to present themselves with confidence.

2. The figure is judged based on the level of overall muscle tone achieved by working out and adequate nutrition. The muscle groups should have a nice and firm appearance with a small amount of body fat. The figure should be neither excessively muscular nor excessively skinny, but slightly cut. A figure, which is considered too muscular or skinny is assessed with lower score.

3. Firmness and tone of epidermis. It should be smooth and healthy looking, without cellulite. Face, hair and make - up should complement the overall impression presented by a competitor.

4. The Presentation of competitors from the point they come to the stage to the moment they leave the stage. The competitor of fitness figure category must always leave the impression of an attractive, healthy and sporty woman.

Clothing - Competitors during this round, wear a two-piece bikini of any color, no thong cut, must cover about 1/3 of the gluteus and the entire front.

Shoes – high heels (the thickness of the platform must not exceed 50 mm, heel height must not be higher than 150 mm).

Skin color – it is recommended Jan Tana or Pro Tan or any other spray tan

2nd round - Finals

Top 6 finalists from the semi-final advance to the finals, which consist of one round (two-piece swimsuit promenade).

The 2nd round is as follows:

1. The top 6 finalists are called to the stage one by one in numerical order and each performs T – walk.
2. After individual presentations all competitors stand in the middle of the stage in one line and in numerical order.
3. Then they perform four quarter turns.
4. After that, finalists are asked to leave the stage.

Awards presentation

Announcement of the results is as follows:

1. The top 6 competitors are called onstage.
2. Six finalists in order from 6th place to 1st place are awarded with prizes.
3. At championships (not cups), top three finalists receive gold, silver and bronze medal.

Clothing - a two-piece bikini any color, no thong cut, must cover about 1/3 of the gluteus and the entire front. Bikini should represent the sense of fashion and design (style).

Hair can be styled. Jewels are allowed in case they are elegant.

Shoes – high heels (the thickness of the platform must not exceed 50 mm, heel height must not be higher than 150 mm).

Skin color - is recommended Jan Tana or Pro Tan or any other spray tan

FITNESS CLASIC

Evaluation criteria:

This category is intended for competitors with a balanced and symmetrically developed figure, and appropriate muscle development. In Fitness Classic, the emphasis is put on aesthetics, flexibility, strength and mastering the choreography of aerobic/ dance routine. Muscularity, vascularity, being cut and muscle mass without subcutaneous fat cannot be in the fitness accepted and therefore such competitors must be assessed with lower score.

Competition:

1st round - Semi-Finals (prejudging)

- Symmetry round (40% points)

2nd round - Finals

- aerobic/ dance routine, the length from 1:30 to 1:45 min. (60% points)
- Announcement of the results

Categories:

Fitness Classic up to 170 cm (inclusive)

Fitness Classic over 170 cm

Description of the various rounds of the competition

1st round - Semi-Finals (prejudging)

Competitors are lined up in numerical order facing judges. Competitors perform four quarter turns to the right according to commands made by the head judge.

At least two and no more than five of competitors are compared at once. Head judge, at his discretion, rejects or corrects judges' requirements for comparison. All comparisons are placed in the middle of the stage and in order from left to right according to judges' decision. Each judge has the right to submit at least one request for comparisons. Every competitor undergoes at least one comparison.

Descriptions of the four quarter turns:

Quarter turn to the right (standing left side to judges):

Relaxed straight stance, head and eyes facing the same direction as the body, knees together not bent, belly sucked in, chest pushed forward, shoulders back, both arms relaxed hanging along the body, elbows bent, thumbs and fingers together, palms facing the body, arms slightly bent (in the shape of the cup). Position of the hands should cause slight rotation of the upper body to the left side with the left shoulder lower than the right one.

Quarter turn to the right (standing with the back to judges)

Relaxed straight stance, head and eyes in the same orientations as the body, heels together, knees together not bent, belly sucked in, chest pushed forward, shoulders back, both arms relaxed hanging along the body, elbows slightly bent, thumbs and fingers together, palms facing the body, arms slightly bent (in the shape of the cup).

Quarter turn to the right (standing right side to judges):

-same as the first quarter turn, but this time standing right side to judges.

Quarter turn to the right = Face front:

Relaxed straight stance, head and eyes in the same orientations as the body, knees together not bent, belly sucked in, chest pushed forward, shoulders back, both arms hanging relaxed the body, elbows slightly bent, thumbs and fingers together, palms facing the body, arms slightly bent (in the shape of the cup).

Judges can individually compare at least 3, but not more than 5 competitors at once. The head judge, at his discretion, rejects or corrects judges' requirements for comparison. All comparisons are placed in the middle of the stage and in order from left to right according to judges' decision. Each judge has the right to submit at least one request for comparisons. Every competitor undergoes at least one comparison.

Evaluation in the 1st round:

The first round is evaluated using the following criteria:

- 1, Athletic appearance of the physique, the overall impression, overall athletic muscle development, presenting a balanced and symmetrically developed figure, state of epidermis and its tone, ability to present themselves with confidence.
- 2, Muscle groups should have a nice and firm appearance with a small amount of body fat. The figure should be neither excessively muscular nor excessively skinny, without separation and being cut. A figure, which is considered too muscular or being extremely cut is assessed with lower score.
3. Firmness and tone of epidermis. It should be smooth and healthy looking, without cellulite. Face, hair and make - up should complement the overall impression presented by a competitor.

4. . The Presentation of competitors from the point they come to the stage to the moment they leave the stage The competitor of fitness classic category must always leave the impression of an attractive, healthy, athletic and fit contestant.

All attributes of evaluation in round 1 also apply to the finals.

Clothing - - a two-piece bikini any color, no thong cut, must cover about 1/3 of the gluteus and the entire front. Bikini should represent the sense of fashion and design (style).

Hair can be styled. Jewels are allowed in case they are elegant.

Shoes – high heels (the thickness of the platform must not exceed 50 mm, heel height must not be higher than 150 mm).

Skin color - is recommended Jan Tana or Pro Tan or any other spray tan

2nd round - Finals

Top 6 finalists from the semi-final advance to the finals, which consist of one round (aerobic/dance routine).

In this round, competitors perform the routine to a song of their choice, where the length of song might vary from 1:30 to 1:45 min. Assessment of the figure also includes the full presentation of competitors from the point they come to the stage until the moment they leave the stage. During this round, only the performance of routines is judged, not the figure. The aerobic/ dance routine should be well created with well prepared choreography, and performed in high pace.

Assessment:

1. Showmanship with the overall artistic impression
 2. Basic gymnastic and acrobatic elements that must be performed with perfect technique
 3. Elements of flexibility. - High kick, middle/side split. The number of elements of flexibility, their degree of difficulty and overall creativity should be taken into account in decision-making of the routine.
 4. Power elements (can be used even from sports aerobics). The power elements include, for example – straddle hold (to straddle with hands support), pushups on one or both hands, gymnastic elements such as front and back flips, wheels.
 5. Dance elements
 6. Speed or tempo of the routine - demonstrates the level of stamina, endurance and energy.
- For example, if two sets contain the same type and number of correct implementation of elements of power and flexibility, the more difficult is the set which is carried out at a faster pace.

Required elements:

During the routine there are required 2 power elements and 2 flexibility elements of your own choice (each lasting 3-5 seconds). Choose the elements, which you are able to perform without mistakes and with ease. Judges must see that you have enough power for a particular element.

Evaluation of aerobic/ dance routine:

All required elements must be included into the routine. Power elements should be performed firmly and correctly, with soft landing. The energetic performance should be maintained throughout the whole routine. Choreography and transitions should be smooth and it should not be obvious that competitor is preparing for the next element. The aerobic/ dance routine should be entertaining and interesting for the audience. Competitors should have contact with the audience and should make use of the entire stage, music, or possibly some props . Personality, charisma, stage presentation, charm and natural rhythm, they make important role for assessment of the competitor.

Awards presentation

The announcement of winners:

1. The top 6 competitors are called onstage.
2. Six finalists in order from 6th place to 1st place are awarded with prizes.
3. At championships (not cups), top three finalists receive gold, silver and bronze medal.

Clothing - competitors are dressed in any costume and tight-fitting sportswear. Hair can be styled. Jewelry can be worn with appropriate flair.

Shoes - sports shoes

Skin color – it is recommended Jan Tana or Pro Tan or any other spray tan

MS. PHYSIQUE

Evaluation criteria:

This category is slightly different from women's bodybuilding category. Competitors are required to have rather low body fat; separation, hardness, symmetry and definition of muscles; mutual harmony of individual muscle groups, and muscle mass, but still aesthetical figure. It should be noted that this is not women's bodybuilding, therefore any extremes are assessed with lower score. The overall impression and presentation of competitors must be pleasant, energetic, should exude strength and enjoyment. It is also evaluated alteration of epidermis i.e. color, shine, also pattern and cleanliness of swim wear. Bikini shall not be of thong style and must cover about 1/3 of the gluteus and the entire front. You should not forget your haircut, facial expressions should be appropriate as well as your posing.

Description of rounds of the competition:

1st round - Semi-Finals (prejudging)

- Symmetry round - two-piece bikini (50% points)
- Muscularity round (five mandatory poses)

2nd round - Final

- Free posing routine (maximum 60 seconds)

3rd round - Final

- Muscularity round (five mandatory poses)
- Group posedown (freeposing)
- awards presentation

Description of various rounds of the competition

1st round - Semi-Finals (prejudging)

Symmetry round

Competitors are lined up in numerical order facing judges. Competitors perform four quarter turns to the right according to commands made by the head judge.

At least two and no more than five of competitors are compared at once. Head judge, at his discretion, rejects or corrects judges' requirements for comparison. All comparisons are placed in the middle of the stage and in order from left to right according to judges' decision. Each judge has the right to submit at least one request for comparisons. Every competitor undergoes at least one comparison.

Muscularity round

Based on the requirements of individual judges minimum of two and maximum of four competitors are called out and evaluated in the following mandatory poses:

- a) front double biceps (splayed fingers)
- b) Side Chest (any side)
- c) Side Triceps (any side)
- d) Back Double Biceps (splayed fingers)
- e) Abdominal and Thighs

All individual comparisons are made at the center of the stage. Competitors line up according to judge's requirements. Every competitor undergoes at least one comparison.

2nd round - Final

Free posing routine

Length of the posing routine can last up to 60 seconds. Posing dress code – Posing suit. Time runs from the first tone of music, not from the first pose. The music as well as posing of a competitor is stopped after 60 seconds, therefore it is necessary to prepare the posing routine the way that no poses are made after 60 seconds. During the posing routine competitors should present their physique and show the best poses in which they excel and can handle perfectly. Presentation should be mastered choreographically, spatially and transitions should be coherent. Posing routine should include not only standing poses, but also kneeling, side and rear poses. Music selection should represent competitor's temperament, but also the ability to keep rhythm. Competitors should try to leave an impression on the judges and the audience. Besides bodybuilding poses, competitor can also use some of their individual abilities, which should not prevail over bodybuilding ones, as it is not a competition of fitness but bodybuilding.

3rd round – Final

Symmetry round + Muscularity round

According to results from previous rounds only six top competitors from the semi-finals (prejudging) make it to the finals.

Finalists make all mandatory poses at once (no calling out). The score of final round is added to the score of prejudging.

Group posedown (free posing)

The host of the event can announce the posedown of a category. It is not judged, it is only entertainment for audience and a chance for competitors to present themselves on stage.

Awards presentation

The announcement of winners:

1. The top six competitors are called onstage, in a numerical order.
2. Top 6 finalists are awarded with prizes in order from 6th place to 1st place.
3. At championships (not cups), top three finalists receive gold, silver and bronze medals

Clothing - Competitors are in this category wearing: a two-piece bikini any color, no thong cut, and must cover about 1/3 of the gluteus and the entire front. Hair can be styled.

Shoes – high heels (the thickness of the platform shall not exceed 50 mm heel height shall not be greater than 150 mm).

Skin color - it is recommended Jan Tana or Pro Tan or any other spray tan

WOMEN`S INK/TATTOO

Required Suit

A 2-piece bikini of any style swimsuit will be worn. The swimsuits will cover the frontal area and may wear G-strings and thongs, but are not required.

Judging Criteria

The judges will be looking for a combination of these objectives:

Must have Ink/Tattoos that can be visibility seen.

Poise & General Impression: Overall grooming, personality, self-assurance, composure and carriage.

Symmetry/Proportion- Overall structural harmony of the model's figure relative to the shape and size of various body parts and proportional balance of opposite body parts. The upper and lower extremities should flow aesthetically when viewed from all sides creating a balanced and symmetrical appearance.

Speech is optional to discuss the significance of your ink/tattoos.

Rules

- 1 This category has one round of judging.
- 2 Competitors must wear a two piece bikini of any style.
- 3 Competitors will perform I-Walk, Four Quarter Turns and Comparisons during prejudging.
- 4 The use of props during prejudging and the Night Show is strictly prohibited.
- 5 No music is needed.
- 6 If the division has more than one class the winners of each class will be compared in the same fashion as Pre-judging to determine the Overall Winner.

Divisions

- 1 Open (Open to all)

More Information

Each competitor will come out individually and line up with their class along the front of the stage in the figure relaxed pose. Once the entire class is on stage the Head Judge will direct the class through the quarter-turn comparisons.

Beginning from stage left the competitor will proceed to the back center of the stage, pause facing the audience, walk towards the front of the stage (front center), pause, and line up with the rest of the class in the figure relaxed pose. If you are the first competitor you will begin lining up along the front of the stage to your right (stage right).

Figure Relaxed Pose or Stage Stance – A relaxed pose with head and eyes facing forward, feet are positioned in a “ L-position ” with one foot facing straight ahead and the other foot in a 90-degree angle (as shown in the photo above). Hold your stomach in, keep your chest up by keeping your shoulders back, one hand is place on your hip with other arm hanging relaxed and at the side along the center-line of the body, elbow slightly bent, tips of the fingers at the hip level (no further than 6 inches from the hips).

Beginning from stage left the competitor will proceed to the back center of the stage, pause facing the audience, walk towards the front of the stage (front center), pause, head to their left to the far end of the stage (stage right), pause, head to the far right of the stage (stage left), pause, walk towards the front center of the stage, pause, head to the back center of the stage, pause, exit stage from the same side they started (exit stage left).

This is the competitor’s time to show off their physique & ink/tattoo and/or in the best light to the judges and the audience.

The Prejudging is where the scoring mainly takes place however if your class is close this is the judges last time to see you. So yes, the night show does count.

Description of Quarter Turns:

Quarter Turn Right

Head and eyes facing the same direction as the body, heels together, knees together and slightly bent, stomach in, chest out, shoulders back, left arm hanging relaxed and slightly back from the center-line of the body with a slight bend at the elbow, right arm hanging relaxed and slightly front of the center-line of the body with a slight bend at the elbow. The positioning of the arms will cause the upper body to twist slightly left with the left shoulder lowered and the right shoulder raised.

Quarter Turn Back

Head and eyes facing the same direction as the body, heels together, knees together and slightly bent, stomach in, chest out, shoulders back, both arms hanging relaxed and at the side along the center-line of the body, elbows slightly bent, tips of the fingers at the hips (no further than 6 inches from the body).

Quarter Turn Right

Head and eyes facing the same direction as the body, heels together, knees together and slightly bent, stomach in, chest out, shoulders back, right arm hanging relaxed and slightly back from the center-line of the body with a slight bend at the elbow, left arm hanging relaxed and slightly front of the center-line of the body with a slight bend at the elbow. The positioning of the arms will cause the upper body to twist slightly right with the right shoulder lowered and the left shoulder raised.

Quarter Turn Front

Head and eyes facing the same direction as the body, heels together, knees together and slightly bent, stomach in, chest out, shoulders back, both arms hanging relaxed and at the side along the center-line of the body, elbows slightly bent, tips of the fingers at the hips (no further than 6 inches from the body).

T Walk/ I Walk

Beginning from stage left the competitor will proceed to the back center of the stage, pause facing the audience, walk towards the front of the stage (front center), pause, head to the back center of the stage, pause, exit stage from the same side they started (exit stage left) – Keep in mind a Diva Attitude.

This is the competitor's time to show off their physique in the best light to the judges and the audience. The competitor is encouraged to add in their personality and have fun.

The Pre-judging is where the scoring mainly takes place however if your class is close this is the judges last time to see you. So yes, the night show does count.

NO music is needed, INBA will provide it.

MEN`S/MR. PHYSIQUE

Evaluation criteria:

Category Mr. Physique is intended for men who prefer less muscular, but athletic and aesthetically pleasing physique. Assessment is focused on the athletic body, proportionality, muscularity and mutual harmony of individual muscle groups. This is not a bodybuilding category, so athletes with great muscularity are assessed with lower score. The overall impression and presentation of the competitor must be pleasant, expressing energy, strength and joy of competition. The evaluation takes into account the alteration of epidermis, color, clothing and proper posing.

Remember - the skin should be shaved and recommended spray tan should be used.

Competition:

1st round - Semi-Finals (prejudging)

- Symmetry round

- Muscularity round (60% points)

2nd round - Final

- T-walk

- Symmetry round (40% points)

- Announcement of results

Categories:

Mr. Physique to 170 cm (inclusive)

Mr. Physique than 170 cm

Description of the various rounds of the competition

1st round - Semi-Finals (prejudging)

Score in the 1st round:

The first round is evaluated using the following criteria:

1. Overall athletic appearance of the physique, the overall impression, hair, face, and the overall development of body shape, presenting reasonably balanced, symmetrically developed figure, appropriate alteration of epidermis. Athletes present themselves with confidence, self-control and elegance.
2. The level of overall muscle tone, achieved by training and nutrition. The muscle groups should have a nice and firm appearance with a small amount of body fat. A figure, which is considered too muscular or too skinny, will be assessed with lower score.
3. The Presentation of competitors from the point they come to the stage to the moment they leave the stage. The competitor must leave the impression of attractive, healthy and sporty man.
4. Competitors should be adequately muscular. It is not required to have the excessive separation and definition.

Semifinal consists of the following two rounds:

Symmetry round - competitors enter the stage shirtless and barefoot. They must not perform/ show anything rude, such as posing with exposed buttocks. Competitors line up in numerical order facing judges and perform four quarter turns according to orders of the head judge. "Quarter turn to the right!"

Quarter turns:

This comparison is carried out as follows:

Face front: competitors will stand with one hand resting on the hip and one leg extended forward and slightly to the side.

Quarter turn to the right: competitors perform a quarter turn to right and turn the left side to the judge. Upper body slightly turned toward judges looking at them. Belly sucked in, chest forward, shoulders back, both arms hanging relaxed along the body, elbows bent, thumbs and fingers together, palms facing the body, arms slightly bent (in the shape of the cup). Position of the hands should cause slight rotation of the upper body to the left side with the left shoulder lower than the right one.

Quarter turn to the right: competitors perform the next quarter turn to the right and stand back to judges. Feet are apart no more than 30 cm. One hand rests on the hip, the other hand is relaxed beside the body. They stand straight, not leaning the upper body towards judges.

Quarter turn to the right: competitors perform the quarter turn to the right.

They stand right side to judges, upper body slightly turned toward judges and looking at them. Belly sucked in, chest forward, shoulders back, both arms hanging relaxed along the body, elbows bent, thumbs and fingers together, palms facing the body, arms slightly bent (in the shape of the cup). Position of the hands should cause slight rotation of the upper body to the right side with the right shoulder lower than the left one.

Quarter turn to the right = Face front: competitors perform the last quarter turn to the right and then perform relaxed pose.

Muscularity round:

- a) Front Double Biceps
- b) Side Chest
- c) Side Triceps
- d) Back Double Biceps
- e) Abdominal

Poses Front/Back Lat Spread should not be performed. As well as poses, in which the athlete show his muscularity - (aesthetic figure is assessed)

Judges can individually compare at least 3, but not more than 5 competitors at once. The head judge, at his discretion, rejects or corrects judges' requirements for comparison. All comparisons are placed in the middle of the stage and in order from left to right according to judges' decision. Each judge has the right to submit at least one request for comparisons. Every competitor undergoes at least one comparison.

2nd round - Final

Top 6 competitors from the semi-finals advance to the finals, which consist of one round (promenade in loose shorts).

2nd round is as follows:

1. The top 6 finalists are invited on stage at once, in numerical order and one by one perform T - walk: Competitor comes to the center of the stage, where he stops and makes any pose, then turns right and makes 5 steps, stops and perform any pose, then turns left, makes 10 steps to the other side, stops and makes any pose, the competitor then walks to the base line in the back of the stage. Movement creativity is allowed during the promenade.
2. Competitors move to the middle of the stage in one line and in numerical order.

3. A whole line performs quarter turns. It is assessed: the symmetry, proportionality, shape of the figure.
4. After quarter turns finalists are asked to leave the stage.

Awards presentation

Announcement of the results is as follows:

1. The top 6 competitors are called onstage.
2. Six finalists in order from 6th place to 1st place are awarded with prizes.
3. At championships (not cups), top three finalists receive gold, silver and bronze medal.

Performance on stage:

Competitors are invited to walk through the stage in broad beach shorts, which must be directly above the knee and above the navel. Shirts and shoes are not allowed as well as any rude gestures. Judges are looking for an athlete with the best presentation of himself compared to his personality, which is presented to the audience. Logos on shorts are not allowed.

The clothes

Clothes for all rounds: loose beach shorts, which must meet the following criteria:

1. The competitor may choose a material and color by himself
2. Neither tight nor elastic shorts are allowed
3. No logos of sponsors are allowed on shorts - however, the manufacturer's logo is allowed
4. Neither jewelry nor other accessories are allowed

Shoes - no

Color – it is recommended Jan Tana or Pro Tan or any other spray tan

MEN'S SPORTS MODEL

Required Suit

Sports Theme Outfit OR Fashionable Gym Wear

Personality and Creativity may be displayed in Outfit

Judging Criteria

Consists of One Round

Judging Criteria is based on presentation, overall suave, personality, athletic conditioned body, and marketability. The competitor will need to deliver a 30 second speech on their philosophy of fitness.

Round 1- Consists of T-Walk OR I Walk , and a 30 second speech on the competitor's philosophy of fitness. Symmetry of Proportion: Definition: Correspondence in size, shape, and relative position of parts on opposite sides of a dividing line or center of axis.

Competitors will make quarter turns to the right on command.

Individual Posing

Perform a T-Walk OR I-Walk

T- Walk:

Start from the back center stage marker

Walk to the front center stage marker

Walk to the left stage marker

Walk to the right stage marker

Walk back to the center stage marker, display back pose

I-Walk:

Start from the back center stage marker

Walk to the front center stage marker, display front and back pose

*****The Back Pose is the last pose performed during T-Walk OR I-Walk*****

Not following the markers on stage and the steps listed above may result in deduction of points. (The markers on stage represent the best lighting for judges and photographers)

CLASSIC PHYSIQUE

Evaluation criteria:

Consists of Two Rounds: Group comparison and posing routine.

Judging Criteria is based on symmetry, muscularity, definition, (conditioning) and stage presence.

Round 1- Symmetry of Proportion: Definition: Correspondence in size, shape, and relative position of parts on opposite sides of a dividing line or median plan or center of axis.

Competitors will be instructed by the Head Judge to stand erect with their feet together, and arms down to their sides of their torso, shoulders and head facing directly front.

Competitors will make quarter turns to the right on command as they are judged on overall balance, shape of their physique. Their structure should be overall aesthetically pleasing from all four sides viewed.

Symmetry is defined as the proportional balance of opposite body parts such as:

- Shoulder caps to the arms and to the calfs
- Barrel of the chest to the quadriceps together
- Upper torso tapering down to the waist and hips

Description of Quarter Turns:

Quarter Turn Right

Head and eyes facing the same direction as the body, heels together, stomach in, chest out, shoulders back, left arm hanging relaxed and slightly back from the center-line of the body with a slight bend at the elbow, right arm hanging relaxed and slightly front of the center-line of the body with a slight bend at the elbow. The positioning of the arms will cause the upper body to twist.

Quarter Turn Back

Head and eyes facing the same direction as the body, heels together, stomach in, chest out, shoulders back, both arms hanging relaxed and at the side along the center-line of the body, elbows slightly bent.

Quarter Turn Right

Head and eyes facing the same direction as the body, heels together, stomach in, chest out, shoulders back, right arm hanging relaxed and slightly back from the center-line of the body with a slight bend at the elbow, left arm hanging relaxed and slightly front of the center-line of the body with a slight bend at the elbow. The positioning of the arms will cause the upper body to twist slightly.

Quarter Turn Front

Head and eyes facing the same direction as the body, heels close, stomach in, chest out, shoulders back, both arms hanging relaxed and at the side along the center-line of the body, elbows slightly bent.

Quarter turns are feet flat on the floor.

Round 1- Muscularity, Definition & Separation: Competitors will perform a number of mandatory poses and "Classic Physique" poses on command of the Head Judge. The competitors will be judged on overall muscularity and size, muscle shape and fullness, and muscle density.

Definition is judged on the competitor's distinct muscular detail level that separates the different muscle groups of their physique while attaining the mass and fullness of their muscle groups. A very conditioned and very stringy runners look is NOT acceptable in this division.

Mandatory Poses

Front Double Biceps

Front Lat Spread

Abdominal and Quadriceps

Left Side Chest

Left Side Triceps

Rear Double Biceps w/ Right Calf Flexed

Rear Lat Spread w/ Left calf Flexed

Rear Double Calf Flexed

Right Side Chest

Right Side Triceps

Hands on Hips Most Muscular

Crab (The Hulk) Most Muscular

Individual Posing Routine (Round 2)

Each competitor will be allowed a maximum of 90 seconds (some events will have a max of 60 seconds) Creativity and “Classic Physique” Pose(s) must be portrayed in posing routine along with presentation of physique and physical conditioning in the overall routine.

FITNESS CHILDREN

Evaluation criteria:

The aim of the category - Fitness children is to improve overall abilities and general physical condition, to develop good posture and strength maintaining healthy lifestyle, to give children the opportunity to show their talents in front of an audience. This category should include a variety of physical activities. The goal is to show a profound aerobic/ dance routine with static and dynamic elements. The routine must contain some elements of flexibility, strength and acrobatics. It is undesirable that the routine contains only gymnastic elements, without any choreography. Competitors should communicate to an audience by gestures or facial expressions. The emphasis is on the technical part of the routine and proper posture. Clothing and footwear should be tasteful and imaginative at the same time, jewelry is not allowed. Length of aerobic/ dance routine should be from 1:30 to 1:45 minutes.

There is only one round of the competition:

- aerobic/ dance routine (1:30 to 1:45 min)

Categories:

Fitness Children aged 8 - 11 years

Fitness Children from 12 - 15 years

If the competitor reaches the age of higher category on the day of competition, competitor must start in that category.

Description of the various rounds of the competition:

Children line up in numerical order and then they are invited to perform the aerobic/ dance routine one by one.

The free routine should include:

- **Flexible elements** - a pancake , front/side split, pike , high kick, long jump, bridge
- **Acrobatics** - cartwheel (two-handed, one-handed), handstand, forward roll, backward roll (dive forward/backward roll is prohibited either straight leg or tucked dive rolls!).
- **Power elements** – wide-grip or close-grip push-ups, transmissions of weight with support on elbows, plank and endurance.
- **Props** – props like jump rope, bosu, chair etc.
- **Costume** – it is assessed: creativity, decoration; It should be related to the selection of music and choreography.
- **Music** - music selection is individual. In one show it might be used a maximum of 3 songs, music effects might be included, songs might be without lyrics.
- **Hair** - styled the way that the competitor's face is not covered, glitters are allowed as well as earrings, other jewelry is not allowed.

Awards presentation

The announcement of winners:

1. The top six competitors are called onstage, in a numerical order.
2. Top 6 finalists are awarded with prizes in order from 6th place to 1st place.

3. At championships (not cups), top three finalists receive gold, silver and bronze medals.

NATURAL BODYBUILDING – PHYSICALLY CHALLENGED

Evaluation criteria:

It assessed: the symmetry, muscularity and definition (i.e. not extreme, which could look as being too shredded), the overall impression and presentation. The overall impression and performance of an athlete should be likable and energetic, should exude strength and enjoyment. It is also evaluated alteration of epidermis.

During the competition:

1st round - Semifinal (prejudging)

- Symmetry round
- Muscularity round (mandatory poses - if possible)

2nd round - Final

- Muscularity round
- posedown
- awards presentation

Category:

- Standing category
- Wheelchair category

Description of the various rounds of the competition

1st round - Semi-Finals

Symmetry round

Competitors line up in numerical order facing judges and perform four quarter turns (if necessary they may be assisted by their coach).

Muscularity round

Based on the requirements of individual judge, competitors are asked to perform some of the seven mandatory poses (defined by the head judge upon the request of judges) – Front double biceps, Front Lat Spread, Side Chest, Back Double Biceps, Back Lat Spread, triceps Side, Abdominal and Thighs

2round - Final

Muscularity round

Finalists make all mandatory poses at once (no calling out). The score of final round is added to the score of prejudging.

Posedown

The host of the event can announce the posedown of a category. It is not judged, it is only entertainment for audience and a chance for competitors to present themselves on stage.

The clothes

Clothes for all rounds: loose sweatpants, which must meet the following criteria:

1. The contestant may choose a material and color
2. Neither tight nor elastic clothing is allowed
3. Neither logos of sponsors nor clubs are allowed –only manufacturer's logo is allowed.
4. Neither jewelry nor other accessories are allowed

Shoes – sport shoes

Skin color – it is recommended Jan Tana or Pro Tan or any other spray tan

FITNESS MEN

Evaluation criteria:

The assessment in Fitness men's category is focused on aesthetic , flexibility, strength and mastering the choreography of routine. The highest priority is to master the aerobic/ dance routine. The assessment is also focused on the symmetry of figure and mutual harmony of individual muscle groups with slight definition.

The overall impression and performance of an athlete should be likable and energetic, should exude strength and enjoyment. It is also evaluated alteration of epidermis i.e. color, shine,

During the competition:

1st round – Semifinal (prejudging)

- Symmetry round (40% points)

2nd round – Finals

- Aerobic/ dance routine - the length of 1:30 - 1:45 min. (60% points)

- Awards presentation

Description of the various rounds of the competition

1st round - Semi-Finals

Competitors line up in numerical order facing judges and perform four quarter turns according to orders of the head judge.

Descriptions of the four quarter turnover:

Quarter turn to the right (standing left side to judges):

Relaxed straight stance, head and eyes facing the same direction as the body, knees together not bent, belly sucked in, chest pushed forward, shoulders back, both arms relaxed hanging along the body, elbows bent, thumbs and fingers together, palms facing the body ,arms slightly bent (in the shape of the cup). Position of the hands should cause slight rotation of the upper body to the left side with the left shoulder lower than the right one.

Quarter turn to the right (standing with the back to judges)

Relaxed straight stance, head and eyes in the same orientations as the body, heels together, knees together not bent, belly sucked in, chest pushed forward, shoulders back, both arms relaxed hanging along the body, elbows slightly bent, thumbs and fingers together, palms facing the body, arms slightly bent (in the shape of the cup).

Quarter turn to the right (standing right side to judges):

The same as the first quarter turn, but this time standing right side to judges.

Quarter turn to the right = Face front:

Relaxed straight stance, head and eyes in the same orientations as the body, knees together not bent, belly sucked in, chest pushed forward, shoulders back, both arms hanging relaxed the body, elbows slightly bent, thumbs and fingers together, palms facing the body,arms slightly bent (in the shape of the cup).

Judges can individually compare at least 3, but not more than 5 competitors at once. The head judge, at his discretion, rejects or corrects judges' requirements for comparison. All comparisons are placed in the middle of the stage and in order from left to right according to judges' decision. Each judge has the right to submit at least one request for comparisons. Every competitor undergoes at least one comparison.

Evaluation in the 1st round:

The first round is evaluated using the following criteria:

1, Athletic appearance of the physique, the overall impression, overall athletic muscle development, presenting a balanced and symmetrically developed figure, state of epidermis and its tone, ability to present themselves with confidence.

2, Muscle groups should have a nice and firm appearance with a small amount of body fat. The figure should be neither excessively muscular nor excessively skinny, without separation and being cut. A figure, which is considered too muscular or being extremely cut is assessed with lower score.

3. Firmness and tone of epidermis. It should be smooth and healthy looking, without cellulite. Face, hair should complement the overall impression presented by a competitor.

4, . The Presentation of competitors from the point they come to the stage to the moment they leave the stage The competitor of fitness classic category must always leave the impression of an attractive, healthy, athletic and fit contestant.

All attributes of evaluation in round 1 also apply to the finals.

Clothing - elastic shorts of any color. Hair can be styled.

Shoes – no

Skin color – it is recommended Jan Tana or Pro Tan or any other spray tan

2nd round - Finals

Top 6 finalists from the semi-final advance to the finals, which consist of one round (aerobic/dance routine).

In this round, competitors perform the routine to a song of their choice, where the length of song might vary from 1:30 to 1:45 min. Assessment of the figure also includes the full presentation of competitors from the point they come to the stage until the moment they leave the stage. During this round, only the performance of routines is judged, not the figure. The aerobic/ dance routine should be well created with well prepared choreography, and performed in high pace.

Evaluation criteria:

1. Showmanship with the overall artistic impression
2. Basic gymnastic and acrobatic elements that must be performed with perfect technique
3. Elements of flexibility. - High kick, middle/side split. The number of elements of flexibility, their degree of difficulty and overall creativity should be taken into account in decision-making of the routine.
4. Power elements (can be used even from sports aerobics). The power elements include, for example – straddle hold (to straddle with hands support), pushups on one or both hands, gymnastic elements such as front and back flips, wheels, flips are not considered power elements.
5. Dance elements
6. Speed or tempo of the routine - demonstrates the level of stamina, endurance and energy.
7. Music designed for the choreography of max. 3 tracks
8. Costume related to choreography

Required elements:

During the routine there are required 2 power elements and 2 flexibility elements of your own choice (each lasting 3-5 seconds). Choose the elements, which you are able to perform without mistakes and with ease. Judges must see that you have enough power for a particular element.

Evaluation of aerobic/ dance routine:

All required elements must be included into the routine. Power elements should be performed firmly and correctly, with soft landing. The energetic performance should be maintained throughout the whole routine. Choreography and transitions should be smooth and it should not be obvious that competitor is preparing for the next element. The aerobic/ dance routine should be entertaining and interesting for the audience. Competitors should have contact with the audience and should make use of the entire stage, music, or possibly some props . Personality, charisma, stage presentation, charm and natural rhythm, they make important role for assessment of the competitor.

Awards presentation

Announcement of the results is as follows:

1. The top 6 competitors are called onstage.
2. Six finalists in order from 6th place to 1st place are awarded with prizes.
3. At championships(not cups), top three finalists receive gold, silver and bronze medal.

Clothing - any costume and sportswear. Hair can be styled.

Footwear - sports shoes.

Skin color – it is recommended Jan Tana or Pro Tan or any other spray tan

MEN`S INK/TATTOO

Required Suit

Swim Wear

Judging Criteria

The judges will be looking for a combination of these objectives:

Must have Ink/Tattoos that can be visibility seen.

Poise & General Impression: Overall grooming, personality, self-assurance, composure and carriage.

Symmetry/Proportion- Overall structural harmony of the model's figure relative to the shape and size of various body parts and proportional balance of opposite body parts. The upper and lower extremities should flow aesthetically when viewed from all sides creating a balanced and symmetrical appearance.

Speech is optional to discuss the significance of your ink/tattoos.

Rules

- 1 This category has one round of judging.
- 2 Competitors must wear swimwear any style.
- 3 Competitors will perform I-Walk, Four Quarter Turns and Comparisons during Prejudging.
- 4 The use of props during prejudging and the Night Show is strictly prohibited.
- 5 No music is needed.
- 6 If the division has more than one class the winners of each class will be compared in the same fashion as Pre-judging to determine the Overall Winner.

Divisions

- 1 Open (Open to all)

More Information

Each competitor will come out individually and line up with their class along the front of the stage in the figure relaxed pose. Once the entire class is on stage the Head Judge will direct the class through the quarter-turn comparisons.

Beginning from stage left the competitor will proceed to the back center of the stage, pause facing the audience, walk towards the front of the stage (front center), pause, and line up with the rest of the class in the figure relaxed pose. If you are the first competitor you will begin lining up along the front of the stage to your right (stage right).

Stage Stance – A relaxed pose with head and eyes facing forward, feet are positioned in a “ L-position ” with one foot facing straight ahead and the other foot in a 90-degree angle (as shown in the photo above). Hold your stomach in, keep your chest up by keeping your shoulders back, one hand is place on your hip with other arm hanging relaxed and at the side along the center-line of the body, elbow slightly bent, tips of the fingers at the hip level (no further than 6 inches from the hips).

Beginning from stage left the competitor will proceed to the back center of the stage, pause facing the audience, walk towards the front of the stage (front center), pause, head to their left to the far end of the stage (stage right), pause, head to the far right of the stage (stage left), pause, walk towards the front center of the stage, pause, head to the back center of the stage, pause, exit stage from the same side they started (exit stage left).

This is the competitor's time to show off their physique & ink/tattoo and/or in the best light to the judges and the audience.

The Prejudging is where the scoring mainly takes place however if your class is close this is the judges last time to see you. So yes, the night show does count.

Description of Quarter Turns:

Quarter Turn Right

Head and eyes facing the same direction as the body, heels together, knees together and slightly bent, stomach in, chest out, shoulders back, left arm hanging relaxed and slightly back from the center-line of the body with a slight bend at the elbow, right arm hanging relaxed and slightly front of the center-line of the body with a slight bend at the elbow. The positioning of the arms will cause the upper body to twist slightly left with the left shoulder lowered and the right shoulder raised.

Quarter Turn Back

Head and eyes facing the same direction as the body, heels together, knees together and slightly bent, stomach in, chest out, shoulders back, both arms hanging relaxed and at the side along the center-line of the body, elbows slightly bent, tips of the fingers at the hips (no further than 6 inches from the body).

Quarter Turn Right

Head and eyes facing the same direction as the body, heels together, knees together and slightly bent, stomach in, chest out, shoulders back, right arm hanging relaxed and slightly back from the center-line of the body with a slight bend at the elbow, left arm hanging relaxed and slightly front of the center-line of the body with a slight bend at the elbow. The positioning of the arms will cause the upper body to twist slightly right with the right shoulder lowered and the left shoulder raised.

Quarter Turn Front

Head and eyes facing the same direction as the body, heels together, knees together and slightly bent, stomach in, chest out, shoulders back, both arms hanging relaxed and at the side along the center-line of the body, elbows slightly bent, tips of the fingers at the hips (no further than 6 inches from the body).

T Walk/ I Walk

Beginning from stage left the competitor will proceed to the back center of the stage, pause facing the audience, walk towards the front of the stage (front center), pause, head to the back center of the stage, pause, exit stage from the same side they started (exit stage left) – Keep in mind a Diva Attitude.

This is the competitor's time to show off their physique in the best light to the judges and the audience. The competitor is encouraged to add in their personality and have fun.

The Pre-judging is where the scoring mainly takes place however if your class is close this is the judges last time to see you. So yes, the night show does count.

NO music is needed, INBA will provide it.

MIXED PAIRS – NATURAL BODYBUILDING

Evaluation criteria:

It is assessed: the symmetry of figures, mutual harmony of muscle groups and muscularity, definition (i.e. not extreme, which could look as being too shredded). The overall impression and performance of a pair should be likable and energetic, should exude strength and enjoyment. It is also evaluated the interplay of a couple. Assessment of the posing routine focuses on the form of each athlete, choreography, interplay of a couple and creativity.

This category is intended for competitors of men categories as Natural bodybuilding and for women of Fitness model or Ms. Physique category.

Competition:

1st round – Semifinal (prejudging)

- Symmetry round (50% points)
- Muscularity round (mandatory poses)

Round 2 - Finals (50% points)

- posing routine (over maximum 60 seconds)
- posedown
- awards presentation

Description of the various rounds of the competition

1st round – Semi-Finals (prejudging)

Symmetry round

Couples line up in numerical order facing judges and perform four quarter turns according to orders of the head judge

Muscularity round

Based on requirements of an individual judge, couples are called out and compared, minimum two and maximum four couples in the following mandatory poses:

- a) Front double biceps
- b) Side Chest
- c) Side Triceps
- d) Back Double Biceps
- e) Abdominal and Thighs

All individual comparisons are made at the center of the stage. Couples line up according to judge's requirements. Every couple undergoes at least one comparison.

Round 2 - Finals

Posing routine

Length of the posing routine can last up to 60 seconds. Time runs from the first tone of music, not from the first pose. The music as well as posing of a couple is stopped after 60 seconds, therefore it is necessary to prepare the posing routine the way that no poses are made after 60 seconds. During the posing routine couples should present their physique and show the best poses in which they excel and can handle perfectly. Presentation should be mastered choreographically, spatially, transitions should be coherent and it should be synchronized. . Posing routine should include not only standing poses, but also kneeling, side and rear poses. Music selection should represent couple's temperament, but also the ability to keep rhythm. Couples should try to leave an impression on the judges and the audience. Besides bodybuilding poses, competitors can also use some of their individual abilities, which should not prevail over bodybuilding ones, as it is not a competition of fitness but bodybuilding.

3rd round – Final

Muscularity round (50%).

Posedown

The host of the event can announce the posedown of a category. It is not judged, it is only entertainment for audience and a chance for competitors to present themselves on stage.

Awards presentation

The announcement of winners:

1. The top six competitors are called onstage, in a numerical order.
2. Top 6 finalists are awarded with prizes in order from 6th place to 1st place.
3. At championships (not cups), top three finalists receive gold, silver and bronze medals.

Clothing:

Female competitors: a two-piece bikini of any color, thong bikinis are not allowed, it has to cover about one third of the gluteus and the entire front area. . Hair can be styled. Jewelry can be worn with appropriate flair.

Male competitors: posing suit, which must meet the following criteria:

1. Opaque.
2. Color, material and structure are up to competitors.
3. No decorations, trim on the edges, embroidery edges or hems.

4. The minimum height of sides is 1 cm and it covers at least half of gluteus maximus and the whole front.
5. No jewelry or other accessories.
6. No equipment/ props allowed.

Shoes – not allowed

Skin color - it is recommended Jan Tana or Pro Tan or any other spray tan