



1. CLASSES

Contests with 2 classes:

Class A	up to and including 5' 4" (163 cm)
Class B	over 5' 4" (163 cm)

Contests with 3 classes:

Class A	up to and including 5' 4" (163 cm)
Class B	over 5' 4" (163 cm) up to and including 5' 6" (168 cm)
Class C	over 5' 6" (168 cm)

Contests with 4 classes:

Class A	up to and including 5' 2" (157 cm)
Class B	over 5' 2" (157 cm) up to and including 5' 4" (163 cm)
Class C	over 5' 4" (163 cm) up to and including 5' 6" (168 cm)
Class D	over 5' 6" (168 cm)

Contests with 6 classes:

Class A	up to and including 5' 1" (155 cm)
Class B	over 5' 1" (155 cm) up to and including 5' 2 ½" (159 cm)
Class C	over 5' 2 ½" (159 cm) up to and including 5' 4" (163 cm)
Class D	over 5' 4" (163 cm) up to and including 5' 5 ½" (166 cm)
Class E	over 5' 5 ½" (166 cm) up to and including 5' 7" (170 cm)
Class F	over 5' 7" (170 cm)

Contests with 8 classes:

Class A	up to and including 5' 1" (155 cm)
Class B	over 5' 1" (155 cm) up to and including 5' 2" (157 cm)
Class C	over 5' 2" (157 cm) up to and including 5' 3" (160 cm)
Class D	over 5' 3" (160 cm) up to and including 5' 4" (163 cm)
Class E	over 5' 4" (163 cm) up to and including 5' 5" (165 cm)
Class F	over 5' 5" (165 cm) up to and including 5' 6" (168 cm)
Class G	over 5' 6" (168 cm) up to and including 5' 7" (170 cm)
Class H	over 5' 7" (170 cm)

NOTE: CROSSOVERS

In NPC Competitions, you Can Not crossover from Bikini or any other Women's division to Fit Model Division in the same contest. You can enter a contest in Bikini and in your next competition enter as Fit Model Division to find out what is best for you.

The only crossovers that will be permitted will be within the Fit Model division, for example a competitor can enter in all of the following Fit Model classes that would apply to them: True Novice, Novice, Junior, Masters, and Open.

2. FIT MODEL COMPETITORS SHOULD DISPLAY:

1. A foundation of muscle which gives shape to the female body however the amount of muscle should be less than seen in Bikini.
2. This means the amount of muscle in the legs, glutes, arms, and delts should be less than currently seen in the NPC and IFBB Pro League Bikini Division.
3. Full glutes with no visible tie-in area. However, the glutes should be firm when doing the model walk to the back of the stage or in transitions while posing.
4. Small amount of roundness to the delts but no capped delts.
5. A core that is in shape but not too conditioned or lean.
6. Overall conditioning that is less than the NPC and IFBB Pro League Bikini division but would be seen on a Mainstream Fitness Magazine Cover.
7. Hair, tan, makeup, and suit that all work together and enhance their presentation.

3. POSING

1. Front pose is displayed below. One leg should be in front of the other with the hips slightly tilted.
2. Back pose is the same as the Bikini back pose.

What we are looking for with the posing:

Front-Pose:

1. A balanced upper to lower body with a base of muscle. No body part should be overpowering another.
2. There should not be any separation showing in the shoulders, arms, or legs.
3. The core should be flat but not too detailed or separated.

Back-Pose:

1. Overall balance between glutes and legs.
2. Glutes should be firm when moving or walking but there should not be any visible tie-in.
3. There should be no separation seen in the hamstrings.

NOTE: The example photos is the desired look we are going for.

Mandatory Poses



4. ATTIRE

1. Competitors will compete in a two-piece suit
2. Suit must be one plain color. Material must be Spandex or Metallic (No other material will be permitted).
3. No bling is allowed on the suit (No stones, crystals, sequins, or beads)
4. No connectors are allowed on the suit.
5. Must have moderate coverage on bikini bottom in the front and 50% coverage in the back of the suit. A Scrunch Back is allowed for the Bikini Bottom as long as it has 50% coverage.
6. No "Ties" on the sides of the bikinis.
7. The bottom front of the suit should not be a sharp "V" in shape. It should be slightly rounded.
8. No Thongs are permitted.
9. Competitors must wear high heels and may wear jewelry.

Competitors can compete in an off the rack suit. All swimsuits must be in good taste. Athletes will be warned about improper suits and are advised to bring two (2) suits to check in. If the fronts of the suit(s) bottoms are too low and the judges deem them so at check-in's, then the suit must be constructed higher, otherwise the Athletes will be scored down if the suit is not up to standard. If the judges deem your suit not to conform to the rules and inappropriate, then you will be directed to leave the stage and disqualified. **NO EXCEPTIONS**

5. FORMAT

Judging

Presentation

1. Competitors will walk onstage alone and perform their front and back poses.
2. The whole presentation will consist of the following:

Walk to the center of the stage, stop and do a front stance, then a full turn and do a back stance, then turn to the front again and face the judges as directed then proceed to the side of the stage. Do Not stop to hit a 'transition pose'. That will not be judged. No lewd acts are permitted, i.e. touching of the body with your hands for example amongst other poses. Length of time allowed is 10 seconds. If you exceed the allotted time, you will be told "Time" and have to stop your routine at that time and exit the stage.

NOTE: We do not want see a "T-Walk" presentation. Once your name is called, walk directly to the outlined box in the center of the stage.

Comparisons

1. Competitors will be judged wearing a two-piece swimsuit and heels.
2. The competitors will be brought back out in a group and directed to do a full front and back stance.
3. Judges will have the opportunity to compare competitors against each other in the front pose and back pose.
4. Competitors may be asked as a group to do a model walk to the line at back of the stage during overall comparisons. Then stop. Then directed to face the front and walk back to the front comparison line. This will be at the discretion of the judging panel and may not occur at every contest.

6. SCORING

Judges will be scoring competitors using the following criteria:

1. The Presentation and Comparisons are scored 100%
2. Balance, Shape, Conditioning, Muscularity, and overall presentation
3. Overall physical appearance including complexion, skin tone, poise and overall presentation

*If necessary, the judging panel, at its sole discretion, reserves the right to re-judge at the Finals using a Confirmation round