

# MUSCLE BEACH VENICE

## FIGURE COMPETITION GUIDELINES

In judging a figure competition the judges shall assess the athleticism of the physique. This is not a bodybuilding event. A SMALL DEGREE OF MUSCULARITY WITH SEPARATION IS DESIRED, WITH NO VISIBLE STRIATIONS. The muscle tone should appear firm and round with a small amount of body fat over the muscle and no excessive leanness. The figure events provide alternatives for athletic women who:

- a. train
- b. do not wish to gain muscle size and vascularity
- c. do not have a strong gymnastic/dance background

All Figure competitors must have reached their eighteen birthday by the day of the event.

### Numbers

Your number should be pinned on the flat plane on your left hip to ensure easy visibility for the judges.

### Suits

Suits may be solid or multi-colored. Thong or T Back swim suits cannot be worn. V style suits are acceptable and should cover 50% of the glute area. Metallic, Triangle top or push-up are acceptable and may have decorations including: studs, sequins, rhinestones, ribbons etc.

### Hair

There are no rules that say you must wear your hair in any particular style. The judges cannot judge what they cannot see. If your hair is long, be sure to move it off your back during the quarter turns.

### Jewelry

Jewelry may be worn during all rounds however the jewelry should not detract from your overall appearance.

### Makeup

The more finished and feminine you appear, the better overall presentation. Keep in mind your face makeup should be dark enough to match your body makeup. The judges are looking for the best package of symmetry, stage presence, overall skin tone and femininity.

### Sportsmanship

Muscle Beach requires that athletes conduct themselves in a manner which will reflect favorably on the sport of figure. Any conduct contrary to the effect is discouraged and depending on the severity can lead to suspension from competition. Such conduct includes but is not limited to:

- a. making disparaging remarks concerning an official, judge or competitor anywhere near the venue area
- b. making disparaging gestures while on stage
- c. smashing, breaking or throwing an award, damaging or vandalizing the contest venue
- d. conduct which demeans, you, your fellow athletes, judges or officials.

All decisions of the judges are final.