

### **U.K.U.P. FIGURE TRAINED CATEGORY.**

**This category is for Athletes with a Trained Figure body with the display of a feminine figure with more muscular appearance, whilst promoting a healthy lifestyle. Athletes will be expected to carry more muscle and have more muscle separation than the Toned Figure class but must still have symmetry, proportions, balance, tone/condition.**

The attire for the Figure Trained category is a two-piece suit (doesn't have to be a cross back). Any colour and/or pattern are allowed and will be the competitors own choice. The bottom part of the bikini must be V shaped and cover a decent part of the front and at least 2/3 of the Glutes. Thongs are strictly prohibited. High heel shoes must be worn; platform soles are permitted with a maximum height of 1.5 inch. The colour and style of the shoes will be the competitor's own choice. Jewellery can be worn in good taste.

**The Ultimate Figure category consist of one round which include a T-walk and Mandatory Quarter Turn Comparisons.**

#### **Presentation:**

1. In numerical order, each competitor will enter the stage and perform a T-walk then wait at behind the back line at or the stage or where instructed.
2. After all competitors, have completed their T-walk, all Athletes if possible or in groups of 5/6 will be instructed to stand at the front of the stage in a line to perform the Mandatory Quarter Turns for comparisons.

#### **T-WALK:**

The competitors will enter the stage individually. Starting from the back centre of the stage to perform a T-walk.

The competitor will walk to the back-centre stage where he will pause briefly in a stance of his choice. The competitor will then walk up to front centre stage and perform pose/poses of their choice. The competitor will then walk to the left to perform pose/poses and then walk to stage right to perform their last pose/poses.

There is no specific amount of poses you can perform at each spot, but we suggest 3 of your best poses at the front centre spot and 2 poses on both side spots.

(MAKE SURE YOU STRICTLY STICK WITHIN THE MANDATORY POSES APART FROM THE EXEPTION OF THE OPEN-HANDED FRONT AND REAR BICEPT POSES FOR THE T-WALK, ANY OTHER POSES MAY BE MARKED DOWN).

#### **MANDATORY QUARTER TURNS:**

- a. Quarter Turn Right
- b. Quarter Turn Back
- c. Quarter Turn Right
- d. Quarter Turn Front



1. After this depending on the number of competitors in the category, the Athlete's will be instructed to stand at the back of the stage and the judges will call out some Athletes for more comparisons.
2. Once the judges are happy, all competitors will be asked to leave the stage. The athletes will then return later in the show for the Award ceremony. Every Athlete will be awarded a competitors Medal and the top 5 will be called out to receive their Trophy/Medal, and Prizes.

### **DESCRIPTION OF THE FOUR QUARTER TURNS:**

#### **Quarter Turn Right:**

Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, left arm hanging relaxed and slightly back from the centre-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, right arm hanging relaxed and slightly front of the centre-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the left, with the left shoulder lowered and the right shoulder raised. This is normal and must not be exaggerated. This position is a relaxed stance. Flexing of the muscles is prohibited. Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.

#### **Quarter Turn Back:**

Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms hanging relaxed and at the side along the centre-line of the body, elbows slightly bent, thumbs and fingers together, palms facing the body, hands slightly cupped, tips of the fingers resting lightly on the hips. This position is a relaxed stance.

#### **Quarter Turn Right:**

Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, right arm hanging relaxed and slightly back from the centreline of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, left arm hanging relaxed and slightly front of the centre-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the right, with the right shoulder lowered and the left shoulder raised. This is normal and must not be exaggerated.

#### **Quarter Turn Front:**

Relaxed erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms hanging relaxed and at the side along the centreline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body, hands slightly cupped, tips of the fingers resting lightly on the hips. This position is a relaxed stance.

**Assessed using the following criteria:**

This category will be judged on a healthy Trained Figure body with the display of a feminine figure with more muscular appearance, whilst promoting a healthy lifestyle. Athletes will be expected to carry more muscle and have more muscle separation than the Toned Figure class but must still have symmetry, proportions, balance, tone/condition, hair, facial features and an even tan cover.

1. The judge should first assess the overall athletic appearance of the physique. This assessment should begin at the head and extend downwards, taking the whole physique into account. The assessment, beginning with a general impression of the physique, should take into consideration the hair and facial beauty; the overall athletic development of the musculature; the Presentation of a balanced symmetrically developed physique. The condition of the skin and the skin tone.
2. The condition of the skin and the skin tone; should be smooth and healthy in appearance, and without cellulite. The face, hair and makeup should complement the "Total Package" presented by the athlete.
3. The judge's assessment of the athlete's physique should include the athlete's entire presentation; from the moment, she walks onstage until the moment she walks offstage. At all times, the fitness competitor must be viewed with the emphasis on a "healthy, fit, athletic" physique, in an attractively presented "Total Package".

**SCORING:**

1. Each judge awards each competitor an individual placing, ensuring that no two or more competitors receive the same placing.
2. Scores are added together from each Judge to produce the best sub score to calculate the top 5 placing.
3. For round 2, Each judge awards each competitor an individual placing, ensuring that no two or more competitors receive the same placing.
4. Should a tie occur after count back, the tied competitors will have a pose off!!!