

## WELLNESS DIVISION JUDGING CRITERIA

### REQUIRED SUIT

In the wellness division athletes wear a two-piece bikini posing suit. The top will tie straight across, the bottom is a bikini cut that flatters the athlete's physique. "Thongs", "Micro Pro Cut" or "Scoop Cut", are discouraged.



### COMPETITION ATTIRE

- Multicolored or solid color
- Two-piece bikini. Fabric may be decorated, jewelry is permitted. Studs, rhinestones, beads or appliques are allowed. Designs may include connectors, straps and hip connectors. Shoes are required but height of heels is optional.

### ROUNDS SCORED

#### Round #1 - Fitness & Balance

- This female division is designed for those who have more muscle development in the hips, glutes and thigh compared to the upper body.
- Upper body muscle is developed, but not to the same degree as the lower body.
- Overall physique should not be overly developed or overly lean with some muscle separation, but no striation – not as lean as Women's Figure or Physique or even one point less lean than in Bikini class.
- More muscularity than Bikini Category required

#### Round #2 - Physical Appearance

- The overall appearance of the athlete. Stage presentation, suit choice, tanning, hair, makeup, etc. is encompassed in this round.

### EXECUTION

The information below outlines competitor's poses for the Fitness and Physical Appearance rounds.

#### Face front:

- Hips and toes shall be positioned forward. One leg could be extended to the front (either leg acceptable) but putting 2 legs at same level is also acceptable.
- One hand must be on the hip, the other arm should hang down below the hips (not extended to the side too far). Arms should not impede in another competitors space.
- Lats should be open but not overly flared as in Figure.
- The hip should be slightly bent back.
- A slight twist is allowed as long as both hips and shoulders are visible from the front.

#### Quarter turn to the right

- From the front. Competitors execute a 1/4 turn to the right and adjust stance: Upper body turned 35 degrees towards judges, so the rear shoulder can be seen.
- Hips face side of the stage; Twisting toward judges and looking at audience/judges allowed.

- The front foot may be offset. A slight lift of the heel onto the toe is permitted. Long hair should be pushed back behind the shoulder. One hand is placed on the hip, the other hanging freely.

---

## Face back of stage

- From the side pose, competitors execute a 1/4 turn to the right and face the rear of the stage. Heels can either be together or spaced less than shoulder width apart.
- Arm position is optional and can include hands on hip flexors, hands on quads, or one hand on hip and one arm to the side.
- Lats will be open but not over flared to show upper body shape
- Hair should be pushed to the front.
- At no time during the rear stance is a competitor permitted to turn their head to look at the judges. Standing in a wide straddle or bending over excessively is not permitted and will be scored down.
- At any time if competitors posing does not meet the criteria the head judge will issue a general warning. If it is not corrected they may call the specific athlete number to correct an issue. If the competitor still does not correct an issue the competitor may be scored down.

Quarter turn to the right - Same as first side pose.

Front and Back Stage Walk for Scoring – This optional walk is called by the head judge, and wellness competitors walk from the front of the stage to the back of the stage as a group. Competitors are asked to execute a back pose at the back of the stage. Athletes transition by turning back around facing the judges and walking to the front of the stage. This walk may be performed multiple times.

A Normal T Walk can be included in prejudging and/or used at Finals.

At least one of these two walks will be performed for the prejudging/scoring portions. The Stage Walk or T-Walk is the competitor's opportunity to show grace, poise and confidence. Competitors should execute the T-walk in a tasteful, confident manner. Over exaggerated posing or performance outside wellness/bikini division (bodybuilding poses, gymnastic moves, etc.) will be scored down.

This stage walk is the same as figure, bikini and Men's Physique, usually executing 3 points on the stage. The stage walk will be conducted in a manner according to the promoters site restrictions, and competitors will execute the T-walk in the pattern designated by the promoter. Competitors who fail to follow the designated walking pattern may be scored down.

**SCORING EACH ROUND:** Judges will score each round and give competitors a final placement for that round before the head judge moves to the next round. Example: in a class of 8 competitors, judges will rank competitors 1 to 8 in each round. When the judges have completed scoring for both rounds, they will add the scores together to determine the final placement for each competitor.