

FITNESS INTRODUCTION

Since 1989, Fitness Universe Pageant events have been televised worldwide as competitions for women who want to compete in the fitness arena, but also want the glamour and prestige of a beauty pageant. They are designed to provide a competitive and enjoyable experience for the contestants and unparalleled international recognition.

The Fitness Universe Pageant Series is the leader in women's fitness competitions. With major national and international sponsors and exclusive, worldwide television coverage on ESPN International, Eurosports, Star Sports Asia and TSN/RDS Canada, FUP Series of worldwide events are also the most recognized women's fitness organization. Each year, regional, national and international qualifying events are hosted around the world culminating at the Fitness Universe Pageant in Miami Beach and Fitness America Pageant in California.

We welcome you to join talented and beautiful fitness women from around the world in what may surely become one of the most memorable experiences of your life.

FITNESS JUDGING CRITERIA

Fitness Round - 45% of Score

- Execution - 25%
- Difficulty - 25%
- Creativity - 25%
- Appearance - 25%

Judges will look for high energy routines that demonstrate athletic coordination, style, personality and overall performance. Routines may include dance, gymnastics, cheer, aerobics, fitness and/or other displays of exceptional athletic talent. Contestants should demonstrate flexibility, creativity and showmanship. However, there are no specific athletic or strength moves required. Only the athletic skills in which a contestant has experience should be incorporated. Costumes will be judged as well during the Fitness Round, so special attentions should be given. No G-string or thong-type costumes may be worn unless athletic apparel or tights are worn underneath, and tennis shoes or athletic shoes must be worn. Props are allowed but must be approved by Pageant officials at least 2 weeks in advance of the performance. Routines may not exceed two minutes and once begun cannot be repeated. Music must be professionally recorded for maximum performance and audience & judges impression. Only CD-R recordings will be accepted - no mini CD's, CD-RW, DVD or cassette recordings will be accepted.

Swimsuit Round - 45% of Score

- Poise and Presence - 25%
- Body Condition - 25%
- Femininity - 25%
- Appearance - 25%

Judges will analyze body shape, tone, symmetry, complexion, poise, presentation and overall condition. Also, they will be looking for fit, toned, feminine bodies that display proper conditioning. However, the Fitness Universe Pageant Series are not bodybuilding events or associated with any bodybuilding organization. Therefore, physical definition and excessive muscular development will be penalized. Contestants will be judged individually and in group comparisons. G-string or thong type swimsuits are not allowed.

Interview Round - 10% of Score

The Top 5 Finalists among the combined Fitness and Swimsuits scores will proceed to the interview round. Each contestant will answer a question from one of the selected judges regarding her background, outlook about various aspects of life and attitudes concerning health and fitness lifestyles. Spontaneous answers must be given. Judges will be looking for articulate, concise, intelligent and though provoking responses.

BIKINI INTRODUCTION

The Ms. Bikini Universe competition is quite simply a beauty contest, but with special emphasis on body shape, condition and overall attractiveness. It includes three competitive rounds. There are no qualifications to compete and the event is open to women worldwide.

There are three Open Divisions which will be determined at each event after registration so as to provide for an equal number of participants in each height class. Contestants must be at least 18 years of age. No minors are permitted regardless of parental consent.

BIKINI JUDGING CRITERIA

Themed Sportswear Round - 50% of Score

- Poise & Presence - 33%
- Sports Wear Selection - 33%
- Appearance - 33%

You have a chance to show your modeling talents and your creativity. Just like in the swimsuit round you will be asked to walk from one side of the stage to the other performing quarter turns at a specific point outlined on stage. The themed apparel you select should best represent your character, personality, athletic interests and/or any other appearance you're comfortable wearing. Just make sure it compliments your body. Work your magic - before you go on stage relax, enjoy your presentation and remember to smile.

Contestants must provide a brief description of their outfit in the Themed Sportswear Round. This is an opportunity for contestants to get creative with their costume and also mention the clothing sponsor, if any. No offensive costumes will be allowed (see through tops, etc.)

Bikini Round - 50%

- Body Condition - 33%
- Facial Beauty - 33%
- Appearance - 33%

Judges will analyze body shape, tone, symmetry, complexion, poise presentation and overall condition. Also, they will be looking for fit, toned feminine body that display proper conditioning. Contestants will be judged individually and in group comparisons. Facial beauty will be judged during this round as well. In the Bikini Round, Contestants must wear a two-piece, bikini swimsuit and high heel shoes. If a contestant is competing in both a Fitness Universe Pageant and Ms. Bikini Universe regional event, she must wear a different swimsuit in each event. G-String or thong type swimsuits are not allowed. Contestants whom have a muscular appearance and/or walk and generally carry themselves in a masculine manner will be negatively scored by the judges.

Bikini Classic Division

Beginning last season, the Ms. Bikini Universe initiated the Classic Division exclusive for matured competitors who are at least 35 years of age. All of the competitive Rounds are the same as the Open Divisions but with one height class. As the Classic Division grows in popularity, consideration will be given to adding height classes. In most events, the Classic Division will be held concurrently with the Open Division. Competitors may participate in either the Open or Classic Divisions but not both.

FIGURE INTRODUCTION

The Ms. Bikini Universe format shows have become extremely popular since their introduction in 2002. It has provided a forum for fitness women who maintained a toned, shapely and athletic body but either prefer and/or are not physically able to perform a fitness routine. Then in 2005, because of popular demand, the new Figure Division was launched to offer slightly naturally muscular women with a competitive arena. It is judged by bodybuilding coaches and professional bodybuilders and to ensure a clean, natural competition, professional drug-testing is administered among selected Finalists.

Open Divisions:

- Under 5'2"
- Under 5'4"
- 5'4" and Over

Classic Division:

- 35 Years of Age +

Masters Division:

- 45 Years of Age+

FIGURE JUDGING CRITERIA

Contest Format

The Figure Division is a Musclemania event with one 2-piece swimsuit round of competition. Due to the fact it is a Musclemania event, this division is judged by a bodybuilding panel. Competitors will be separated into classes by height, and will be judged both individually during a "T" walk, and in group comparisons. **THERE ARE NO MANDATORY POSES OR CALL-OUTS IN THIS DIVISION.** The competitors in the Figure Division should have clearly defined musculature, body condition a step up from mainstream appearances, and have the beauty, elegance, and stage presentation of a bikini competitor. Figure competitors are not judged on muscle size, and should not have body condition that is excessively lean or vascular. They also should not have any masculine features to their appearance.

Figure competitors are judged on: Muscle Shape and Body Symmetry (40%), Body Condition (40%), and Overall Appearance (20%). Competitors should have a balanced athletic build, with clearly defined musculature. Size of the muscles is not important in this division like in bodybuilding, but these competitors should still have beautiful symmetry. Conditioning for this division should be a step down from a female bodybuilder, but a step up from a bikini competitor. Excessive leanness and lack of feminine qualities, consistent with bodybuilding, will be penalized. Figure competitors are also judged on their overall appearance. This includes areas such as: stage presentation, hair and make-up, suit selection, feminine qualities, and posing. Competitors should appear confident and elegant, and present themselves in a way which best compliments their physique.

During their individual evaluations, competitors will perform what is called a "T" walk. In this walk, they will stop at four separate locations to present their personality and physique to the judges. When emerging from the wings, they will first stop at the center back portion of the stage. At this spot they should pick their favorite pose to hit for the judges (front, side, back). They will then walk to the center front of the stage and hit their two favorite poses. Some girls choose to do front and back, front and side, or side and back. Any variation will be fine, but the competitor should select the poses that are strongest for their physique. After the center front position, they will proceed either to the right or left side of the stage for their next stop, then across the stage to the opposite side for their last stop. In each of those positions, the competitor should again hit their two best poses.

FIGURE JUDGING CRITERIA – CONT.

Please remember that when the term “pose” is used, it is NOT referring to bodybuilding mandatory poses. After they complete their last set of poses, they will proceed off-stage until the entire class is finished.

Once the individual evaluations are complete, the class will come back out on stage for group comparisons with quarter turns. This is the Figure Division, so there should be NO MANDATORY BODYBUILDING POSING during any of these quarter turns. In the group comparisons, the competitors will first be asked to face front. In the front position, the competitors must have their heels together and their arms flared at their sides. It is okay if a competitor wishes to put their toes slightly out during this front position. When the competitors take a quarter turn to the right, they can choose to stand in which ever way best suits their physique. The choices are: feet together with arms directly at the sides, feet together with one arm front and one behind, torso twisted to the front with arms at the side, or torso twisted with one or two hands on hips. In the side position the competitor can look to the side or audience. When facing the curtain, a competitor's position should be the same as the front position. It is recommended that the hair be swept off of the back so the judges can properly evaluate the musculature of the upper back. Competitors will then repeat the optional side poses when turned again, and then will face front to complete the turns. Once the first round of quarter turns are complete, the competitors may or may not be moved around in the line-up. Call-outs are not necessary due to the use of criterion judging, but competitors could be placed in a different order so that the judges can compare the musculatures. Once the judges have completed their evaluations, the competitors will be returned to their original numerical order and will then file off-stage.

Swimsuit Design

A two-piece swimsuit must be worn and may have high, side cuts and extremely thin straps to extenuate their bodies lines. However, no thong or 'T' cuts are permitted. This is distinctly different from the more standard swimsuit designs as required in both the Ms. Bikini, Fitness and Model competitions. No one-piece suits may worn.

Judges

Figure competitions are judged by bodybuilding trainers, coaches and professional bodybuilders who support natural, drug-free athletics. Alternatively, Ms. Bikini judges are fitness coaches and trainers, talent agents, photographers and others representing mainstream sport disciplines. Prospective competitors contemplating which event to select should consider that the perspective of each set of judges will reflect their experiences and expertise.

MULTIPLE EVENTS

Competitors can participate in more than one event if they choose including Ms. Bikini, Figure, Fitness, Model and/or Bodybuilding. Each event will be scored by a completely different panel of judges, so competitors placing in respective events may vary according significantly. A Ladies Event Comparison chart is provided for reference.

2010 CONTESTANT REGIONAL EVENT ENTRY

Event(s) [Check]: Fitness America Pageant Ms. Bikini - Open Ms. Bikini - Classic Ms. Bikini - Masters
 Figure - Open Figure - Classic Figure - Masters

Event Location : _____ Event Date: _____ / _____ / _____

PERSONAL INFORMATION

Full Legal Name: _____

Nick Name: _____ Team or Sponsor: _____

Address: _____

City _____ State or Country: _____ Postal Code: _____

Day Telephone:(_____) _____ Night Telephone:(_____) _____

Age: _____ Date of Birth: _____ / _____ / _____ Height _____ ' _____ " Weight: _____ lbs

E-Mail: _____

CHECKLIST . . .

PLEASE INCLUDE :

- Completed Entry Form
- Completed Accident Waiver and Release of Liability
- Completed FUP Membership Application
- \$100 Entry for Each Event
- Late Fee \$25 (Two weeks prior to event)
(No Refunds, Exchanges or Transfers)
- \$25 FUP 2010 Membership (unless already paid)
(No Refunds, Exchanges or Transfers)
- Photocopy of Current Driver's License or Passport
- Current Photograph
(for media & internet promotion)

SEND TO:

Fitness Universe Tour
Post Office Box 6100
Rosemead, California 91770 USA

FAX TO:

(626) 280-0001

ABOUT YOURSELF . . .

Education Level: _____

Occupation: _____

Noteworthy Fitness or Sports Competition Experience:

Other Interesting Information About Yourself:

Lifetime Ambitions:

Entry form must be submitted two weeks prior to event or \$25 late fee applies.

**2010 FITNESS UNIVERSE MEMBERSHIP APPLICATION
& ENTRY PAYMENT FORM**

First Name: _____ MI: _____ Last Name: _____

Mailing Address: _____ Apt. #: _____

City: _____ State: _____ Zip Code: _____

Country: _____ E-mail Address: _____

Home Phone: () _____ Work Phone: () _____

\$100 Regional Event Entry Fee (Do not use for Universe, America or International events)

\$ 25 Annual Membership Fee (Per calendar year)

Payment Type (check one):

Check or Money Order Visa Mastercard Discover American Express

Card #: _____ - _____ - _____ Expiration: ____ / ____

Issuing Bank: _____

Signature: _____ Date: _____

Issue Check or Money Order or complete Credit Card information and mail to:

**Fitness Universe Tour
P.O. Box 6100
Rosemead, California 91770
Fax (626) 280-0001**