



## 1. CLASSES

<b>WOMENS FITNESS</b>	
<b>Class A</b>	Up to and including 5' 2" (157 cm)
<b>Class B</b>	Over 5' 2" and up to and including 5' 4 ½" (164 cm)
<b>Class C</b>	Over 5' 4 ½" (164 cm)

## 2. ATTIRE

- Competitors may dress as they deem appropriate to perform their fitness routines, except that:
  - Fitness routine attire must meet acceptable standards of taste and decency.
  - Thongs are prohibited.
- Athletic footwear may be worn at the discretion of the competitor.

## 3. MUSIC

- Routine music must be on a CD or USB stick.
- Routine music must be the only music on the CD or USB stick.
- Routine music must not contain vulgar lyrics. Competitors using music containing vulgar lyrics will be disqualified.

## 4. ONSTAGE

- Prescription eyewear is permitted. Sunglasses are permitted if they are an accessory to the routine attire.
- Competitor numbers must be worn on the left side of the routine attire.
- Props are permitted under the following conditions:
  - They must be of a size and weight to allow transport onto and off the stage by the competitor, without assistance.
  - They must not leave any residue on the stage that might cause a safety hazard for other competitors, or that might require cleaning the stage before subsequent use by other competitors.
  - If discarded during the routine, they must be transported off the stage by the competitor, without assistance.
- Competitors are prohibited from wearing product i.e. oils, lotions, creams, etc. that may leave slippery residue on the stage.



## **5. FORMAT**

### **JUDGING**

#### **Routine**

Competitors are called onstage individually in numerical order to perform a fitness routine to music of the competitor's choice.

1. The length of the fitness routine is a maximum of 2 minutes.
2. As part of the routine, competitors must perform the following 4 mandatory movements:
  - a. push up of any kind
  - b. high kick
  - c. straddle hold
  - d. side split

## **6. SCORING**

The fitness routine is scored 100% based on the following criteria:

### **1. STRENGTH**

- a. The amount and types of strength moves.
- b. The degree of difficulty of these moves & ease and correctness of the moves.

### **2. FLEXIBILITY**

- a. The number and types of flexibility moves.
- b. The degree of difficulty of these moves.
- c. The ease and correctness of the moves.

### **3. Cardiovascular**

- a. The tempo of the routine.

### **4. Overall Package**

- a. Full general assessment including but not limited to creativity, stage presence, outfits, hair and make-up.

\*\*\*\* END \*\*\*\*

