



PROFESSIONAL LEAGUE



PROFESSIONAL LEAGUE

MR & MISS

CATEGORY MANDATORY POSES



UWSFF.COM

**BODYBUILDING & FITNESS COMPETITION DIVISIONS
FOR MEN & WOMEN GUIDELINE EXPLAINED**

MEN

MEN' BODYBUILDING

MEN'S PHYSIQUE

MEN'S CLASSIC PHYSIQUE

**MEN'S
NATURAL BODYBUILDING**

**MEN'S
JEANS MODEL**

MEN'S SPORTS MODEL

WOMEN

WOMEN'S PHYSIQUE

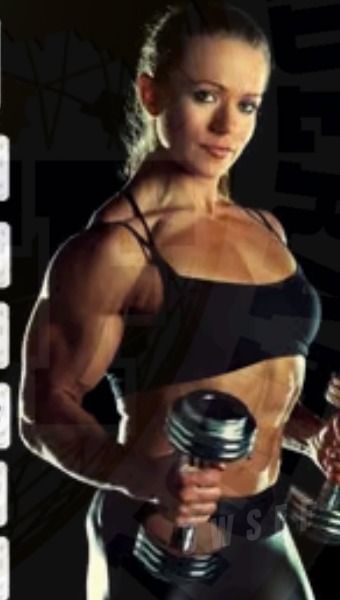
WOMEN'S BIKINI

WOMEN'S WELLNESS

**WOMEN'S
SPORTS MODEL**

MISS GLAMOUR

WOMEN FIGURE



UWSFF.COM

GUIDELINES BELOW



PROFESSIONAL LEAGUE BIKINI DIVISION

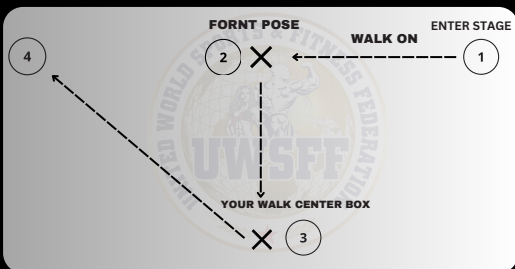
BIKINI POSING



I-WALKING

I-WALKING IS WALKING CONFIDENTLY TOWARDS CENTRE STAGE. IN ADDITION TO THIS, YOU WILL STOP TO PERFORM 4 DIFFERENT POSES OF YOUR OWN CHOOSING. ONCE YOU HAVE COMPLETED YOUR MOST CONFIDENT I-WALK YOU WILL THEN BE EXPECTED TO JOIN THE LINE UP AT THE BACK OF THE STAGE.

I WALK STAGE TIPS



ROUNDS OF JUDGING

ROUND 1 INDIVIDUAL ROUTINE WITH MUSIC (60 SECS)

ROUND 2 4 X QUARTER TURNS

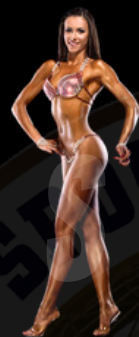
ROUND 3 4 TO 6 COMPULSORY BIKINI POSES

TO BE COMPLETED BY A "POSE DOWN" BY ALL ATHLETES

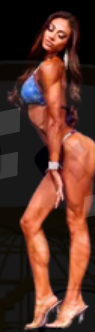
QUARTER TURNS



1 : FRONT POSITION
FACEING JUDGES
HANDS ON EITHER HIP



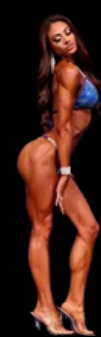
2 : SIDE POSE
QUARTER TURN RIGHT
FACEING JUDGES



3 : SIDE POSE
QUARTER TURN RIGHT
LOOK OVER SHOULDER



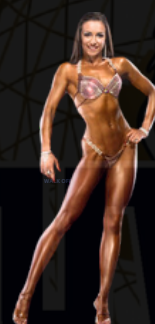
4 : BACK POSITION
QUARTER TURN REAR



5 : SIDE POSE
QUARTER TURN RIGHT
LOOK OVER SHOULDER



6 : SIDE POSE
FACEING JUDGES
QUARTER TURN RIGHT



7 : FRONT POSITION
FACEING JUDGES
HANDS ON EITHER HIP



FRONT



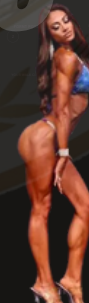
SIDE



SIDE



BACK



SIDE



SIDE



FRONT

QUARTER TURN RIGHT

QUARTER TURN REAR

QUARTER TURN RIGHT

POSING SHOES



SHOES CAN BE OF ANY STYLE WITH A HEEL HEIGHT OF NO MORE THAN 5 INCHES.

WE ASK THAT ALL SHOES ARE FIT FOR PURPOSE AND SAFE TO WALK IN

COMPETITION CLOTHING

OPTIONAL: COLOUR, MATERIAL AND A STRUCTURE AS YOU LIKE

SAMPLE OF BIKINI



INDIVIDUAL PRESENTATION/ROUTINE.

COMPETITORS INDIVIDUALLY PERFORM A 60-SECOND POSING ROUTINE TO MUSIC. THIS PORTION OF THE SHOW IS FOR THE CROWD AND GIVES THE COMPETITOR A CHANCE TO WIN A "BEST PRESENTER" OR "BEST POSER" AWARD. INDIVIDUAL PRESENTATIONS SHOULD BE DONE TASTEFULLY AND BE CONDUCIVE TO A FAMILY ATMOSPHERE.



PROFESSIONAL LEAGUE

SAMPLE MANDATORY POSES

WELLNESS DIVISION

WELLNESS POSING



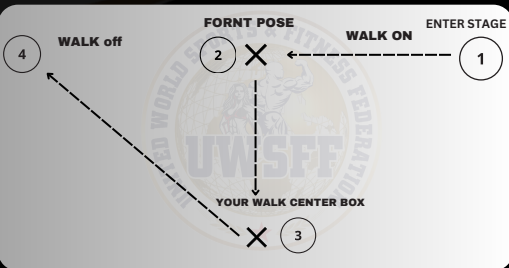
I-WALKING

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PRESENTATION POSE

I WALK STAGE TIPS



QUARTER TURNS



- 1 : FRONT POSITION
(FACEING JUDGES)
HANDS ON EITHER HIP
- 2 : RIGHT SIDE POSE
(FACEING JUDGES)
QUARTER TURN RIGHT
- 3 : BACK POSITION
QUARTER TURNS REAR
- 4 : SIDE POSE
(FACEING JUDGES)
QUARTER TURN RIGHT
- 5 : FRONT POSE
(FACEING JUDGES)
HANDS ON EITHER HIP

MANDATORY POSES



- FRONT
QUARTER TURN RIGHT
- SIDE
QUARTER TURN RIGHT
- BACK
QUARTER TURNS REAR
- SIDE
QUARTER TURN RIGHT
- FRONT AGIN

INDIVIDUAL PRESENTATION/ROUTINE.

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ROUNDS OF JUDGING

- ROUND 1** INDIVIDUAL ROUTINE WITH MUSIC (60 SECS)
- ROUND 2** 4 X QUARTER TURNS
- ROUND 3** 4 TO 6 COMPULSORY WELLNESS POSES

TO BE COMPLETED BY A "POSE DOWN" BY ALL ATHLETES

COMPETITION CLOTHING

OPTIONAL: COLOUR, MATERIAL AND A STRUCTURE AS YOU LIKE

SAMPLE OF BIKINI



POSING SHOES



SHOES CAN BE OF ANY STYLE WITH A HEEL HEIGHT OF NO MORE THAN 5 INCHES.

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PROFESSIONAL LEAGUE

SAMPLE MANDATORY POSES

FIGURE DIVISION

FIGURE POSING



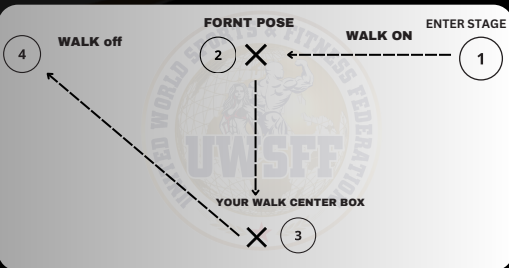
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PRESENTATION POSE

I WALK STAGE TIPS



QUARTER TURNS



- 1 : FRONT POSITION (FACEING JUDGES) HANDS ON EITHER HIP
- 2 : RIGHT SIDE POSE (FACEING JUDGES) QUARTER TURN RIGHT
- 3 : BACK POSITION QUARTER TURNS REAR
- 4 : SIDE POSE (FACEING JUDGES) QUARTER TURN RIGHT
- 5 : FRONT POSE (FACEING JUDGES) HANDS ON EITHER HIP

MANDATORY POSES



- FRONT QUARTER TURN RIGHT
- SIDE QUARTER TURN RIGHT
- BACK QUARTER TURNS REAR
- SIDE QUARTER TURN RIGHT
- FRONT AGIN

INDIVIDUAL PRESENTATION/ROUTINE.

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- ROUND 2** 4 X QUARTER TURNS
- ROUND 3** 4 TO 6 COMPULSORY WELLNESS POSES

TO BE COMPLETED BY A "POSE DOWN" BY ALL ATHLETES

COMPETITION CLOTHING

OPTIONAL: COLOUR, MATERIAL AND A STRUCTURE AS YOU LIKE

SAMPLE OF BIKINI



POSING SHOES



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WE ASK THAT ALL SHOES ARE FIT FOR PURPOSE AND SAFE TO WALK IN

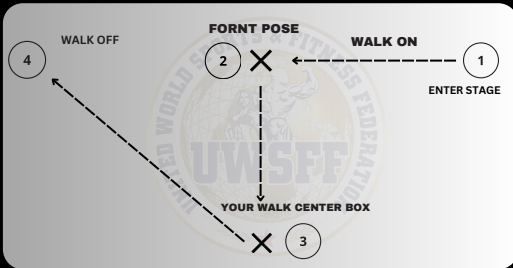


PROFESSIONAL LEAGUE

WOMEN'S BODYBUILDING DIVISION

WOMEN'S BODYBUILDING POSING

STAGE TIPS



INDIVIDUAL PRESENTATION/ROUTINE.

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ROUNDS OF JUDGING

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ROUND 2 4 X QUARTER TURNS

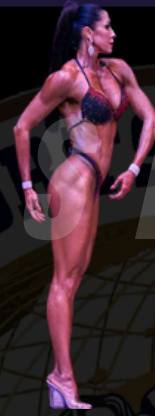
ROUND 3 4 TO 6 COMPULSORY BODYBUILDING POSES

TO BE COMPLETED BY A "POSE DOWN" BY ALL ATHLETES

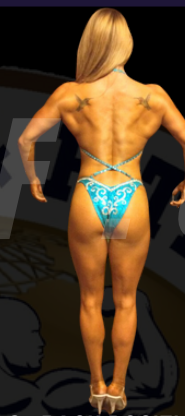
QUARTER TURNS



1 : FRONT POSITION
FORNT DOUBLE BICEP
OPEN-HANDED



2 : RIGHT SIDE POSE
SIDE CHEST
WITH ARMS EXTENDED



3 : BACK POSITION
BACK DOUBLE BICEPS
(OPEN-HANDED)



4 : LEFT SIDE POSE
SIDE TRICEPS POSE



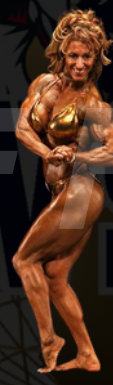
5 : FRONT POSITION
FORNT DOUBLE BICEP
OPEN-HANDED



FRONT DOUBLE BICEPS



FRONT LAT SPREAD



LEFT SIDE CHEST



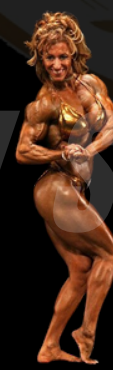
LEFT SIDE TRICEPS



REAR DOUBLE BICEPS



REAR LAT SPREAD



RIGHT SIDE CHEST



RIGHT SIDE TRICEPS



ABDOMINALS-HANDS BEHIND HEAD, LEG EXTENDED



SINGLE QUADRICEPS-HANDS ON HIPPS, FLEX AND ROTATE LEG

POSES

- FRONT DOUBLE BICEPS
- FRONT LAT SPREAD
- LEFT SIDE CHEST
- LEFT SIDE TRICEPS
- REAR DOUBLE BICEPS
- REAR LAT SPREAD
- RIGHT SIDE CHEST
- RIGHT SIDE TRICEPS
- ABDOMINALS-HANDS BEHIND HEAD, LEG EXTENDED
- SINGLE QUADRICEPS-HANDS ON HIPPS, FLEX AND ROTATE LEG
- HANDS ON HIPPS MOST MUSCULAR

OPTIONAL POSES

- HAMSTRINGS
- DOUBLE CALF RAISE
- SIDE SERRATUS

COMPETITION CLOTHING

OPTIONAL: COLOUR, MATERIAL AND A STRUCTURE AS YOU LIKE

SAMPLE OF BIKINI



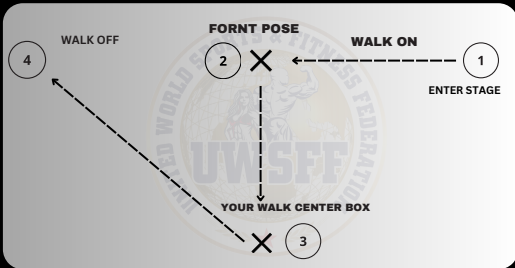


PROFESSIONAL LEAGUE

WOMEN'S PHYSIQUE DIVISION

WOMEN'S PHYSIQUE POSING

STAGE TIPS



INDIVIDUAL PRESENTATION/ROUTINE.

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ROUNDS OF JUDGING

ROUND 1 INDIVIDUAL ROUTINE WITH MUSIC (60 SECS)

ROUND 2 4 X QUARTER TURNS

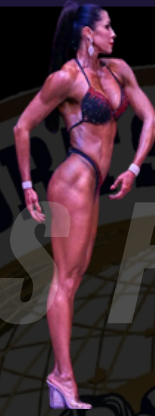
ROUND 3 4 TO 6 COMPULSORY POSES

TO BE COMPLETED BY A "POSE DOWN" BY ALL ATHLETES

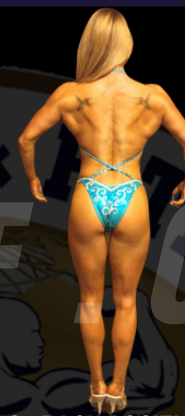
QUARTER TURNS



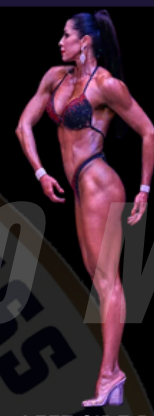
1 : FRONT POSITION
FORNT DOUBLE BICEP
OPEN-HANDED



2 : RIGHT SIDE POSE
SIDE CHEST
WITH ARMS EXTENDED



3 : BACK POSITION
BACK DOUBLE BICEPS
(OPEN-HANDED)



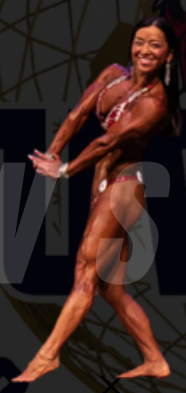
4 : LEFT SIDE POSE
SIDE TRICEPS POSE



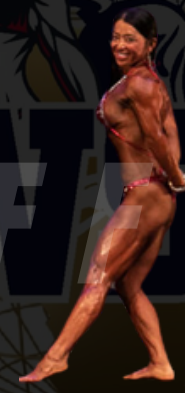
5 : FRONT POSITION
FORNT DOUBLE BICEP
OPEN-HANDED



FRONT DOUBLE
BICEPS



SIDE CHEST POSE
((FAVORITE SIDE)



SIDE TRICEPS POSE
(FAVORITE SIDE)



REAR DOUBLE BICEPS
(OPEN-HANDED)



ABS AND THIGH

POSES

- FRONT DOUBLE BICEPS (OPEN-HANDED)
- SIDE CHEST POSE (FAVORITE SIDE)
- SIDE TRICEPS POSE (FAVORITE SIDE)
- REAR DOUBLE BICEPS (OPEN-HANDED)
- ABS AND THIGH

COMPETITION CLOTHING

OPTIONAL: COLOUR, MATERIAL AND A STRUCTURE AS YOU LIKE

SAMPLE OF BIKINI





PROFESSIONAL LEAGUE

WOMEN'S SPORT MODEL DIVISION

WOMEN'S SPORT MODEL POSING



I-WALKING

I-WALKING IS WALKING CONFIDENTLY TOWARDS CENTRE STAGE.

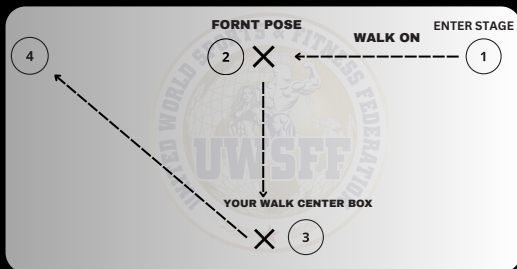
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I-WALK YOU WILL THEN BE EXPECTED TO JOIN THE LINE UP AT THE BACK OF THE STAGE.

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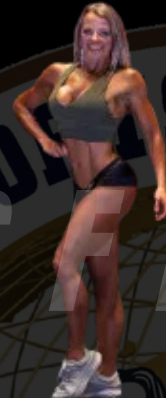
I WALK STAGE TIPS



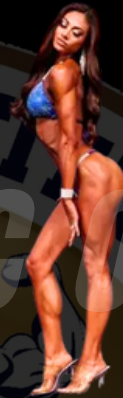
QUARTER TURNS



FRONT POSITION
FACEING JUDGES
HANDS ON EITHER HIP



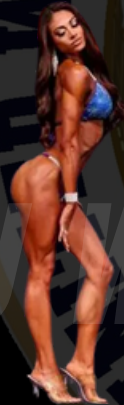
2 : SIDE POSE
QUARTER TURN RIGHT



3 : SIDE POSE
LOOK OVER SHOULDER



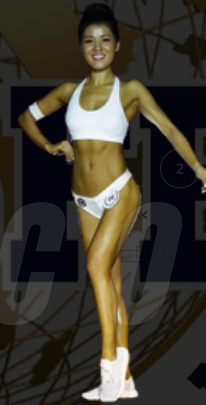
4 : BACK POSITION
QUARTER TURN REAR



5 : SIDE POSE
QUARTER TURN RIGHT
LOOK OVER SHOULDER



6 : SIDE POSE
FACEING JUDGES
QUARTER TURN RIGHT



7 : FRONT POSITION
FACEING JUDGES
HANDS ON EITHER HIP



FRONT



SIDE



SIDE



BACK



SIDE



SIDE



FRONT

QUARTER TURN RIGHT

QUARTER TURN REAR

QUARTER TURN RIGHT

COMPETITION CLOTHING
CRITERIA: SPORTS BRA AND SHORTS.
OPTIONAL: COLOUR, MATERIAL AND A STRUCTURE AS YOU LIKE



SNEAKERS / RUNNING SHOES





PROFESSIONAL LEAGUE

MISS GLAMOUR DIVISION

MISS GLAMOUR POSING



I-WALKING

I-WALKING IS WALKING CONFIDENTLY TOWARDS CENTRE STAGE.

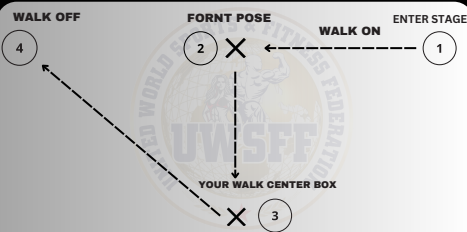
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INDIVIDUAL PRESENTATION/ROUTINE.

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I WALK STAGE TIPS



Backstage Area

JUDGES TABLE

FRONT POSE
BOTH HANDS ON HIP
(FACING JUDGES)

SIDE POSE
RIGH HAND ON HIP
(FACING JUDGES)

SIDE POSE
LOOK OVER SHOULDER
(FACING JUDGES)

BACK POSE
CROSS LEGS & BOTH
HANDS ON HIP
(FACING LEFT)

SIDE POSE
LOOK OVER TO JUDGES
(FACING JUDGES)

LEFT SIDE POSE
LEFT HAND ON HIP
(FACING JUDGES)

FRONT POSE
BOTH HANDS ON HIP
(FACING JUDGES)



FRONT
BOTH HANDS ON HIP
(FACING JUDGES)



SIDE
RIGH HAND ON HIP
(FACING JUDGES)



SIDE
LOOK OVER SHOULDER
(FACING JUDGES)



BACK
QUARTER TURN REAR
CROSS LEGS & BOTH
HANDS ON HIP
(FACING LEFT)



SIDE
LOOK OVER SHOULDER
(FACING JUDGES)



SIDE
LEFT HAND ON HIP
(FACING JUDGES)



FRONT
BOTH HANDS ON HIP
(FACING JUDGES)

QUARTER TURN RIGHT

QUARTER TURN RIGHT

ROUNDS OF JUDGING

ROUND 1

INDIVIDUAL ROUTINE WITH MUSIC (60 SECS)

ROUND 2

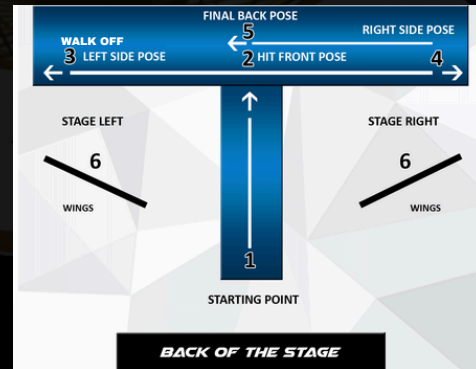
4 X QUARTER TURNS

ROUND 3

4 TO 6 COMPULSORY GLAMOUR POSES

TO BE COMPLETED BY A "POSE DOWN" BY ALL ATHLETES

JUDGES TABLE



QUARTER TURNS

COMPETITION CLOTHING

CRITERIA: GOWN DRESS,
OPTIONAL: COLOUR, MATERIAL AND A STRUCTURE AS YOU LIKE



MISS GLAMOUR LOOK

HEELS



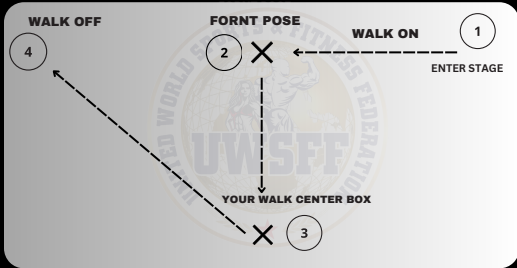
SHOES CAN BE OF ANY STYLE WITH A HEEL HEIGHT OF NO MORE THAN 5 INCHES.

WE ASK THAT ALL SHOES ARE FIT FOR PURPOSE AND SAFE TO WALK IN



PROFESSIONAL LEAGUE
MEN'S BODYBUILDING DIVISION
MEN'S BODYBUILDING POSING

I WALK STAGE TIPS



JUDGES TABLE

INDIVIDUAL PRESENTATION/ROUTINE.

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ROUNDS OF JUDGING

ROUND 1 INDIVIDUAL ROUTINE WITH MUSIC (60 SECS)

ROUND 2 4 X QUARTER TURNS

ROUND 3 4 TO 6 COMPULSORY BODYBUILDING POSES

TO BE COMPLETED BY A "POSE DOWN" BY ALL ATHLETES

QUARTER TURNS



POSES

- 1. FRONT DOUBLE BICEP
- 2. FRONT LAT SPREAD
- 3. SIDE CHEST
- 4. SIDE TRICEP
- 5. REAR DOUBLE BICEP
- 6. REAR LAT SPREAD
- 7. ABDOMINALS WITH ONE THIGH
- 8. QUARTER TURNS
- 9. MEN ONLY: FAVORITE MOST MUSCULAR
- 10. NO GYMNASTIC MOVES ARE ALLOWED

COMPETITION CLOTHING

OPTIONAL: COLOUR, MATERIAL AND A STRUCTURE AS YOU LIKE

POSING TRUNKS

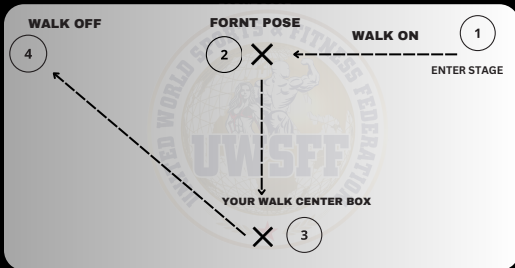




**PROFESSIONAL LEAGUE
MEN'S NATURAL BODYBUILDING
DIVISION**

MEN'S BODYBUILDING POSING

I WALK STAGE TIPS



JUDGES TABLE

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ROUND 2 4 X QUARTER TURNS

ROUND 3 4 TO 6 COMPULSORY BODYBUILDING POSES

TO BE COMPLETED BY A "POSE DOWN" BY ALL ATHLETES

QUARTER TURNS



POSES

- 1. FRONT DOUBLE BICEP
- 2. FRONT LAT SPREAD
- 3. SIDE CHEST
- 4. SIDE TRICEP
- 5. REAR DOUBLE BICEP
- 6. REAR LAT SPREAD
- 7. ABDOMINALS WITH ONE THIGH
- 8. QUARTER TURNS
- 9. MEN ONLY: FAVORITE MOST MUSCULAR
- 10. NO GYMNASTIC MOVES ARE ALLOWED

COMPETITION CLOTHING

OPTIONAL: COLOUR, MATERIAL AND A STRUCTURE AS YOU LIKE

POSING TRUNKS

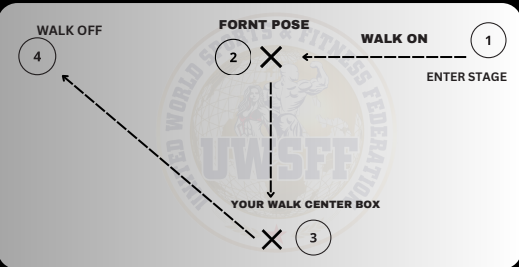




**PROFESSIONAL LEAGUE
MEN'S CLASSIC PHYSIQUE DIVISION**

MEN'S CLASSIC PHYSIQUE POSING

I WALK STAGE TIPS



JUDGES TABLE

INDIVIDUAL PRESENTATION/ROUTINE.

COMPETITORS INDIVIDUALLY PERFORM A 60-SECOND POSING ROUTINE TO MUSIC. THIS PORTION OF THE SHOW IS FOR THE CROWD AND GIVES THE COMPETITOR A CHANCE TO WIN A "BEST PRESENTER" OR "BEST POSER" AWARD. INDIVIDUAL PRESENTATIONS SHOULD BE DONE TASTEFULLY AND BE CONDUCIVE TO A FAMILY ATMOSPHERE.

ROUNDS OF JUDGING

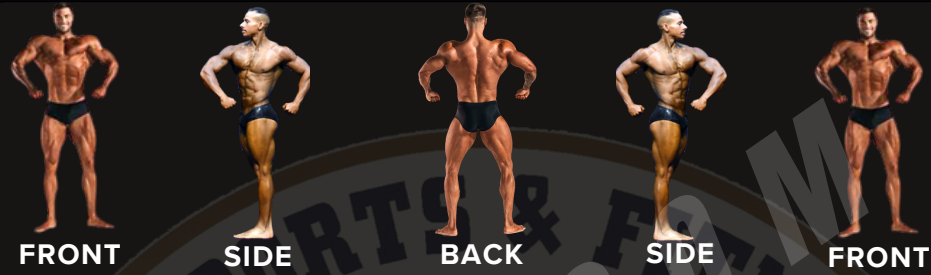
ROUND 1 INDIVIDUAL ROUTINE WITH MUSIC (60 SECS)

ROUND 2 4 X QUARTER TURNS

ROUND 3 4 TO 6 COMPULSORY BODYBUILDING POSES

TO BE COMPLETED BY A "POSE DOWN" BY ALL ATHLETES

QUARTER TURNS



FRONT SIDE BACK SIDE FRONT

QUARTER TURN RIGHT QUARTER TURN REAR QUARTER TURN RIGHT



FRONT DOUBLE BICEP SIDE CHEST REAR DOUBLE BICEP ABDOMINALS THIGH



FAVORITE CLASSIC POSE 3/4 TWISTING BACK FRONT LAT SPREAD SIDE TRICEP



REAR LAT SPREAD MOST MUSCULAR VICTORY POSE VACUUM POSE

POSES

- FRONT DOUBLE BICEP
- SIDE CHEST OF CHOICE
- REAR DOUBLE BICEP
- ABDOMINAL & THIGH
- FAVORITE CLASSIC POSE
- 3/4 TWISTING BACK POSE
- FRONT LAT SPREAD
- SIDE TRICEP
- REAR LAT SPREAD
- MOST MUSCULAR
- VICTORY POSE
- VACUUM POSE
- QUARTER TURNS

COMPETITION CLOTHING

OPTIONAL: COLOUR, MATERIAL AND A STRUCTURE AS YOU LIKE

CLASSIC BODYBUILDING / PHYSIQUE

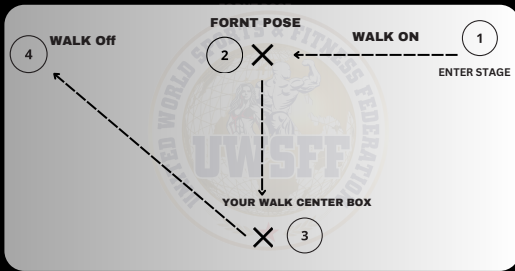
POSING TRUNKS





PROFESSIONAL LEAGUE
MEN'S PHYSIQUE DIVISION
MEN'S PHYSIQUE POSING

I WALK STAGE TIPS



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ROUNDS OF JUDGING

- ROUND 1** INDIVIDUAL ROUTINE WITH MUSIC (60 SECS)
- ROUND 2** 4 X QUARTER TURNS
- ROUND 3** 4 TO 6 COMPULSORY BODYBUILDING POSES

TO BE COMPLETED BY A "POSE DOWN" BY ALL ATHLETES

QUARTER TURNS



FRONT (FACEING JUDGES) HANDS ON EITHER HIP
RIGHT SIDE (FACEING JUDGES) QUARTER TURN RIGHT
BACK QUARTER TURNS REAR
LEFT SIDE (FACEING JUDGES) QUARTER TURN RIGHT
FRONT (FACEING JUDGES) HANDS ON EITHER HIP

QUARTER TURN RIGHT **QUARTER TURN REAR** **QUARTER TURN RIGHT**

OPTIONAL POSES



FRONT DOUBLE BICEP **ABDOMINALS AND THIGH** **SIDE TRICEP OF CHOICE** **SIDE CHEST OF CHOICE** **REAR DOUBLE BICEP**

POSES

UWSFF / MAY ASK FOR THE FOLLOWING OPTIONAL POSES IF THE CLASS IS CLOSE:

- FRONT DOUBLE BICEP
- SIDE CHEST OF CHOICE
- REAR DOUBLE BICEP
- SIDE TRICEP OF CHOICE
- VFAVORITE PHYSIQUE POSE

COMPETITION CLOTHING

OPTIONAL: COLOUR, MATERIAL AND A STRUCTURE AS YOU LIKE

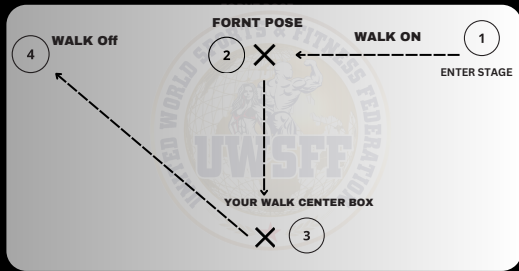
MEN'S PHYSIQUE POSING SHORTS





PROFESSIONAL LEAGUE
MEN'S SPORTS MODEL DIVISION
MEN'S SPORTS MODEL POSING

I WALK STAGE TIPS



JUDGES TABLE

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QUARTER TURNS



FRONT (FACEING JUDGES) HANDS ON EITHER HIP
RIGHT SIDE (FACEING JUDGES) QUARTER TURN RIGHT
BACK QUARTER TURNS REAR
LEFT SIDE (FACEING JUDGES) QUARTER TURN RIGHT
FRONT (FACEING JUDGES) HANDS ON EITHER HIP

QUARTER TURN RIGHT **QUARTER TURN REAR** **QUARTER TURN RIGHT**

OPTIONAL POSES



FRONT DOUBLE BICEP **ABDOMINALS AND THIGH** **SIDE TRICEP OF CHOICE** **SIDE CHEST OF CHOICE** **REAR DOUBLE BICEP**

POSES

UWSFF / MAY ASK FOR THE FOLLOWING OPTIONAL POSES IF THE CLASS IS CLOSE:

- FRONT DOUBLE BICEP
- SIDE CHEST OF CHOICE
- REAR DOUBLE BICEP
- SIDE TRICEP OF CHOICE
- VFAVORITE PHYSIQUE POSE

COMPETITION CLOTHING

OPTIONAL: COLOUR, MATERIAL AND A STRUCTURE AS YOU LIKE

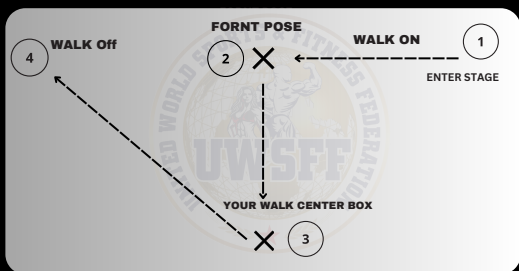
MEN'S SPORTS POSING SHORTS





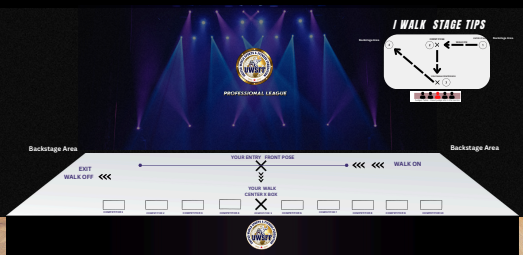
PROFESSIONAL LEAGUE
MEN'S JEAN MODEL DIVISION
MEN'S JEAN MODEL

I WALK STAGE TIPS



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QUARTER TURNS



FRONT (FACEING JUDGES) HANDS ON EITHER HIP
RIGHT SIDE (FACEING JUDGES) QUARTER TURN RIGHT
BACK QUARTER TURNS REAR
LEFT SIDE (FACEING JUDGES) QUARTER TURN RIGHT
FRONT (FACEING JUDGES) HANDS ON EITHER HIP

QUARTER TURN RIGHT **QUARTER TURN REAR** **QUARTER TURN RIGHT**

JUDGING CRITERIA

CONSISTS OF ONE ROUND IN A GROUP COMPARISON PRESENTATION. JUDGING CRITERIA IS BASED ON AN ATHLETIC/MODEL LOOK WITHOUT THE USE OF HEAVY WEIGHT TRAINING. MEN'S BEACH BODY HAS LESS MUSCLE MASS THAN MEN'S PHYSIQUE. ROUND 1- SYMMETRY OF PROPORTION: DEFINITION: CORRESPONDENCE IN SIZE, SHAPE, AND RELATIVE POSITION OF PARTS ON OPPOSITE SIDES OF A DIVIDING LINE OR CENTER OF AXIS. COMPETITORS WILL MAKE QUARTER TURNS TO THE RIGHT ON COMMAND. INDIVIDUAL POSING PERFORM A T-WALK OR I-WALK

ROUNDS OF JUDGING

ROUND 1 INDIVIDUAL ROUTINE WITH MUSIC (60 SECS)

ROUND 2 4 X QUARTER TURNS

TO BE COMPLETED BY A "POSE DOWN"
 BY ALL ATHLETES

POSES

- 4 X QUARTER TURN
- FRONT
- RIGHT SIDE
- BACK
- LEFT SIDE
- AGIN FRONT

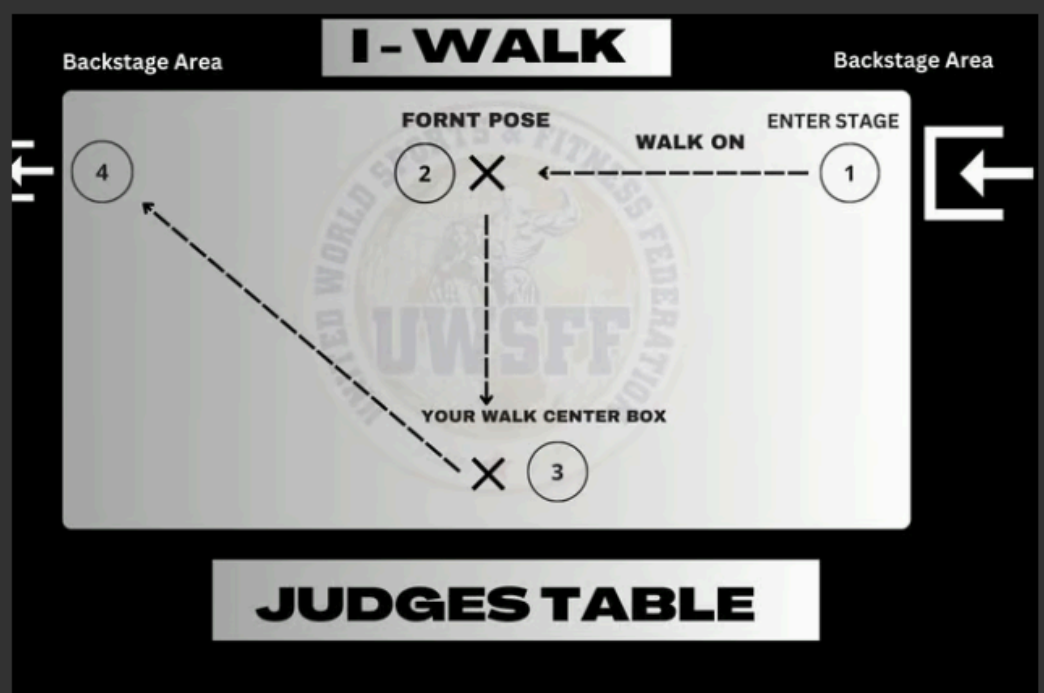
COMPETITION CLOTHING

OPTIONAL: COLOUR, MATERIAL AND A STRUCTURE AS YOU LIKE

MEN'S JEANS MODEL

POSING JEANS





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