

WOMEN CATEGORIES

VINTAGE SWIMSUIT

- *Overall Balance
- *Stage Presence
- *One-Piece Suit Style to celebrate MuscleBeach's humble beginnings
- *NO STRONG SEPARATION OR HARDNESS
- *Soft and Lean
- *Cross-Over Allowed ... open to all WOMENS categories

Mandatory Poses

- *front personality pose
- *over-the-shoulder rear pose
- *Stage props allowed within reason ... please check with us first prior to the show

ANGEL BIKINI

- Symmetry (Overall Balance)
- Muscularity (Fullness, Density)
- Conditioning (Lean and Strong Stage Presence)
- *NOT huge, striated, or possess extreme muscular separation
- *Rectangular structure versus Wellness' curvy or Women's Physique's muscle bellies
- *CROSS-OVER ALLOWED ONLY FROM BIKINI CATEGORY

Mandatory Poses

- **Front Pose (be able to transition to rear smoothly)*
- **Rear Pose (be able to transition to front smoothly)*
- *Scoring will also include a 30-second Stage Personality Posing Routine
- *Stage props aside from Wings allowed within reason ... check with us first prior to the show
- *Please contact our sponsor Maribel @ Tantra444 support with wings and suits at (626) 705-7406

FIGURE

- Symmetry (Overall Balance)
- Muscularity (Fullness, Density)
- Conditioning (Muscular Separation, Vascularity, Ability to Hold Pose)
- *Strong Back, Legs, Shoulders
- *Morph between Bodybuilding and Bikini physiques
- *Masters Division allows multiple Cross-Over opportunities between age specific and Open Classes ... please contact for more information or clarification

Mandatory Poses

- **Quarter-Turns to the Right (Symmetry Round)*
- **Front Pose (be able to transition to rear smoothly)*
- **Rear Pose (be able to transition to front smoothly)*
- *Please contact our sponsor Maribel @ Tantra444 for guidance with suits (626) 705-7406
- *NO STAGE PROPS ALLOWED

WELLNESS

Symmetry (Overall Balance)

Muscularity (Fullness, Density)

Conditioning (Lean, Ability to Hold Pose, Strong Stage Presence)

*LEAN & CURVY ... lean physique, small waist, with STRONG QUADS and GLUTES

Mandatory Poses

*20-second stage-intro routine is optional

*Quarter-Turns to the Right (Symmetry Round)

*Front Pose (be able to transition to rear smoothly)

*Rear Pose (be able to transition to front smoothly)

*Please contact our sponsor Maribel @ Tantra444 for guidance with suits (626) 705-7406

*NO STAGE PROPS ALLOWED

*NO STAGE PROPS ALLOWED

BIKINI

Symmetry (Overall Balance)

* Muscularity (Fullness, Density)

* Conditioning (Lean and Strong Stage Presence)

* Lean and muscular but NOT HUGE, striated, or extreme muscular separation

* Rectangular structure versus Wellness' Curvy

Mandatory Poses

* Front Pose (be able to transition to rear smoothly)

* Rear Pose (be able to transition to front smoothly)

* 20-second stage-intro routine is optional

* Please contact our sponsor Maribel @ Tantra444 for guidance with suits (626) 705-7406

* NO STAGE PROPS ALLOWED

* Masters Division allows multiple Cross-Over opportunities between age specific and Open Classes ... please contact for more information or clarification

* NO STAGE PROPS ALLOWED