



Ms. Figure

High levels of muscularity with the most degree of conditioning while still maintaining femininity. Capped/rounded shoulders, six pack abs, wide/defined back, leg muscle separation are required for this division.



Judging Points

1. Emphasis is on the level of muscle and conditioning
2. Muscle size and symmetry, the hour glass shape is sought after in figure
3. Posing and presentation in both symmetry and muscularity rounds

Attire

1. Two-piece figure stage bikini . (Any fabric, colour and crystals)
2. Stage jewellery of choice.
3. Clear stage heels (any height).

Stage Walk & Posing

Figure Models will walk on stage and present themselves on the line in a relaxed position. As a group the following is performed:

1. Symmetry round – 4 quarter turns (front symmetry, side symmetry, back symmetry and opposite side symmetry)
2. Muscularity round – Front double bicep, side chest, side triceps, back double bicep, abs and thighs.

Category Subdivisions

Ms Figure - First Timers , Ms Figure - Novice, Ms Figure - Open, Ms Figure - 30+
Ms Fitness - 40+ , Ms Fitness - 50+ ,