



WOMEN'S FITNESS

Competition Rules

1. CLASSES

WOMEN'S FITNESS		
1	Class A	Open Category

2. ATTIRE

- Competitors may dress as they deem appropriate to perform their fitness routines, except that:
 - Fitness routine attire must meet acceptable standards of taste and decency.
 - Thongs are prohibited.
- Athletic footwear may be worn at the discretion of the competitor.

3. MUSIC

- Routine music must be on a CD or USB stick.
- Routine music must be the only music on the CD or USB stick.
- Routine music must not contain vulgar lyrics. Competitors using music containing vulgar lyrics will be disqualified.

4. ONSTAGE

- Prescription eyewear is permitted. Sunglasses are permitted if they are an accessory to the routine attire.
- Competitor numbers must be worn on the left side of the routine attire.
- Props are permitted under the following conditions:
 - They must be of a size and weight to allow transport onto and off the stage by the competitor, without assistance.
 - They must not leave any residue on the stage that might cause a safety hazard for other competitors, or that might require cleaning the stage before subsequent use by other competitors.
 - If discarded during the routine, they must be transported off the stage by the competitor, without assistance.
- Competitors are prohibited from wearing product i.e. oils, lotions, creams, etc. that may leave slippery residue on the stage.

5. FORMAT

JUDGING

Routine

- Competitors are called onstage individually in numerical order to perform a fitness



WOMEN'S FITNESS

Competition Rules

routine to music of the competitor's choice.

2. The length of the fitness routine is a maximum of 2 minutes.

3. As part of the routine, competitors must perform the following 4 mandatory movements:

- a. push up of any kind
- b. high kick
- c. straddle hold
- d. side split

6. SCORING

The fitness routine is scored 100% based on the following criteria:

- a. Strength The amount and types of strength moves.
- b. The degree of difficulty of these moves & ease and correctness of the moves.
- c. Flexibility The number and types of flexibility moves.
- d. The degree of difficulty of these moves.
- e. The ease and correctness of the moves.
- f. Cardiovascular and the tempo of the routine.
- g. Overall Package
- h. Full general assessment including but not limited to creativity, stage presence, outfits, hair and make-up