



2025 TEAM CHAMPIONSHIPS

Rules & Points

We are excited to announce the Team Championships returns this season including all Regional, National and International shows!

If you are competing and representing a trainer or coach's group, local fitness center or sports club, city, region and/or country, then you can team up to compete for the Team Championships. Team rosters must be created by a designated Team Captain and agreed to in writing by each Team Member. Teams must be comprised of at least 3 and a maximum of 10 competitors from any mix of event divisions including Fitness, Ms. Bikini, Figure, Model, Musclemenia® Classic and/or Physique. Both beginners, novice, open and professional competitors can be part of any team. If a designated group of competitors are more than 10 competitors, then they can form additional teams but each team will accumulate points separately. For example, there can be Team Red I and Team Red II with each earning their own points. Signed Team Rosters must be returned to the show staff at Registration and cannot be changed thereafter. A Team Member cannot switch to another team at any point throughout the season or the Team and Team Member will lose accumulated points earned earlier in the season.

Team Points will accumulate throughout and be tabulated at the end of the season including all Regional, National and International shows. The Top 5 Teams will be recognized and presented with custom designed awards and presented in all Musclemenia® and Fitness Universe™ worldwide, eblast to over 170,000 members and the main stream media in the local area where the Team is based.

Class and Division Finalist Points

1st Place	10 Points (20 Points if there is only one Class in the Division)
2nd Place	7 Points
3rd Place	5 Points
4th Place	3 Points
5th Place	1 Point

Overall Winner Points

1st Place	20 Points
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Team Member Roster

Team Name: _____

Team Captain: _____

Competition: _____

Date Submitted: _____

Team Member Name

Team Member Signature
