



FIF MEN'S FITNESS MODEL

JUDGING CRITERIA

1. Muscularity and Body Condition

Judges will be looking for fit contestants who display proper shape and symmetry combined with muscularity and overall condition. This is not a bodybuilding contest so extreme muscularity should be marked down.

2. Stage Presence and Personality

Fitness Model will be asked to walk in Jeans (Jeans must be in blue and no holes. No logos are permitted on the jeans however a manufacturer's logo such as LV, Gucci and Levis symbol are acceptable.) Fitness Model will enter the stage without a shirt and barefoot. No lewd acts allowed for example the moon pose. No Gymnastics Moves are Allowed.

The Mens Fitness (Jeans) category is a testament to the athleticism and masculinity of the male body. In this category, judges will evaluate the contestants' physique, style, and body presentation. They will look for a well-proportioned, toned, and healthy-looking body with a small waist and abdominal muscles, known as the "Y" factor.

To achieve this "Y" factor, the contestants must have broad shoulders and lean body. Overall a pointed down triangle shape.. The judges will also be looking for symmetrical body parts, board shoulders, and a smooth transition between poses. The overall stage poises should not be overly fancy, (judges will not add in additional marks)

Athletes should show off their physical attributes in a way that projects board shoulders and a fit, healthy lifestyle.

In conclusion, the Mens Fitness (Jeans) category is a testament to the athleticism and masculinity of the male body. The contestants' physical attributes, style, and body presentation will be evaluated, with an emphasis on the "Y" factor, symmetrical body parts, board shoulders, and a smooth transition between poses.

Overall, the contestants must project a natural, toned, and healthy look, with a focus on showcasing their fitness and lifestyle rather than overly fancy stage presentation.

Attire: Fitting Navy Jean (not loose)

COMPETITION JUDGING

Presentation

Fitness Model will walk to the center of the stage alone and perform front and back turns with optional pose of hand on hip or hand in pocket, finishing facing the judges as directed then proceed to the side of the stage.

Comparison Round

- The Fitness Models will be brought back out in a group and directed to do four quarter turns.
- Judges will have the opportunity to compare competitors against each other in turns.

Promoters can choose to have one height class, two height classes, one age classes or three age class height classes.

- Under 170cm
- Above 170cm
- under 24yr old JR
- above 30yr old

Correct Posing

