

# 2023 GBO COMPETITOR GUIDELINES

## FITNESS

### I. GENERAL

- a. An adult competitor can do Open, Novice, and/or Masters.
- b. Kids Fitness: Age groups are listed below.
- c. Competitors' numbers are to be visible at all times and worn on left side.

### II. COMPETITION ATTIRE

- a. Attire for fitness routine must be appropriate and family friendly. Athletic shoes or other appropriate footwear should be worn.
- b. Two-piece figure suit for comparison round and must cover 25% of gluteus. Suits may be enhanced with rhinestones, sparkles, sequins, etc. Thongs will not be permitted.
- c. Clear high-heeled shoes are required for comparison round.
- d. Jewelry may be worn within good taste and should not interfere with the presentation of the competitor's physique.
- e. Kids competition attire consists of age appropriate with no adult style posing trunks or bikinis. Girls – sports bra, biker shorts, yoga style pants, sport uniforms, or dance attire. Boys – biker shorts, board shorts, workout pants or joggers, or sports uniforms.

### III. HEIGHT CLASSES

<b>Open / Novice</b>	A under 5' 2"	B 5' 2.25" up to 5' 5"
	C 5' 5.25" up to 5' 7"	D over 5' 7"

**AGE GROUPS:**     **Masters** - 35 – 39 / 40 – 45 / 46 – 50 / 51 – 60 / 61 – 65 / 66 – 70 / 70+  
**Teen** 17-19 Must be 18 or older to attain a Professional status  
**Kid** 7-10 / 11-13 / 14-16

### IV. POSING

- a. **FRONT POSE:** Face front, head up and smiling, shoulders even, chest out (do not hunch over), abdominal muscles should remain tight, arms to sides being sure not to touch the sides, lats flared, and feet together with toes facing judges (do not lock knees).
- b. **QUARTER TURN FACING RIGHT:** Head and hips should be facing side stage, position feet together or with one slightly in front of the other, and with arms at sides and hands hanging freely, twist torso slightly allowing upper body to face judges.

- c. REAR POSE. Feet together, arms to sides same as front pose, shoulders lifted with lats flared wide, glutes flexed. Competitors with long hair should brush to one side to ensure their back is visible to the judges.
- d. QUARTER TURN FACING LEFT: Head and hips should be facing side stage, position feet together or with one slightly in front of the other, and with arms at sides and hands hanging freely, twist torso slightly allowing upper body to face judges.

## **V. JUDGING**

- a. INDIVIDUAL ROUND: Competitors will execute a model walk to center stage. Beginning facing the front, the competitor will perform quarter turns, face judges as directed, and proceed to line up either stage right or left based on the direction of the expediter until all presentations are complete. Competitors will stand in a side-relaxed pose while lined up at stage right/left. Competitors will be judged on symmetry, muscle development and tone, and overall stage presence and posing. Judges will be looking for a small degree of muscularity with no extreme striations visible. Hair, make-up, suit, jewelry, and tan should all complement competitor's figure overall.
- b. ROUTINE: Each competitor will perform a maximum 2-minute routine. Throughout the routine, competitors will implement the following mandatory movements – high kicks, straddle hold, push-up of your choice, and side split. Competitors will be judged on strength, flexibility, overall stage presence, and creativity. Posing music must be on flash drive or CD or emailed directly to DJ as determined by the promoter. Music may not contain any vulgar, racial, or sexual lyrics.
- c. EVENING PRESENTATION: Each competitor will perform their routine. After all routines have been performed, each competitor will again be called to center stage to perform quarter turns. Competitors will line up on stage right/left based on the direction of the expediter until all competitors have come back out. They will be instructed to exit the stage. The top 5 will be called back on stage for trophy presentations.
- d. KIDS FITNESS: Each competitor will be judged on strength, flexibility, creativity, endurance, and overall stage presence as appropriate for their age group. Competitors will walk to center stage and perform their best poses for the judges. Next, competitors will perform a maximum 90-second routine. Competitors may perform any activity where they excel – such as bodybuilding, martial arts, gymnastics, dance, or aerobics. In the evening after all routines are performed, the top 5 of each class will be called back on stage for trophy presentations. Posing music must be on flash drive or CD or emailed directly to DJ as determined by the promoter. Music may not contain any vulgar, racial, or sexual lyrics.