

**Music-**

The lyrics may not have any racial, vulgar, or sexual connotations. All posing music (60/90 seconds only) should be on a usb file. If you do not have music, house music will be used. Individual music is 60 seconds for novice and 90 seconds for open categories. If you are in multiple divisions, you will only pose once. The competitor is responsible for picking up his/her music after the evening finals. House music will be provided by the Promoter for the pre-judging individual and comparison rounds. Overall "Pose Down" music will also be provided by the Promoter with the same rules of racial, vulgar, or sexual connotations.

**Jewelry-**

Jewelry is allowed during both the day and night shows. It must be worn in good taste and should not interfere with the presentation of the competitor's physique.

**Backstage Policy-**

Individuals authorized to be backstage are Promoters, staff, judging officials, expeditors, media with credentials, authorized tanning companies with insurance, authorized hair/makeup companies and competitors. All other individuals including and not limited to family, friends, trainers etc., will be authorized to be backstage only with the purchase of a backstage pass and based on availability of space (venue specific). The exception to this rule is the Parent/guardian of competitors under age. In this case, the parent/guardian must sign a release of liability form at the weigh in meetings.

Backstage passes can be purchased at each individual event for security purposes.