



New rules 2011 for the category Miss Fitness

Article 1 - General

In this category, the emphasis is placed on an advanced sporting physique.

This category must be made of competitors having a worked physique, while keeping the line and the femininity.

The following criteria are applicable to establish the placing:

- the **line** and the **proportions** must be of **first importance** in the establishment of the placings.
- **the muscular volume doesn't have to be too important.**
- the forms, although athletic, must stay **gentle and feminine.**
- the emphasis must be placed on the muscular **tone.**
- **the muscular definition doesn't have to be too marked.** No muscle must be streaked. The thighs must be slightly cut. The abdominal muscles are just noticeable.
- **the vascularity doesn't have to be noticeable,** but the one resulting from the physiological appearance of the person. The marked veins on the abdominal muscles, the shoulders or the thighs are only the result of a too important drying work and are not allowed.
- the aspect of the skin, the tan and the care given to the hairstyle and the making-up are also parts of the judgement.

The athlete must obviously radiate health and not have a tired physique and an emaciated face, side effects of a strict diet.

Before the beginning of the prejudging:

- An evaluation of the competitors is made by the members of the World Decision committee.
- All the Miss Fitness are called at the same time on stage for an evaluation. This evaluation is made according to the system of the relaxed 4 sides. The competitors who don't correspond to the following criteria are excluded from the category.
- Then they have the possibility to present themselves as Miss Body Fitness (providing that they respect the criteria of this category) or to give up the competition.

Article 2 - Course of the prejudging and the finale

1. Prejudging:

- a. individual posing
- b. presentation of the 4 sides in posing suit
- c. comparisons

2. Finale:

- a. presentation of the 4 sides in posing suit, for all the competitors.
- b. selection of the 6 finalists.
- c. comparisons of the 6 finalists.
- d. individual posing for the 6 finalists.
- e. proclamation of the results.

Article 3 - Dress for the individual posing

All the Miss Fitness can make their posing **in the dress they want**. It can be made of a standard posing suit, of shorts, undershirt and sneakers, or of any costume; the body of the athlete doesn't have to be completely covered during the whole posing. Indecent poses, as well as enticing routines, are forbidden.

Article 4 - Presentation for the individual posing

1. Each competitor will be called onstage in order to realize her Fitness choreography on a music of her choice.
2. The competitor is given the choice of the posing.
3. The length of the posing act won't exceed 1'00.
4. A purely body-building behaviour is not desirable
5. Indecent poses, as well as enticing routines, are forbidden and sanctioned

Article 5 - Evaluation of the individual posing

The jury will first place the emphasis on the artistic and athletic choreography.

The results for the final note: **20 % for the posing**.

Article 6 - Dress for the presentation of the 4 sides in posing suit

- The bathing suit colour is as the athlete chooses.
- accessories: no artifice can exceed the bathing suit.
- too suggestive or night clubs bathing suits are forbidden.

In order to avoid any dispute during the competition, the competitors will show their bathing suit during the registration.

- high-heeled shoes are mandatory.
- jewels and other accessories (piercings,...) are forbidden, except the wedding rings and the earrings.

Article 7 - Description of the presentation of the 4 sides

1. Front

Standing position, relaxed, head and eyes in the same direction as the body, **feet joined, heels touching the floor**, arms standing by the body.

2. Profile (right and left)

Standing position, relaxed, head and eyes in the same direction as the body, **feet joined, heels touching the floor**. The position of the arms will make the top of the body slightly turn to the right. This position cannot be exaggerated

3. Back

Standing position, relaxed, head and eyes in the same direction as the body, **feet joined, heels touching the floor**, arms standing by the body.

N.B.: It is forbidden to tense the muscles. The competitors who won't have the correct position will receive a warning, then they will lose points.

Article 8 - Evaluation of the presentation of the 4 sides in posing suit

1. The jury will first place the emphasis on the general line, the proportions, the symmetry and the tone of the athlete.
2. Other more objective criteria, such as the femininity and the "look" of the competitor, will also be taken into account. Example: the care given to the hairstyle, to the quality of the skin,...

Article 9 - Description of the comparison

- fullface, back
- right profile, pectoral muscles - biceps
- right profile, triceps
- back, double biceps
- back, dorsal muscles
- left profile, pectoral muscles - biceps
- left profile, triceps
- front, double biceps

Article 10 - Evaluation of the physique

The jury will first place the emphasis on the general line, the proportions, the symmetry and the tone of the athlete.

At any time, the competitor must show an athletic, fit and healthy physique.

The results for the final note: 80 % for the physique

Article 11 - Holding of an equivalent physical condition between the prejudging and the final

If the athlete presents, during the final, by lack of seriousness, a physical condition inferior to the one he had during the prejudging, the placing will be reconsidered and a new judgement could be made.