



FIF INTERNATIONAL AND NATIONAL CRITERIA FOR JUDGING WOMEN'S SPORT MODEL COMPETITORS

1. Criteria for Judging Female Physiques:
 1. Muscularity – the amount of muscle will vary between the divisions
 2. Condition- will vary depending on the division
 3. Symmetry and Balance
 4. Presentation (Posing)
2. Sport Model
 1. **Ms Sport Model athletes should display-**
 1. A Strong foundation of muscle which gives shape to the female athlete body
 2. Full round glutes with a deep separation between the hamstring and glute area
 - great amount of roundness in the delts
 1. Conditioned Core with develop abdominal muscle
 2. Overall look- hair, makeup, suit, and tan
 1. **Ms Sport Model should NOT display –**
 1. Muscular density seen in a figure physique
 2. Squared glutes
 - Muscle separation seen in figure competitors
 1. Graininess
 2. Striations anywhere

Ms Sport Model COMPETITOR RULES

- Ms Sport Model will compete in sport wear. The bottom of the suit must be in short. No Thongs are permitted. Competitors can compete in an off the rack suit. All sport wear must be in good taste. Sport Model will be warned about improper suits and are advised to bring two (2) suits to check in. If the fronts of the suit(s) bottoms are too low and the judges deem them so at check-in's, then the suit must be constructed higher, otherwise the Athletes will be scored down if the suit is not up to standard.
- Competitors must wear sport shoes.

**Note: FIF INTERNATIONAL AND FIF Singapore Have Not Authorized or Granted the license, authority or exclusivity to any competition suit company or designer to be their Official Suit Maker and to advertise their suits as an Official Cut or Approved Cut. There has never been an Official or Approved "FIF Sport Model" for Any Division! That term was erroneously created by suit makers.*

MS SPORT MODEL HEIGHT CLASSES

NEW MS SPORT MODEL HEIGHT CLASSES FOR 2020

Beginning in 2020, select FIF national level and non-national level contests will now have the option of offering up to Four (4) Height Classes. The promoters of these contests will indicate the amount of Height Classes available on their entries.

The breakdown is as follows:

Class 1 , under 160cm

Class 2 , under 165cm

Class 3, under 170cm

Class 4 under 175cm

A promoter can choose to have fewer height classes as follows:

MS SPORT MODEL CHECK-INS

Ms Sport Model Division competitors will be checked in and measured the same as Lifestyle, Ms Bikini Women's Figure competitors.

All suits will be inspected at the check-in's. Every competitor must wear their competition suit under their clothing to weigh-in for inspection. If your suit is not inspected you will not be permitted to compete.

If you change your competition suit from prejudging to finals and the judges deem it not to conform to the rules you will be directed to leave the stage.

MS SPORT MODEL COMPETITION JUDGING

1. PRESENTATION

- Ms Sport Model will walk onstage alone and perform their Model Walk (personal preference)
- The Model Walk consists of the following:

Walk to the center of the stage , stop and do a front stance, then a full turn and do a back stance, then turn to the front again and face the judges as directed then proceed to the side of the stage. No lewd acts are permitted. Length of time allowed is 10 seconds.

2. COMPARISON ROUND, SPORT WEAR

- Sport Models will be judged wearing a sport wear and sport shoes.
- The sport models will be brought back out in a group and directed to do a full front and back stance.
- Judges will have the opportunity to compare competitors against each other in half turns. (No side judging permitted, front and back only.)

3. SCORING

Judges will be scoring competitors using the following criteria:

- Balance and Shape
- Overall physical appearance including complexion, skin tone, poise and overall presentation.

Correct Posing







