

U.K.U.P. FIGURE TONED CATEGORY

This category is for Athletes with a Toned Figure body with the display of a feminine figure. The muscle groups should have a round and firm appearance with a small amount of body fat. The physique should neither be excessively muscular nor excessively lean and should be free from deep muscle separation and/or striations. Physiques that are considered either too muscular or too lean must be marked down.

The attire for the Figure Toned category is a two-piece suit (doesn't have to be a cross back). Any colour and/or pattern are allowed and will be the competitors own choice. The bottom part of the bikini must be V shaped and cover a decent part of the front and at least 2/3 of the Glutes. Thongs are strictly prohibited. High heel shoes must be worn; platform soles are permitted with a maximum height of 1.5 inch. The colour and style of the shoes will be the competitor's own choice. Jewellery can be worn in good taste.

The Ultimate Figure category consist of two round which include a 60 second routine then the Mandatory Quarter Turn and Comparisons.

Presentation:

1. Each Athlete shall be called onstage in numerical order to perform a 60 second Individual Free Posing routine to their own choice of music. Then exiting the stage (No music shall have bad language, blasphemy or promote violence)
2. The entire line-up shall be called onstage. All Athletes will be instructed to preform each quarter turn **(please see pics on our Posing Prep page)**

MANDATORY QUARTER TURNS:

- a. Quarter Turn Right
- b. Quarter Turn Back
- c. Quarter Turn Back Right
- d. Quarter Turn Front
- e. Front Double Biceps
- f. Best side Triceps
- g. Rear Double Biceps
- h. Favourite Pose

1. After this depending on the number of competitors in the category, the Athlete's will be instructed to stand at the back of the stage and the judges will call out some Athletes for more comparisons.
2. Once the judges are happy all Athletes will be instructed to Pose Down. This is where you can have some fun and pose as you wish. After this all competitors will be asked to leave the stage. The athletes will than return later in the show for the Award ceremony. Every Athlete will be awarded a competitors Medal and the top 5 will be called out to receive their Trophy/Medal, and Prizes.

DESCRIPTION OF THE FOUR QUARTER TURNS:

Quarter Turn Right:

Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, left arm hanging relaxed and slightly back from the centre-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, right arm hanging relaxed and slightly front of the centre-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the left, with the left shoulder lowered and the right shoulder raised. This is normal and must not be exaggerated. This position is a relaxed stance. Flexing of the muscles is prohibited. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

Quarter Turn Back:

Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms hanging relaxed and at the side along the centreline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body, hands slightly cupped, tips of the fingers resting lightly on the hips. This position is a relaxed stance.

Quarter Turn Right:

Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, right arm hanging relaxed and slightly back from the centreline of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, left arm hanging relaxed and slightly front of the centre-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the right, with the right shoulder lowered and the left shoulder raised. This is normal and must not be exaggerated.

Quarter Turn Front:

Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms hanging relaxed and at the side along the centreline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body, hands slightly cupped, tips of the fingers resting lightly on the hips. This position is a relaxed stance.

Assessed using the following criteria:

1. The judge should first assess the overall athletic appearance of the physique. This assessment should begin at the head and extend downwards, taking the whole physique into account. The assessment, beginning with a general impression of the physique, should take into consideration the hair and facial beauty; the overall athletic development of the musculature; the Presentation of a balanced symmetrically developed physique. The condition of the skin and the skin tone.

2. The condition of the skin and the skin tone; should be smooth and healthy in appearance, and without cellulite. The face, hair and makeup should complement the “Total Package” presented by the athlete.

3. The physique should be assessed as to its level of overall muscle tone, achieved through athletic endeavours. The muscle groups should have a round and firm appearance with a small amount of body fat. The physique should neither be excessively muscular nor excessively lean and should be free from deep muscle separation and/or striations. Physiques that are considered either too muscular or too lean must be marked down.

4. The judge’s assessment of the athlete’s physique should include the athlete’s entire presentation, from the moment she walks onstage until the moment she walks offstage. At all times, the fitness competitor must be viewed with the emphasis on a “healthy, fit, athletic” physique, in an attractively presented “Total Package”.

SCORING:

1. Each judge awards each competitor an individual placing, ensuring that no two or more competitors receive the same placing.
2. Scores are added together from each Judge to produce the best sub score to calculate the top 5 placing.
3. For round 2, Each judge awards each competitor an individual placing, ensuring that no two or more competitors receive the same placing.
4. Should a tie occur after count back, the tied competitors will have a pose off!!!