

CATEGORIES

Bikini Models

Female entry level division. Muscularity is on the smaller side, while carrying just enough bodyfat to avoid muscle separation. Nice toned body with no visible 6 pack abs but still maintaining a flat and toned midsection.

A bikini competitor should deliver a combination of overall beauty and the physical appeal of a shapely toned body together with stage and self-confidence.



Judging Points

- Emphasis on shape, symmetry and toned condition.
- Stage Presence, confidence, tanning, posing
- Not judged on muscularity

Attire

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

Stage Walk

1. Individual posing (varies from State to State, so please check with your State President).
2. Group section consisting of 4 quarter turns (front pose, side pose, back pose and opposite side pose)
A comparison round of quarter turns may follow for the top contenders.

Divisions

Divisions may be split into further classes once over a certain number of competitors.

Ms. Bikini Model First Timers
Ms Bikini Model Novice
Ms Bikini Model Momma
Ms Bikini Model Intermediate
Ms Bikini Model Open

Ms Bikini Model Under 23
Ms Bikini Model 40+
Ms Bikini Model 30+

Ms. Fitness Model

Developed muscularity with emphasis on an overall balance between upper and lower body. Less muscular than a figure competitor but lean condition which allows 6 pack abs, capped shoulders and back definition to be seen. Walk and poses like a model.



Judging Points

- Wide shoulders, big back and small waist while having more condition than a Sports Model.
- Muscularity and Symmetry is a major judging factor for fitness models.
- Stage presence, confidence, walk
- Overall model appearance.

Attire

1. Two-piece stage bikini (any fabric, connectors and crystals)
2. Stage jewelry of choice
3. Clear stage heels (any height).

Stage Walk

Usually performed in two sections;

1. Individual posing (varies from State to State, so please check with your State President).
2. Group section consisting of 4 quarter turns (front pose, side pose, back pose and opposite side pose)
A comparison round of quarter turns may follow for the top contenders.

Divisions

Divisions may be split into further classes once over a certain number of competitors.

Ms. Fitness Model First Timers,
Ms Fitness Model Novice,
Ms Fitness Model Intermediate,
Ms Fitness Model Momma,

Ms Fitness Model Under 23,
Ms Fitness Model 30+,
Ms. Fitness Model 40+,
Ms. Fitness Model Open

Sports Models

A good amount of muscular development including but not limited to, 6 pack abs capped shoulders and back definition and muscular legs. Good tone and condition showing muscle separation while being slightly less lean than a fitness competitor. Emphasis on full round muscles with excellent balance and symmetry.

Sports Models should present themselves as models. This includes the walk, stand, posing, self-confidence and overall beauty and presentation.



Judging Points

- Wide shoulders, big back and small waist
- Fuller and slightly softer condition than a fitness model.
- Symmetry and fullness in muscle groups are a major judging factor for sports models.
- Stage presence and confidence of a model.
- Overall model appearance.

Attire

1. Two-piece sports outfit (sports top and pants - supplied)
2. White runners of style are to be supplied by the competitor.

Stage Walk

1. Individual posing (varies from State to State, so please check with your State President).
2. Group section consisting of 4 quarter turns (front pose, side pose, back pose and opposite side pose)
A comparison round of quarter turns may follow for the top contenders.

Divisions

Divisions may be split into further classes once over a certain number of competitors.

Ms. Sports Model First Timers,
Ms Sports Model Novice,
Ms. Sports Model Intermediate,
Ms Sports Model Momma,

Ms Sports Model Under 23,
Ms. Sports Model 30+,
Ms. Sports Model 40+,
Ms. Sports Model Open

Figure

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



Judging Points

- Emphasis is on the level of conditioning
- Muscle size and symmetry
- Posing/ tanning is also taken in to account

Attire

1. Two-piece figure stage bikini that attaches the bikini top straps to the pants. (Any fabric, colour and crystals)
2. Stage jewellery of choice
3. Clear stage heels (any height).

Stage Walk

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

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

Divisions

Divisions may be split into further classes once over a certain number of competitors.

Ms. Figure First Timers,
Ms. Figure Novice
Ms. Figure Intermediate
Ms. Figure 30+
Ms. Figure Open

Ms. Figure 40+
Ms. Figure 50+
Ms. Classic Figure (formerly Figure International) *see below*

Classic Figure

A good amount of muscularity and lean condition. High degree of symmetry. Open to both Fitness and Figure competitors.



Judging Points

- Symmetry is the key factor with good muscle balance and lean condition.
- Posing/ tanning is also taken in to account

Attire (same as Figure)

Stage Walk

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

1. Symmetry round – 4 quarter turns (front pose, side pose, back pose and opposite side pose)
2. NO muscularity round

Angels

This division is open to ALL Female competitors, including, Bikini, Fitness, and Figure competitors. This is not judged entirely on the body, e.g. a six pack abdominal region is not necessary, and it's more about what you bring to the stage with your presentation and personality!

ICN Angels is designed as a 'fun', more relaxed type category, focusing on colour and entertainment.



Attire

1. Based on a bikini (no G-strings)
2. Costumer can resemble angel (wings), a showgirl Las Vegas type / Victoria's Secret type costume
3. Feathers, frills, tulle, sequins, diamantes (anything feminine and "over the top" that the competitor has always dreamed of wearing, glitz, bling, glamour is the key.

Judging Points

- Overall presentation (poise, walk, confidence, personality, body condition and costume effort)

Stage Walk

Each competitor will enter the stage on their own, and have Thirty seconds to display their costume. They will then proceed to line up at the back of the stage until every competitor has had their turn to show their creation. This is a "Fun" category! Imagine the amazing, stunning photos you will have to keep of yourself of the day!

Runway

Performed on stage in an evening gown of your choice.



Judging Points

- Overall appearance
 - Beauty
 - Elegance
 - skin tone
- Stage Presence
- confidence
- stage walk

Stage Walk

Consists of an individual walk and group comparisons.

Swimsuit

Muscularity is on the smaller side, while carrying just enough bodyfat to avoid muscle separation. A swimsuit model should deliver a combination of overall beauty and the physical appeal of a shapely toned body together with stage and self-confidence.



Judging Points

- Emphasis on shape, symmetry and toned condition.
- Stage Presence, confidence, tanning, posing
- Not judged on muscularity

Attire

1. One-piece stage bikini (any fabric and colour)
2. Stage jewellery of choice
3. Clear stage heels (any height).

Stage Walk

1. Individual posing (varies from State to State, so please check with your State President).
2. Group section consisting of 4 quarter turns (front pose, side pose, back pose and opposite side pose)
A comparison round of quarter turns may follow for the top contenders.

Men's Fitness Model

Least muscular of the Men's Categories with emphasis on an overall balance between upper and lower body while maintaining an athletic appearance. Lean condition which allows 6 pack abs, capped shoulders and back definition to be seen however not as extreme in condition as Men's Physique or Bodybuilding.

Men's Fitness Models should present themselves as well groomed athletic models with a bright smile. This includes the stand, posing, transitions, self-confidence and overall presentation.



Judging Points

- Balance between all muscle groups with emphasis on 6-pack and athletic appearance
- Symmetry and overall balance is a major judging factor
- Stage presence and confidence of an athletic model.
- Overall aesthetically pleasing look.

Attire

1. Athletic shorts or mid-thigh board shorts occasionally supplied, please check with your state president)

Posing

1. Individual posing section (this varies from State to State, so please check with your State President)
2. Group section (consist of 4 quarter turns – front pose, side pose, back pose and opposite side pose.)

A comparison round of quarter turns may follow for the top contenders.

Divisions

Divisions may be split into further classes once over a certain number of competitors.

Men's Fitness First Timers
Men's Fitness Novice
Men's Fitness Intermediate

Men's Fitness 30+
Men's Fitness 40+
Men's Fitness Open

Men's Physique

Well-developed and muscular upper body with emphasis on broad, round shoulders, small waist and excellent V-Taper. Men's Physique is well groomed, polished in presentation and requires an almost equal amount of condition as Bodybuilding without the leg development.

Men's Physique should be well groomed and polished overall look, and smile. This includes the stand, posing, transitions, self-confidence and overall presentation.



Judging Points

- Broad shoulders, small waist and very well balanced between all muscle groups of the upper body with emphasis on 6-pack.
- Symmetry and muscularity are major judging factors for men's physique
- Stage presence and confidence
- Overall aesthetically pleasing look with high degree of upper body muscularity.

Attire

1. Board shorts just above the knee

Posing

1. 4 quarter turns – front pose, side pose, back pose and opposite side pose to judge symmetry)
2. Mandatory poses including:
 - Front Biceps Pose
 - Side Chest Pose
 - Side Triceps Pose
 - Rear Bicep Pose
 - Abdominal

Divisions

Divisions may be split into further classes once over a certain number of competitors.

Men's Physique First Timers
Men's Physique Novice
Men's Physique Intermediate

Men's Physique 30+
Men's Physique 40+
Men's Physique Open

Men's Classic Physique

The Classic Physique category is a throwback to the "Golden Era" of Bodybuilding. It represents the epitome of health and fitness in art form. The Classic Physique is a picture of flawless symmetry, perfectly sculptured muscle groups that fight each other for dominance, creating a balanced and complete physique. Classic Physique has broad shoulders accompanied by a small waist, round balanced quads. It is less muscular than bodybuilding but equal in conditioning.

Apart from the physical distinguishing features, a Classic physique competitor is a master poser. Classic posing requires confidence, grace, and balance. Each pose is deliberate in highlighting the strengths of a physique. Transitions are smooth and theatrical in executions but not exaggerated or arrogant.

Classic Physique should have a polished overall look. It will require the highest degree of posing practice due to its emphasis on overall presentation and display of effortless poses. This includes the stand, poses, transitions, and self-confidence.



Judging Points

- Broad shoulders, small waist and very well balanced between all muscle groups of the upper body and lower body
- Symmetry and presentation are the major judging factors for Classic Physique.
- Stage presence, confidence, but not arrogant or cocky.
- Posing to be confident and artful with minimal shaking. Transitions to be smooth and well-rehearsed.

Attire

1. Classic Physique shorts/short tights (supplied)

Posing

1. four quarter turns – front pose, side pose, back pose and opposite side pose to judge symmetry)
2. Mandatory poses including:
 - Front Double Biceps Pose
 - Chest Pose
 - Tricep Pose
 - Rear Classic Bicep Pose
 - Abdominal pose
 - Classic pose of your choosing

Divisions

Men's Classic Physique First Timer
Men's Classic Physique Novice

Men's Classic Physique Open

Bodybuilding

The most muscular and extremely conditioned of all categories. Bodybuilding is the highest degree of development and refinement. Requiring large muscle groups, with extreme balance and symmetry top to bottom, side to side and front to back. Degree of conditioning should include good vascularity, separation and definition between muscle groups, and visible striations of the main muscle groups such as legs, glutes, chest back and shoulders.

Men's bodybuilding should have a polished overall look and effortless posing. This includes the stand, posing, transitions, self-confidence and overall presentation. It will require the highest degree of posing practice and cardiovascular conditioning due to the intensity of poses.



Judging Points

- Broad shoulders, small waist and very well balanced between all muscle groups of the upper body and lower body
- Symmetry and presentation are the major judging factors for Men's Bodybuilding
- Stage presence & confidence
- Posing to be confident with minimal shaking. Transitions to be smooth and well-rehearsed.

Attire

1. Posing Trunks

Posing

1. four quarter turns – front pose, side pose, back pose and opposite side pose to judge symmetry)
2. Mandatory poses including:
 - Front Double Biceps Pose
 - Side Chest Pose
 - Side Tricep Pose
 - Rear Double Bicep Pose
 - Rear lat spread pose
 - Abdominal and thigh pose
 - Most muscular of your choosing

Divisions

Men's Bodybuilding First Timers
Men's Bodybuilding Novice
Men's Bodybuilding Intermediate
Men's Bodybuilding Open

Men's Bodybuilding 21
Men's Bodybuilding 30+
Men's Bodybuilding 40+
Men's Bodybuilding 50+, +60, +70

