



Classic Figure

The terminology used in this division would describe it as a non-posing or non-flexing version of Ms Figure. Think of this as the Academy Award division – you only act like you are not flexed! You will be tensing each muscle (maybe to various degrees) in your body. Classic Figure consists of one round that has two elements



Judges look for 4 aspects during the Quarter Turns

1. Structural flaws - Faults within the competitor's skeletal structure
2. Proportion - The balance of one muscle group to another e.g. lower body to upper body, biceps to calves, waist to quadriceps etc.
3. Balance - The left side of a competitor's body compared to the right, the front compared to the rear.
4. Symmetry - The competitor's overall shape and line.

Judging Points

Muscular Development

- Muscular and toned figure. However, this is not a bodybuilding competition so excessive mass will take away from the overall muscular toned physique
- Reasonable level of body fat showing separations between major muscle groups (ex. biceps to triceps) without visible striations in the muscle groups

Symmetry and Proportion

- No body part should stand out from the rest, train a complete package
- There should be an even flow through the body
- Equal development between all muscle groups

Stage Presence

- Confidence
- Execution of quarter turns and figure walk
- Skin tone, make-up, suit selection
- Overall presentation