

# MsUSBF® FIGURE JUDGING CRITERIA

The judging will be conducted in two rounds. The first and second rounds will be conducted during prejudging. In those cases where the promoter chooses to perform live judging during the finals, the scoring will be the same but performed during the finals.

Absolutely no jewelry (this includes earrings) will be allowed during Prejudging. Also, gloves, hats, etc. won't be allowed to be worn during Prejudging. Body piercing jewelry (chains connecting rings) should be removed prior to the show.

However, jewelry, gloves, hats, etc. (including props) are permitted during the Finals.

The promoter has the option of offering: one class; two height classes (5'4" & Under and Over 5'4"), or to split the competitors evenly by height at the show. Whatever option is chosen, it should be clearly noted on the entry form.

## PREJUDGING

**ROUND 1:** In this round, contestant attire is restricted to 2-piece swim suit (absolutely no thongs) and high heels. With regard to the high heels, there are no restrictions on the sole or height of the heel. This round will consist of a group presentation and quarter turns. This is where the contestant is being compared against the members of their height class. The areas being scored in this round are Physique and Presentation.

### GROUP PRESENTATION

The Head Judge will have each class brought to the front of the stage and direct them through quarter turns to display physiques from the front, left, back, and right.



**FRONT POSE:** This is the pose that you want to take when coming out on stage to start the group presentations and the pose that you want to take when the Head Judge tells you to "Face Front". Heels together, legs straight, tummy tight, torso erect standing tall with straight posture, shoulders square, lats flared, arms comfortably and naturally rounded keeping hands close to the sides, hands and fingers relaxed. Smile. Make eye contact with the judges and the audience.

**SIDE POSE:** Heels together, legs straight, tummy tight, torso erect standing tall with straight posture, place the front arm facing the judges behind you opening up the shoulder and lat and exposing the mid-section, place the back arm facing the back of the stage slightly in front to show the side chest and shoulder, arms should be equally rounded slightly with hands close to the body, hands and fingers relaxed, head should be facing the back of the next competitor's head and the side of the stage, still smiling.



**RELAXED POSE:** This is an optional pose that can be used during award presentation or in the case of a large class, you may be asked to move to the rear of the stage. The body is positioned at 45 degrees facing left with the right foot at 12 o'clock and the left foot at 2 o'clock. Legs are straight or the right knee slightly bent, the right hand is rounded back/outward like the side pose and the left hand is on the hip/waist with the elbow and shoulder brought forward to round out the appearance of the physique. The competitor has the option to reverse this pose if she feels that it will better present her physique.

**BACK POSE:** Similar to the front pose, heels together, legs straight, torso erect standing tall with straight posture, shoulders square, lats flared, arms comfortably and naturally rounded keeping hands close to the sides, hands and fingers relaxed. This pose will also be called for when the head judge calls for the competitors to "face the back of the stage". If you have long hair, you want to sweep it off of your back and over your shoulder.

### **PHYSIQUE**

With regard to Physique, the judges are looking for athletic conditioning and symmetry. Reasons for receiving a penalty point include: overly muscular physique; striations in the upper arms and legs; looseness in the arms, glutes, and legs. There will be no penalty for well developed abs.

### **PRESENTATION**

With regard to Presentation, the judges will be looking for: poise, skin tone, make-up, hair style, suit fit, and a good smile.

Physique and Presentation will be a combined score. Judges will rate the competitors based on the number of competitors in the class. If there are 7 competitor in a class, you will place them 1 through 7 (with 1 being the highest score).

### **APPLICATION OF PENALTY POINTS**

If you have 6 competitors in your class and you are placed 5th, a penalty point (dependent on all of the judges scores) could drop you to 6th place.

**ROUND 2:** In this round, contestant attire is the same as Round 1. This round will consist of an individual stage walk.

**Stage Walk:** After having your number called by the Head Judge, the contestant will walk out (with subtle music) to center stage and perform two (2) poses. Each pose should be held for a couple of seconds. After performing the center poses, the contestant should be facing the front and should walk to stage left (if the contestant entered from the left of the stage) and strike two (2) of her favorite poses. After the stage left pose, the contestant should walk to stage right and perform two (2) poses of her choice. After a brief pause, the contestant can exit the stage area. The posing and turns should not resemble the muscle flexing which is exhibited in bodybuilding. The stage walk should exhibit poise and grace. The entire stage walk should have a even flow. Turning into your poses should be as smooth as possible. Judges will rate the competitors on a scale of 1 through 3 (with 1 being a perfect score) . Increments of .25 can be added to account for: not holding the poses for a couple of seconds; not walking gracefully; not performing the proper number of poses, and / or missing a stopping point.

**DURING THE STAGE WALK, THERE ARE NO MANDATORY MsUSBF FIGURE POSES.**

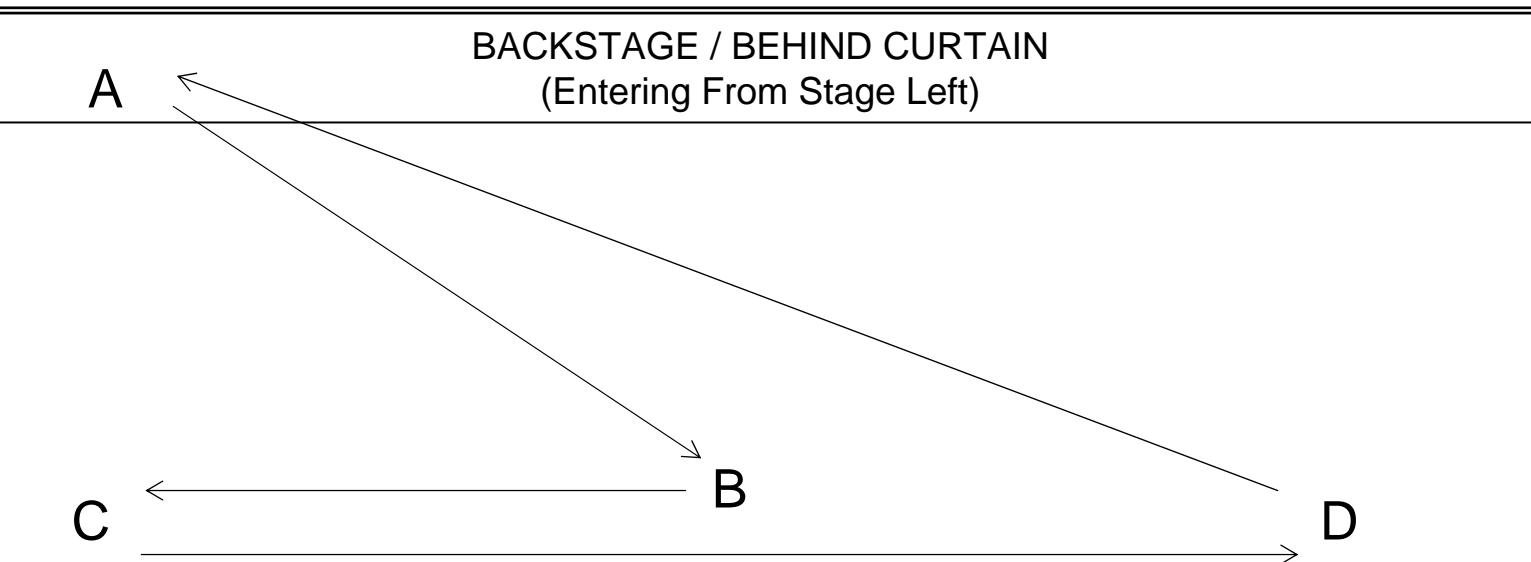
With regard to scoring the Stage Walk, the judges will be looking for grace during the stage walk (walking in heels), and a smooth flow into poses. Reasons for receiving a lower placement include: stiffness during stage walk; not transitioning smoothly into poses; performing bodybuilding poses, and failure to execute the proper number of poses.

**Tie Breaker:** First tie-breaker is the lowest stage walk score. The second tie-breaker is the lowest combined stage walk and presentation score.

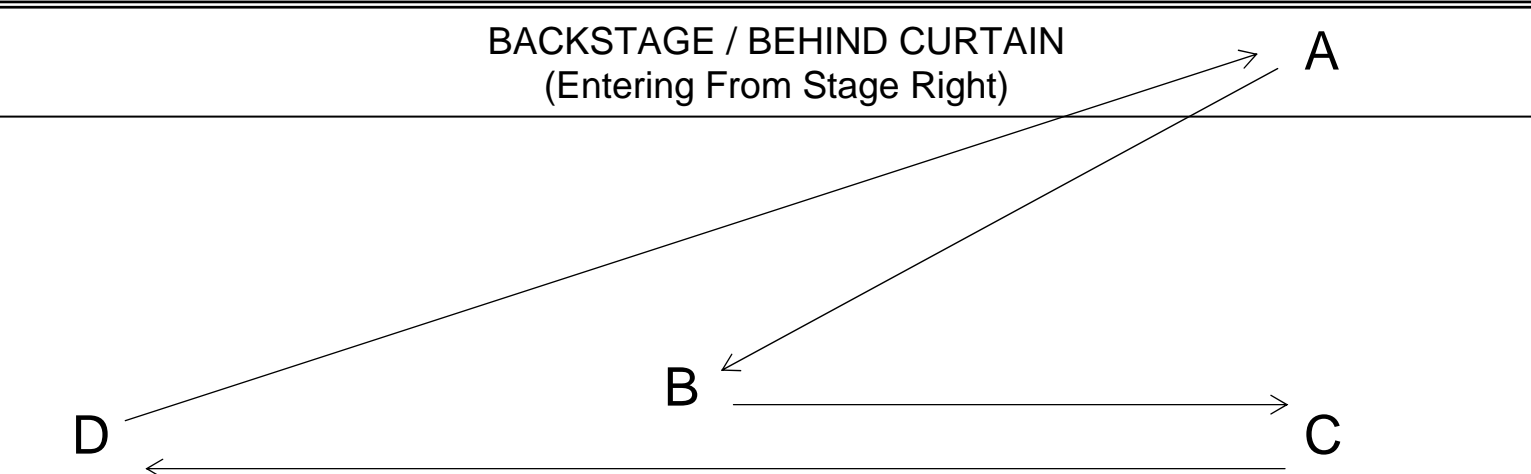
## FINALS

In the Finals, contestant attire has few restrictions. Normal attire would be a 2-piece swim suit or sport gear and high heels. There are no color restrictions. The Finals will consist of a group presentation and quarter turns followed by an individual stage walk or free-style posing routine.

The Finals are different from Prejudging in that personalized music (60 seconds) is allowed for the stage walk. Jewelry, gloves, hats, etc. (including props) are also permitted during the Finals. The Top 3 class finishers (in the open) of any sanctioned MsUSBF Figure Championships will qualify for the MsUSBF Figure Nationals. The overall champion or 1<sup>st</sup> place winner (if there is no overall offered) qualifies to compete as a MsUSBF Figure Pro.



Note(s): The chart above assumes that you'll enter (point A) from the left of the stage. You will walk to "point B" and perform two poses, then to "point C" and perform two poses. From "point C" you'll walk to point D and perform two poses, then you'll exit off to "point A". Remember to pause about 2 seconds between poses.



Note(s): This chart assumes that you'll enter (point A) from the right of the stage.