



# Ms GYM MODEL

Ms Gym Model division is a second option for bikini-level competitors, wearing Gym Fashion. As a new division, Gym Model attire will be open for competitors to decide what style and colour they wear. We are looking for bikini-shaped athletes carrying just enough body fat to avoid muscle separation. Nice, toned body with a flat midsection. A Gym Model should deliver a combination of overall beauty and the physical appeal of a shapely toned body. Very important is striking (fitness) fashion poses together with stage presence and boldness.

## Gym Model Attire

1. Open choice. You may wear a two-piece or one-piece, with short legs or long.
2. White runners (optional with socks)
3. No 'glute' padding allowed.



## Stage Presentation and Posing

Athletes will come onstage together and perform their poses as a group. Note: *In any ICN event, the presentation of a division may vary, and you could be asked to perform your 360-degree transition/posing routine individually.*

- A. Competitors start in any stage pose/position, called their 'signature pose.'
- B. Judging will start with competitors asked to "transition" to their first quarter turn pose by turning to the right.
- C. During the 90-degree transition between poses, athletes can perform additional poses to accentuate their stage presence and physique. TIP: *If you hear the Head Judge, say "strike", stop any transition move and hit your static pose.*
- D. When striking your quarter turn pose, it should be a static fashion pose with your face or face profile (side) in view for the judges.
- E. This transition/pose will continue (rear and left side pose) until facing the judges and striking your front pose.

## Judging Points

1. Gym Models will accentuate their shape, symmetry and toned condition, not muscular.
2. Presence, like a fashion model, is the cornerstone of a Gym Model. Lots of energy, confidence, boldness, and sass.
3. Posing is the key. A Gym Model will reveal their true beauty through their posing.
4. Hair and Gym wear to showcase their natural beauty and immaculate physical presentation.

## Posing Guidelines

As a 'fashion model' division, you are allowed freedom during the presentation/judging to create your best poses.

Sample photos of poses you might use during your transition and actual static pose to hold.

## Side Transition and Static Pose Examples



## Rear Transition and Static Pose Examples



## Front Transition and Static Pose Examples

