



## NSABBA FITNESS DIVISION

### COMPETITOR RULES:

- Competitors will compete in a two-piece suit and fitness routine suit of their choice. The bikini bottom must cover a minimum of 1/2 of the gluteus maximus and all of the frontal area. Strings and thongs are strictly prohibited. All swimsuits must be in good taste. Athletes will be warned about improper suits and are advised to bring two (2) suits to check in. Athletes will be scored down if the suit is not up to standard
- Fitness will have a 90 second judged routine round.
- Competitors must wear high, platform high-heels will be strictly prohibited - keep soles to a MAXIMUM of ½ inch (2 piece round).
- Competitors may wear jewellery provided it is good taste.
- Hair may be styled
- Athletes are expected to have a natural and healthy looking tan. Staining, removable bronzers are strictly prohibited.
- The NSABBA Chief Official, or delegated representative, will have the right to determine if a competitor's attire meets an acceptable standard of taste and decency. If these standards are not met, the official has the right to remove the competitor from stage and have them change attire.
- **NSABBA contests do not permit competitors to cross over into Bodybuilding, Figure, Fitness, Physique or Bikini at the same event.**

### HEIGHT CLASSES:

- Up to and including 5'3"
- Over 5'3"

### CHECK INS

Fitness division competitors will be checked in and measured at registration. Suits will be verified by the Head Judge or designate.

## **COMPETITION JUDGING**

### **Presentation:**

- Competitors will walk to the center of the stage alone and perform quarter (1/4) turns, face the judges as directed then proceed to the side of the stage, standing on angle to back of stage.

### **Round 1 - Scored Comparison Round – Two Piece Swimsuit:**

- Competitors will be judged wearing a two-piece swimsuit and high heels.
- The competitors will be brought back out in a group and directed to do quarter turns.
- Judges will have the opportunity to compare competitors against each other in quarter turns.

### **Scoring:**

Judges will be scoring competitors using the following criteria:

- Small degree of muscularity with separation, no visible striations
- Overall muscle tone with shapely lines, overall firmness and not excessively lean
- Full-body general assessment
- Healthy appearance
- Make-up
- Skin tone

### **Round 2 - Scored Routine Round – 90 Second:**

- Athletes perform a 90 second maximum personal routine to music of their choice.
- Costumes may be worn.
- No props allowed.

### **Scoring:**

Judges will be scoring competitors using the following criteria:

- Style
- Personality
- Athletic coordination
- Strength moves
- Endurance and overall performance.
- Contestants should give special attention to their apparel since it too will be judged.
- Routines may include aerobics, dance, gymnastics or other demonstrations of athletic talent, but there are no required movements.

Judging concluded during prejudging.

No elimination, all athletes scored to 15 placings, score 16 for all others.

## **FINALS**

### **Presentation:**

- Competitors will walk to the center of the stage alone and perform quarter (1/4) turns, face the judges as directed then proceed to the side of the stage, standing on angle to back of stage.
- First group of athletes, from lowest number to highest called out in numerical order, ¼ turns, leave stage, continue until all athletes compared and leave stage.
- Top finalists, 5 or less return to stage performing their personal routines.
- Top finalists, 5 or less return to stage performing their ¼ turns at centre stage, then move to back of stage, stage marshal directed.
- Presenter called forward for last place, usually 5<sup>th</sup>, place trophy on ground on spot located, then MC calls 5<sup>th</sup> place athlete, continue until all finalists come forward to pick up trophy.
- If sponsor for class called forward, stands between 1<sup>st</sup> and 2<sup>nd</sup>, etc. for pictures.
- Class finished, leave stage.

Only scoring during finals is for overall title, finalists called to centre stage and comparison takes place.

## **NATIONAL QUALIFICATION:**

- Competitors that place top three (3) in each class qualify for the subsequent Canadian Nationals.
- 1<sup>st</sup> place competitors in each class qualify for the next TWO Canadian Nationals.