



# Physical Culture Association – USA

## Judging Assessments

This document will outline the requirements of each class and what is expected of competitors during both pre-judging and night shows. These may be subject to change and competitors will be notified of any such changes prior to events and reiterated at the competitors meeting at contests.

On participating in the Physical Culture Association USA, the competitor agrees to adhere to the rules of the Association and will respect all their fellow athletes, all judges and officials.

All athletes therefore agree to accept and respect the judging panel decisions as final.

All classes will be judged on the athlete's attitude, confidence, posing, poise and commitment to their time on stage. All categories will be put on at each qualifier if the minimum numbers of competitors are met to quantify a competition, or at the promoter's discretion. Minimum number is THREE. All high numbered classes will be split, also at the promoter's discretion.

No Props/Accessories to be used in posing routines in any category.

### **Men's Bodybuilding:**

Posing trunks to be competitor's choice of color and style. (Thongs are not permitted).

Juniors (18-23yrs and 364 days at all events, which include PCA or PCA USA final),

First Timers (Never competed at ANY bodybuilding event),

Novice (Has Never competed at ANY Final in any previous season. With the exception of Juniors. A Novice competitor will be encouraged to compete in the MR'S classes within two seasons).

Classic Bodybuilders,

Masters over 40yrs,

Masters over 50yrs\*\* \*\* Numbers pending.

Men's Weight Classes. (Once competed in a MR's class, at ANY qualifier or Federation, the competitor will remain a MR's athlete, wavering any return to a Novice or First timer class, with the exception of Juniors).

Heights for MR's to include:

Men's "Bantamweight" Up to 145 1/4 lbs

Men's "Lightweight" 145 1/4 lbs - 165 1/4lbs

Men's "Middleweight" 165 1/4 lbs – 187 1/4 lbs

Men's "Heavyweight" 187 1/4 lbs – 220 1/4 lbs

Men's "Super Heavyweight" Over 220 1/4 lbs



## **Men's Bodybuilding. (MR's)**

Attire will be posing trunks with an opaque color with No motifs or logos. (No thongs). All athletes will be expected to be free of bodily hair.

### **Pre-Judging**

All competitors will stand in one straight line in the center of the stage in numerical order and in 'front position' no posing at this point. The judges will make their first assessment.

All competitors will then perform 4 quarter turns to the right on instruction from the head judge. The line will then be reversed/split and another set of quarter turns performed. The line will then be split in half and competitors will be placed at each side of the stage. Half the competitors will then be called to the center of the stage and another round of quarter turns performed and then return to their side of the stage. The remaining half will then perform quarter turns and return to the side of the stage.

All competitors will then perform compulsory poses in small groups (3-6 competitors) in numerical order. The compulsory poses are:

1. Front Double Bicep.
2. Front Lat Spread.
3. Side Chest.
4. Side Tricep.
5. Rear Lat Spread.
6. Rear Double Bicep
7. Abdominals and Thigh.
8. Most Muscular.

Compulsory poses will be performed in the above order.

Competitors will then be called to the center of the stage for the comparison round. Comparisons will be called in groups of 3-6 competitors. Initially, the comparison will take place in numerical order and then the same group will exchange places in order that the judges have a sufficient view of all competitors. The number of comparisons will be at the judge's discretion. When the final comparison has taken place pre-judging for that particular class is at an end.

### **Run Through Final/Night Show at the discretion of show promoter.**

Every competitor will perform a 60 second posing routine to music of their choice. No props allowed in routines. Music must not contain any foul language or racial references of any sort; if so, music will be stopped immediately. All competitors will then take part in a pose down, following which the top 3 will be announced. (If required, the top 3 will then perform a final round of comparisons and another short posedown). Final placings will then be announced. Winners will be invited to take part in the 'overall' contest in the finale of the run through Final/night show.



All competitors will be judged during the run through final/night show.

The above classes will be judged on Symmetry, Proportions, Balance, Definition and Overall Condition and a Complete package, with skin tone/condition and an even tan cover taken in to consideration.

## **Classic Bodybuilding**

Attire will be posing trunks with an opaque color with No motifs or logos. Classic bodybuilding will be judged on criteria. Classic Bodybuilding Criteria. The above classical class is predominately striving for a physique that will be judged on symmetry, proportions, balance allowing no muscle groups to be too big or small. Equal development between shoulders to thighs, with a taper to the waist. With all muscle groups flowing into the next. Definition and condition for the complete package, with overall stage presence and posing ability, skin tone/condition and an even tan cover taken in to consideration.

### **Pre-Judging**

First round of pre-judging for this class only, will be the free posing round, every competitor will perform a 60 second posing routine to music of their choice. No props, Music must not contain any foul language or racial references of any sort; if so, music will be stopped immediately.

Once all free posing has been performed, all competitors will stand in one straight line in the center of the stage in numerical order and in 'front position', no posing at this point. The judges will make their first assessment.

All competitors will then perform 4 quarter turns to the right on instruction from the head judge. The line will then be reversed/split and another set of quarter turns performed. The line will then be split in half and competitors will be placed at each side of the stage. Half the competitors will then be called to the center of the stage and another round of quarter turns performed and then return to their side of the stage. The remaining half will then perform quarter turns and return to the side of the stage.

All competitors will then perform compulsory poses in small groups (3-6 competitors) in numerical order. The compulsory poses are:

1. Front Double Bicep. (taking a more classical approach)
2. Front Lat Spread.
3. Side Chest.
4. Rear Double Bicep. (taking a more classical approach)
5. Rear Lat Spread.
6. Side Tricep.
7. Abdominals and Thigh.

Compulsory poses will be performed in the above order.

Competitors will then be called to the center of the stage for the comparison round. Compulsory poses will be utilized for comparison purposes. Comparisons will be called in groups of 3-6 competitors. Initially, the



comparison will take place in numerical order and then the same group will exchange places in order that the judges have a sufficient view of all competitors. The number of comparisons will be at the judge's discretion. When the final comparison has taken place prejudging for that particular class is at an end.

Run Through Final/Night Show at the discretion of show promoter.

All competitors will then take part in a pose down, following which the top 3 will be announced. (If required, the top 3 will then perform a final round of comparisons and another short posedown). Final placings will then be announced. Winners will be invited to take part in the 'overall' contest in the finale of the run through Final/night show.

All competitors will be judged during the run through final/night show.



## **DisAbled Bodybuilding**

Pre-Judging All competitors will enter the stage in one straight line in the center, in numerical order and in 'front position' no posing at this point. The judges will make their first assessment.

All competitors will then perform 4 quarter turns to the right on instruction from the head judge. The line will then be reversed/split and another set of quarter turns performed. The line will then be split in half and competitors will be placed at each side of the stage. Half the competitors will then be called to the center of the stage and another round of quarter turns performed and then return to their side of the stage. The remaining half will then perform quarter turns and return to the side of the stage.

All competitors will then perform compulsory poses in small groups (3-6 competitors) in numerical order. The compulsory poses are:

### **Men's poses.**

1. Front Double Bicep.
2. Front Lat Spread.
3. Side Chest.
4. Rear Double Bicep.
5. Rear Lat Spread.
6. Side Tricep.
7. Abdominals.
8. Most Muscular.

### **Ladies poses.**

1. Front Arms Overhead.
2. Side Chest.
3. Rear Arms Overhead.
4. Side Tricep. (All above poses open hands)

Compulsory poses will be performed in the above order.

Competitors will then be called to the center of the stage for the comparison round. The compulsory poses will be utilized for comparison purposes. Comparisons will be called in groups of 3-6 competitors. Initially, the comparison will take place in numerical order and then the same group will exchange places in order that the judges have a sufficient view of all competitors. The number of comparisons will be at the judge's discretion. When the final comparison has taken place pre-judging for that particular class is at an end.

### **Run Through Final/Night Show at the discretion of show promoter.**

Every competitor will perform a 60 second posing routine to music of their choice. Music must not contain any foul language or racial references of any sort; if so, music will be stopped immediately.

All competitors will then take part in a pose down, following which the top 3 will be announced. (If required, the top 3 will then perform a final round of comparisons and another short posedown). Final placings will then be announced. Winners will be invited to take part in the 'overall' contest in the finale of the run through Final/night show. All competitors will be judged during the finals/night show.



The above class will be judged on symmetry, proportions, balance, definition and overall condition and a Complete package, with skin tone/condition and an even tan cover taken in to consideration. Attire will be posing trunks with an opaque color with No motifs or logos.

For Ladies.

Attire will be a two-piece bikini with a crossover back, color of choice which can be decorated with crystals. The bikini must be of adequate decency, with frontal areas sufficiently covered and thongs are prohibited. No motifs or logos. High heel shoes are to be worn with a small platform sole permitted no greater than 1cm thickness. The color and style of the shoes will be the competitor's own choice.

Competitors in this class will have symmetry, proportions, balance, condition and a complete package, with skin tone/condition, hair, facial features and an even tan cover taken in to consideration. (See explanations below) Bikini and shoes will not be judged upon.

**Promoting a healthy body, femininity, poise, personality and confidence.**



## Men's Physique

Men's Physique = "Juniors" Aged 18 - 23 years and 364 days

Men's physique = "Short Class" Under 5-8

Men's Physique = "Tall Class" over 5-8

Master Men's Physique= Over 35 Years

(These classes will only be put on if number of entrants warrant it)

**Attire will be board shorts with lace up waist, with a length that should not cover the knees, any color. With No added motifs or logos.**

### Pre-Judging

All competitors will stand in one straight line in the center of the stage in numerical order and in 'front position' no posing at this point. The judges will make their first assessment.

All competitors will then perform 4 quarter turns to the right on instruction from the head judge. The line will then be reversed/split and another set of quarter turns performed. The line will then be split in half and competitors will be placed at each side of the stage. Half the competitors will then be called to the center of the stage and another round of quarter turns performed and then return to their side of the stage. The remaining half will then perform quarter turns and return to the side of the stage. Quarter turns may be performed with hands on or off the hips.

All competitors will then perform compulsory poses in small groups (3-6 competitors) in numerical order. The compulsory poses are:

1. Front arms overhead, open handed. (Quarter turn to the right)
2. Left side abdominal/oblique with left hand behind the head. (Quarter turn to the right)
3. Rear arms overhead, open handed. (Quarter turn to the right)
4. Right side abdominal/oblique with right hand behind the head.

Compulsory poses will be performed in the above order.

Competitors will then be called to the center of the stage for the comparison round. Compulsory poses will be utilized for comparison purposes. Comparisons will be called in groups of 3-6 competitors. Initially, the comparison will take place in numerical order and then the same group will exchange places in order that the judges have a sufficient view of all competitors. The number of comparisons will be at the judge's discretion. When the final comparison has taken place prejudging for that particular class is at an end.

### Run Through Final/Night Show at the discretion of show promoter.

Every competitor will perform a 60 second (max) i-walk\*\* (I-walk will be performed with a front pose of choice at the rear of the stage, the athlete will walk forward to the front of the stage where the athlete will perform a



set of quarter turns with their own interpretation of poses, to include overhead poses if the competitor chooses to in this class.) to music supplied by the organizer. All competitors will then take part in a final comparison, following which the top 3 will be announced. (if required, the top 3 will then perform a t-walk\*\* Time permitting).

(t-walk will consist of a front or side pose of choice at the rear of the stage, pose of choice can consist of any overhead poses or side poses, walk to the front of the stage performing another front or side pose of choice, walk over to one side of the stage perform a front and rear pose of choice. The athlete will walk over to the other side of the stage complete a further front and rear pose of choice, return to the center front of the stage, with all poses comprising of overhead poses if the competitor chooses, finish t-walk and return into numerical order.) to music supplied by the organizer, final placings will then be announced. Winners will be invited to take part in the 'overall' contest in the finale of the night show. (If applicable)

All competitors will be judged during the run through finals/night show.

The above class will be judged on a physique with an athletic appearance but must still have symmetry, proportions, balance, definition and overall condition and a Complete package, with skin tone/condition, hair, facial features and an even tan cover taken in to consideration.



## Ladies Bikini

Ladies Toned Bikini = "Juniors" Aged 18 - 23 years and 364 days.

Ladies Toned Bikini = "Short Class" Under 5-4 (164cm).

Ladies Toned Bikini = "Tall Class" Over 5-4 (164cm).

(These classes will only be put on if number of entrants warrant it)

Attire will be a two-piece bikini, color of choice which can be decorated with crystals. The bikini must be of adequate decency, with frontal areas sufficiently covered and thongs are prohibited. High heel shoes are to be worn with a small platform sole permitted no greater than 1cm thickness (The recommend sole height is for the safety of our members and appropriate height classes). The color and style of the shoes will be the competitor's own choice. Jewelry can include, earrings, bracelet/s and wedding bands plus other rings, No tiaras or head jewelry. All jewelry is competitor's own choice.

### Pre-Judging

All competitors will stand in one straight line in the center of the stage in numerical order and in 'front position', no posing at this point. The judges will make their first assessment.

The quarter turns for bikini classes are as follows:

Front position, to include one hand on the hip and one off.

A quarter turn to your right, to include right leg straight, left leg slightly bent, right hand on the hip, left hand off to show waist taper.

Quarter turn to the right (now facing the rear of the stage) legs apart, NO WIDER THAN OWN HIPS WIDTH, or feet together (in a small T position) competitor's own choice, two hands on the hips or two hands off, again competitor's choice.

Quarter turn to the right, left leg straight and right leg slightly bent, left hand on the hip and right hand off.

All competitors will then perform 4 quarter turns to the right on instruction from the head judge. The line will then be reversed/split and another set of quarter turns performed. The line will then be split in half and competitors will be placed at each side of the stage. Half the competitors will then be called to the center of the stage and another round of quarter turns performed and then return to their side of the stage. The remaining half will then perform quarter turns and return to the side of the stage. Quarter turns may be performed with hands on or off the hips.

Compulsory poses will be performed in the above order.

Competitors will then be called to the center of the stage for the comparison round. Compulsory poses will be utilized for comparison purposes. Comparisons will be called in groups of 3-6 competitors. Initially, the comparison will take place in numerical order and then the same group will exchange places in order that the judges have a sufficient view of all competitors. The number of comparisons will be at the judge's discretion. When the final comparison has taken place prejudging for that particular class is at an end.

Run Through Final/Night Show at the discretion of show promoter.



Every competitor will perform an i-walk\*\* (i-walk will be performed with a front pose of choice at the rear of the stage, the athlete will walk forward to the front of the stage where the athlete will perform a set of quarter turns with their own interpretation of poses, to music supplied by the organizer. All competitors will then take part in a final comparison, following which the top 3 will be announced. (If required, the top 3 will then perform a t-walk\*\* Time permitting).

(t-walk will consist of a front position of choice at the rear of the stage, walk to the front of the stage performing another front position of choice, walk over to one side of the stage perform a front and rear pose of choice. The athlete will walk over to the other side of the stage complete a further front and rear pose of choice, return to the center front of the stage, finish t-walk and return into numerical order. (No overhead poses performed in this class.) to music supplied by the organizer, final placings will then be announced. Winners will be invited to take part in the 'overall' contest in the finale of the night show. (If applicable)

All competitors will be judged during the run through final/night show.

The above class will be judged upon a healthy feminine Toned Bikini body with a fit appearance which promotes a healthy lifestyle, competitors must not have unnecessary hip, rib bone exposure and muscularity, vascularity, excessive dieting will not be encouraged. Ladies will still have, symmetry, proportions, balance and a Complete package, with skin tone/condition, hair, facial features and an even tan cover taken in to consideration. Bikini, jewelry and shoes will not be judged upon.

\*\*See below in explanations.

**Promoting a healthy Toned Bikini body, femininity, poise, personality and confidence.**



## **Ladies Masters Bikini**

Ladies Masters Bikini = Over 35 years.

Ladies Masters Bikini = "Short Class" Under 5-4 (164cm).

Ladies Masters Bikini = "Tall Class" Over 5-4 (164cm).

(These classes will be put on only if number of entrants warrant it)

Attire will be a two-piece bikini, color of choice which can be decorated with crystals. The bikini must be of adequate decency, with frontal areas sufficiently covered and adequate glute coverage. Thongs are prohibited. High heel shoes are to be worn with a small platform sole permitted no greater than 1cm thickness (The recommend sole height is for the safety of our members and appropriate height classes). The color and style of the shoes will be the competitor's own choice. Jewelry can include, earrings, bracelet/s and wedding bands plus other rings. No tiaras or head jewelry. Jewelry is competitor's own choice.

### **Pre-Judging**

All competitors will stand in one straight line in the center of the stage in numerical order and in 'front position', no posing at this point. The judges will make their first assessment.

The quarter turns for bikini classes are as follows:

Front position, to include one hand on the hip and one off.

A quarter turn to your right, to include right leg straight, left leg slightly bent, right hand on the hip, left hand off to show waist taper.

Quarter turn to the right (now facing the rear of the stage) legs apart, NO WIDER THAN OWN HIPS WIDTH, or feet together (in a small T position) competitor's own choice, two hands on the hips or two hands off, again competitor's choice.

Quarter turn to the right, left leg straight and right leg slightly bent, left hand on the hip and right hand off.

All competitors will then perform 4 quarter turns to the right on instruction from the head judge. The line will then be reversed/split and another set of quarter turns performed. The line will then be split in half and competitors will be placed at each side of the stage. Half the competitors will then be called to the center of the stage and another round of quarter turns performed and then return to their side of the stage. The remaining half will then perform quarter turns and return to the side of the stage. Quarter turns may be performed with hands on or off the hips.

Compulsory poses will be performed in the above order.

Competitors will then be called to the center of the stage for the comparison round. Compulsory poses will be utilized for comparison purposes. Comparisons will be called in groups of 3-6 competitors. Initially, the comparison will take place in numerical order and then the same group will exchange places in order that the judges have a sufficient view of all competitors. The number of comparisons will be at the judge's discretion. When the final comparison has taken place prejudging for that particular class is at an end.

**Run Through Final/Night Show at the discretion of show promoter.**



Every competitor will perform a 60 second (max) i-walk\*\* (I-walk will be performed with a front pose of choice at the rear of the stage, the athlete will walk forward to the front of the stage where the athlete will perform a set of quarter turns with their own interpretation of poses, to include overhead poses if the competitor chooses to in this class.) to music supplied by the organizer. All competitors will then take part in a final comparison, following which the top 3 will be announced. (If required, the top 3 will then perform a t-walk\*\*Time permitting).

(t-walk will consist of a front or side pose of choice at the rear of the stage, walk to the front of the stage performing another front or side pose of choice, walk over to one side of the stage perform a front and rear pose of choice. The athlete will walk over to the other side of the stage complete a further front and rear pose of choice, return to the center front of the stage, finish t-walk and return into numerical order.) to music supplied by the organizer, final placings will then be announced. Winners will be invited to take part in the 'overall' contest in the finale of the night show. (If applicable)

All competitors will be judged during the run through final/night show.

The above class will be judged on a healthy Bikini body with an athletic appearance whilst promoting a healthy lifestyle, Judges would expect athletes to carry little more muscle and a lower body fat than the toned bikini classes, due to the commitment to sport of greater years, with femininity and must not have unnecessary hip, rib bone exposure but must still have, symmetry, proportions, balance and a Complete package, with skin tone/condition, hair, facial features and an even tan cover **taken in to consideration**. Bikini, jewelry and shoes will not be judged upon.

\*\*See below in explanations.

Promoting a healthy Masters Bikini body, femininity, poise, personality and confidence.



## **Ladies Trained Bikini**

Ladies Trained Bikini = "Short Class" Under 5-4 (164cm).

Ladies Trained Bikini = "Tall Class" Over 5-4 (164cm).

(These classes will only be put on if number of entrants warrant it)

Attire will be a 2 piece bikini, color of choice which can be decorated with crystals. The bikini must be of adequate decency, with frontal areas sufficiently covered and adequate glute coverage. Thongs are prohibited. High heel shoes are to be worn with a small platform sole permitted no greater than 1cm thickness (The recommend sole height is for the safety of our members and appropriate height classes). The color and style of the shoes will be the competitors' own choice. Jewelry can include, earrings, bracelet/s and wedding bands plus other rings. No tiaras or head jewelry.

All jewelry are competitors own choice.

### **Pre-Judging**

All competitors will stand in one straight line in the center of the stage in numerical order and in 'front position', no posing at this point. The judges will make their first assessment.

The quarter turns for bikini classes are as follows: Front position, to include one hand on the hip and one off. A quarter turn to your right, to include right leg straight, left leg slightly bent, right hand on the hip, left hand off to show waist taper.

Quarter turn to the right (now facing the rear of the stage) legs apart, NO WIDER THAN OWN HIPS WIDTH, or feet together (in a small T position) competitor's own choice, two hands on the hips or two hands off, again competitor's choice.

Quarter turn to the right, left leg straight and right leg slightly bent, left hand on the hip and right hand off.

All competitors will then perform 4 quarter turns to the right on instruction from the head judge. The line will then be reversed/split and another set of quarter turns performed. The line will then be split in half and competitors will be placed at each side of the stage. Half the competitors will then be called to the center of the stage and another round of quarter turns performed and then return to their side of the stage. The remaining half will then perform quarter turns and return to the side of the stage. Quarter turns may be performed with hands on or off the hips.

Compulsory poses will be performed in the above order.

Competitors will then be called to the center of the stage for the comparison round. Compulsory poses will be utilized for comparison purposes. Comparisons will be called in groups of 3-6 competitors. Initially, the comparison will take place in numerical order and then the same group will exchange places in order that the judges have a sufficient view of all competitors. The number of comparisons will be at the judge's discretion. When the final comparison has taken place prejudging for that particular class is at an end.

**Run Through Final/Night Show at the discretion of show promoter.**

Every competitor will perform a 60 second (max) i-walk\*\* (I-walk will be performed with a front pose of choice



at the rear of the stage, the athlete will walk forward to the front of the stage where the athlete will perform a set of quarter turns with their own interpretation of poses, to music supplied by the organizer. All competitors will then take part in a final comparison, following which the top 3 will be announced.

(If required, The top 3 will then perform a t-walk\*\* Time permitting).

(t-walk will consist of a front or side pose of choice at the rear of the stage, walk to the front of the stage performing another front or side pose of choice, walk over to one side of the stage perform a front and rear pose of choice. The athlete will walk over to the other side of the stage complete a further front and rear pose of choice, return to the center front of the stage, finish t-walk and return into numerical order.) to music supplied by the organizer, final placings will then be announced. Winners will be invited to take part in the 'overall' contest in the finale of the night show. (If applicable)

All competitors will be judged during the run through final/night show.

The above class will be judged on a healthy Trained Bikini body with a trained athletic appearance whilst promoting a healthy lifestyle, athletes will be expected to carry more muscle than the above class, with femininity and a little less body fat but again must not have unnecessary hip, rib bone exposure but must still have, symmetry, proportions, balance and a Complete package, with skin tone/condition, hair, facial features and an even tan cover taken in to consideration. Bikini, jewelry and shoes will not be judged upon.

\*\*See below in explanations.

**Promoting a healthy Trained Bikini body, femininity, poise, personality and confidence.**



## Ladies Figure (Ladies Body Fitness)

Ladies Figure = "Short Class" Under 5-4 (164cm).

Ladies Figure = "Tall Class" Over (164cm).

(These classes will be put on only if number of entrants warrant it)

Attire will be a 2 piece bikini with a crossover back, color of choice which can be decorated with crystals. The bikini must be of adequate decency, with frontal areas sufficiently covered and adequate glute coverage. Thongs Are Prohibited. High heel shoes are to be worn with a small platform sole permitted no greater than 1cm thickness (The recommend sole height is for the safety of our members and appropriate height classes). The color and style of the shoes will be the competitors own choice. Jewelry can include, earrings, bracelet/s and wedding bands plus other rings. No tiaras or head jewelry. All jewelry are competitors own choice.

Pre-Judging All competitors will stand in one straight line in the center of the stage in numerical order and in 'front position', no posing at this point. The judges will make their first assessment. All competitors will then perform 4 quarter turns to the right on instruction from the head judge. Head to be facing the same way as the feet. The line will then be reversed/split and another set of quarter turns performed. The line will then be split in half and competitors will be placed at each side of the stage. Half the competitors will then be called to the center of the stage and another round of quarter turns performed and then return to their side of the stage. The remaining half will then perform quarter turns and return to the side of the stage. All competitors will then perform compulsory poses in small groups (3-6 competitors) in numerical order. The compulsory poses are:

1. Front position, Quarter turn to the right. Showing symmetry and balance - shoulder to shoulder, thigh to thigh, taper at the waist. With arms not to far away from the body.
2. Side position, Quarter turn to the right. As above. 3. Rear Position, Quarter turn to the right. As above. 4. Side position, Quarter turn to the right. As above 5. Back around to face front. As above.

Competitors will then be called to the center of the stage for the comparison round. Compulsory poses will be utilized for comparison purposes. Comparisons will be called in groups of 3-6 competitors. Initially, the comparison will take place in numerical order and then the same group will exchange places in order that the judges have a sufficient view of all competitors. The number

of comparisons will be at the judge's discretion. When the final comparison has taken place prejudging for that particular class is at an end.

Run Through Final/Night Show at the discretion of show promoter. Every competitor will perform a T-walk (time pending).

T-walk = Will consist of a front position at the rear of the stage, walk to the front of the stage performing another front or side position of choice, walk over to one side of the stage perform a front and rear position pose. The athlete will walk over to the other side of the stage complete a further front and rear position pose, return to the center front of the stage to finish t-walk and return into numerical order.



All to music supplied by the organizer, final placings will then be announced. Winners will be invited to take part in the 'overall' contest in the finale of the night show. (If applicable) All competitors will be judged during the run through final/night show.

The Ladies Body Fitness class is for athletes with a more developed physique than the bikini classes. Which will be judged on a healthy Feminine Figure with a more developed appearance yet still have an aesthetically pleasing shape which promotes a healthy lifestyle and femininity. Athletes will carry more muscle than the above classes but not overly built and with a lower body fat, with definition encouraged. All ladies must still have symmetry, proportions, balance, condition and a complete package, with skin tone/condition, hair, facial features and an even tan cover taken in to consideration. Bikini, jewelry and shoes will not be judged upon. \*\*See below in explanations.

Promoting a healthy Body Fitness body, femininity, poise, personality and confidence.



## Ladies Toned Figure.

Ladies Toned Figure = "Short Class" Under 5-4 (164cm).

Ladies Toned Figure = "Tall Class" Over 5-4 (164cm).

(These classes will be put on only if number of entrants warrant it)

Attire will be a two-piece bikini with a crossover back, color of choice which can be decorated with crystals. The bikini must be of adequate decency, with frontal areas sufficiently covered and **Thongs Are Prohibited at National and International Events**. High heel shoes are to be worn with a small platform sole permitted no greater than 1cm thickness (The recommend sole height is for the safety of our members and appropriate height classes). The color and style of the shoes will be the competitor's own choice. jewelry can include, earrings, bracelet/s and wedding bands plus other rings. No tiaras or head jewelry. All jewelry is competitor's own choice.

### Pre-Judging

All competitors will stand in one straight line in the center of the stage in numerical order and in 'front position', no posing at this point. The judges will make their first assessment. All competitors will then perform 4 quarter turns to the right on instruction from the head judge. Head to be facing the same way as the body. The line will then be reversed/split and another set of quarter turns performed. The line will then be split in half and competitors will be placed at each side of the stage. Half the competitors will then be called to the center of the stage and another round of quarter turns performed and then return to their side of the stage. The remaining half will then perform quarter turns and return to the side of the stage.

All competitors will then perform compulsory poses in small groups (3-6 competitors) in numerical order. The compulsory poses are:

1. Favorite Front pose with arms overhead. Quarter turn to the right.
2. Favorite left Side pose. Quarter turn to the right.
3. Favorite Rear pose with arms overhead. Quarter turn to the right.
4. Favorite right Side pose.

All poses are to be performed open handed and in the above order.

Competitors will then be called to the center of the stage for the comparison round. Compulsory poses will be utilized for comparison purposes. Comparisons will be called in groups of 3-6 competitors. Initially, the comparison will take place in numerical order and then the same group will exchange places in order that the judges have a sufficient view of all competitors. The number of comparisons will be at the judge's discretion. When the final comparison has taken place prejudging for that particular class is at an end.

Run Through Final/Night Show at the discretion of show promoter.

Every competitor will perform a 60 second routine, with music of competitor's own choice. (Shoes off) Music must not contain any foul language or racial references of any sort, if so, music will be stopped immediately. All



competitors will then take part in a final comparison, following which the top 3 will be announced in their placings. Winners will be invited to take part in the 'overall' contest in the finale of the show. (If applicable)

All competitors will be judged during the run through final/night show.

The above class will be judged on a healthy Toned Figure body with a more developed appearance with an aesthetically pleasing shape whilst promoting a healthy lifestyle and femininity. Athletes will carry muscle but not overly built, with a body fat content which will allow slight definition to be shown. Yet must still have symmetry, proportions, balance, condition and a complete package, with skin tone/condition, hair, facial features and an even tan cover taken in to consideration. The least conditioned of the three Figure classes. Bikini, jewelry and shoes will not be judged upon. \*\*See below in explanations.

Promoting a healthy Toned Figure body, femininity, poise, personality and confidence.



## Ladies Physique (Ladies Trained figure)

Attire will be a two-piece bikini with a crossover back, color of choice which can be decorated with crystals. The bikini must be of adequate decency, with frontal areas sufficiently covered and **Thongs Are Prohibited at National and International Events**. High heel shoes are to be worn with a small platform sole permitted no greater than 1cm thickness. (The recommend sole height is for the safety of our members and appropriate height classes). The color and style of the shoes will be the competitor's own choice. Jewelry can include, earrings, bracelet/s and wedding bands plus other rings. No tiaras or head jewelry. Jewelry is competitor's own choice.

### Pre-Judging

All competitors will stand in one straight line in the center of the stage in numerical order and in 'front position', no posing at this point. The judges will make their first assessment.

All competitors will then perform 4 quarter turns to the right on instruction from the head judge. The head to be facing the same way as the body. The line will then be reversed/split and another set of quarter turns performed. The line will then be split in half and competitors will be placed at each side of the stage. Half the competitors will then be called to the center of the stage and another round of quarter turns performed and then return to their side of the stage. The remaining half will then perform quarter turns and return to the side of the stage.

All competitors will then perform compulsory poses in small groups (3-6 competitors) in numerical order. The compulsory poses are:

1. Favorite Front pose with arms overhead. Quarter turn to the right.
2. Favorite left Side pose. Quarter turn to the right.
3. Favorite Rear pose with arms overhead. Quarter turn to the right.
4. Favorite right Side pose. Quarter turn to the right.
5. Abdominals and Thighs.

Compulsory poses will be performed in the above order and open handed.

Competitors will then be called to the center of the stage for the comparison round. Comparisons will be called in groups of 3-6 competitors. Initially, the comparison will take place in numerical order and then the same group will exchange places in order that the judges have a sufficient view of all competitors. The number of comparisons will be at the judge's discretion. When the final comparison has taken place pre-judging for that particular class is at an end.

### Run Through Final/Night Show at the discretion of show promoter.

Every competitor will perform a 60 second posing routine to music of their choice. (Shoes off) Music must not contain any foul language or racial references of any sort; if so, music will be stopped immediately.



All competitors will then take part in a pose down, following which the top 3 will be announced. (If required, the top 3 will then perform a final round of comparisons and another short posedown).

Final placings will then be announced. Winners will be invited to take part in the 'overall' contest in the finale of the run through Final/night show. (If applicable)

All competitors will be judged during the run through final/night show.

The above class will be judged on a healthy Trained Figure body with the display of a feminine figure with a more muscular appearance, whilst promoting a healthy lifestyle. Athletes will be expected to carry more muscle than the above classes but must still have symmetry, proportions, balance, condition with a good display of muscle groups and a complete package, with skin tone/ condition, hair, facial features and an even tan cover taken in to consideration. Bikini, jewelry and shoes will not be judged upon.

\*\*See below in explanations.

**Promoting a healthy Trained Figure body, femininity, poise, personality and confidence.**



\*\*Ladies Toned Bikini competitors will not be encouraged not to have such a low body fat that muscle separation is evident, but the judge would expect to see evidence of fit shoulders, arms, back, firm glute hamstring area, flat midriff. All delivered through symmetry and balance.

\*\*Ladies Masters Bikini competitors should present a feminine bikini figure with a body fat level lower than toned bikini, to allow muscle tone to be revealed. Judges will expect a good display of all muscle groups, but without deep separation and extreme striations or vascularity.

\*\*Ladies Trained Bikini competitors will be encouraged to have a lower body fat than above class allowing some muscle separation to be evident, a well-balanced athlete with clear evidence of a balanced muscular form.

\*\*Ladies Body Fitness competitors will present an evolving figure for filling Judges expectations for a Body Fitness figure that shows, progressive evolution of the female form. Body fat levels are low enough for muscle separation and athletic endeavor to be awarded. Definition is encouraged, extreme vascularity and striations will NOT be. Athletes will display an athletic, feminine form.

\*\*Ladies Toned Figure competitors should present a physique which is of a toned condition, firm and with a small level of body fat with the developed appearance, without, muscularity, vascularity, muscle definition. Promoting femininity. The competitor will be expected to produce a figure which will allow the judge to see a fit and healthy athlete showing muscle groups without definition and separation.

\*\*Ladies Athletic Figure competitors should present a physique which is more conditioned and with a lower body fat than the toned figure with femininity and poise. The competitor will be expected to produce a figure which will allow the judge to see an athlete showing muscle definition and separation. Any extreme vascularity or extreme striations allowing the feminine form to be lost, will not be rewarded.

\*\*Ladies Trained Figure competitors should present a physique which is more conditioned and with the lower body fat the figure classes, but still holding on to femininity. The competitor will be expected to produce a figure which will allow the judge to see muscle definition and separation. Judges will not reward any ladies that present a figure with extreme vascularity or extreme striations or with any traits which could allow the feminine form to be lost.

**International Status.** Once this status has been awarded, athletes will be monitored to remain at that level of competition, In an international pool of athletes. From this pool the PCA have the ability to award Pro statues or offer the return to National competition.

Relevant Information.

\*\* i- walk: All competitors in the appropriate classes will perform an i-walk, with all being on stage all together. Each individual will be asked to perform their i-walk by starting at the center mark in the rear stage, performing their best front pose of choice, walk to the center mark at the front of the stage performing a front pose, a quarter turn pose, rear pose then around to the other side quarter turn and then back around to face the front. All poses of competitor's own choice. Then return to the lineup of fellow athletes. The walk is to be performed in



a professional, athletic manner, with the individual conducting themselves with poise, personality, confidence and charisma.

\*\* t-walk (see class of choice). The top three competitors from the appropriate classes will perform a t-walk. The three individuals will all be on the stage together and the walk is to be performed in a professional, athletic manner, with the individual conducting themselves with poise, personality, confidence and charisma.

\*\*i-walk, t-walk stage layout.