



New rules 2011 for the category Miss Shape

Article 1 - General

This category must be made of competitors presenting an athletic physique, combining the line, the aestheticism and the beauty. It must allow girls who don't want to have a too important muscular volume to take part into competitions.

The following criteria are applicable to establish the placing:

- **the muscular volume must be sharply inferior** to the one of Miss Fitness.
- **the muscular definition has to be slightly marked.** There mustn't be any noticeable muscular streak.
- **the vascularity doesn't have to be noticeable**, but the one obviously resulting from a physiological characteristic of the person .
- the emphasis must be placed on the **general** line, the **proportions**, the **symmetry**.
- Some other more subjective criteria, such as **the femininity**, the natural beauty and the "look" of the competitor are also taken into account.

The care given to the making-up, the hairstyle, the choice of the bathing suit, the shoes and all the other tricks can also be decisive in the establishment of the placing.

The misses who are too muscled or who present a too important muscular definition will not be allowed to take part in this category.

Before the beginning of the prejudging:

- An evaluation of the competitors is made by the members of the World Decision Committee.
- All the Miss Shape 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 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 bathing suit
- c. comparisons

2. Finale:

- a. Presentation in bathing 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 Shape 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 cannot be completely hidden during the whole posing. Indecent poses, as well as enticing routines, are forbidden.

Article 4 - Presentation of the individual posing

1. Each competitor will be called onstage in order to make her choreography on a music of her choice.
2. The competitor can choose her posing.
3. The duration of a posing cannot exceed 1'00.
4. Indecent poses, as well as enticing routines, are forbidden.
5. The purely body-building poses are strictly forbidden.

Article 5 - Evaluation of the individual posing

1. The jury will take into account in his placing the competitor who will have shown refinement and originality in her performance and who, as a consequence, will have presented a posing that demonstrates hard work.
2. Movements of flexibility will also be taken into account.

The results for the final note: **50 % for the posing**.

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

1. The bathing suit colour is as the athlete chooses.
2. accessories: no artifice can exceed the bathing suit.
3. 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 - Presentation for 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 physique

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

At any moment, the competitor must show an athletic, really fit, healthy physique.

The results for the final note: 50 % for the physique.

Article 9 - Holding of an equivalent physical condition between the prejudging and the finale

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.