

The 2023 classes - What our judges will look for

MALE FITNESS CLASSES

Male Beach Body – swimwear – The judges will be looking for a body and look that turns heads on the beach- well balanced toned physique

Junior Fitness Model- Swimwear - The judges will be looking for well-balanced toned tight physique with good stage presence a look that will sell magazines

Fitness Model- swimwear - The judges will be looking for toned symmetrical shape great stage presence and a look that sells magazines

Fitness Model Over 35- swimwear - The judges will be looking for toned symmetrical shape great stage presence and a look that sells magazines in an over 35 athlete

Muscle Model – swimwear – The judges will be looking for a fuller more muscled physique, toned with great stage presence

Ink Muscle – swimwear – The judges will be looking for toned symmetrical look with ink

Underwear Model – underwear (any sort) the judges will be looking for classic abdominals, slightly sorter look killer stage presence

MALE BODYBUILDING CLASSES

Junior Men's Physique – 23 and under Board Shorts – The judges will be looking for Toned tight physique with small waist

First Timer at FMC Men's Physique – Board shorts the judges will be looking for symmetry as well as small waist and tight physique

Men's Physique – Open class Board Shorts – The judges will be looking for Toned tight physique with small waist

Men's Physique – Over 35 Board Shorts – The judges will be looking for Toned tight physique with small waist

Men's Physique – over45 Board Shorts – The judges will be looking for Toned tight physique with small waist

Muscular Men's Physique Board Shorts – The judges will be looking for Toned tight physique with small waist a more muscular larger physique

Men's Physique poses please see you tube – the posing as per IFBB

Classic Physique Junior 23 and under – Black Classic Shorts Board Shorts – The judges will be looking for a well-balanced muscular physique, ripped with a classic look and great stage presence

Classic Physique – Black Classic Shorts Board Shorts – The judges will be looking for a well-balanced muscular physique, ripped with a classic look and great stage presence

Classic Physique Over 40 – Black Classic Shorts Board Shorts – The judges will be looking for a well-balanced muscular physique, ripped with a classic look and great stage presence

Bodybuilding - short class up to 5ft8'' Bodybuilding Trunks – The judges will be looking for a the typical shredded bodybuilding physique with symmetry and great stage presence

Bodybuilding - tall class 5ft 8 Plus Bodybuilding Trunks – The judges will be looking for a the typical shredded bodybuilding physique with symmetry and great stage presence

Bodybuilding – Over 40 – No height restrictions Bodybuilding Trunks – The judges will be looking for a the typical shredded bodybuilding physique with symmetry and great stage presence

FEMALE CLASSES

Bikini First Timer at FMC Bikini any style the judges will be looking for a classic curves with good stage confidence and presence with Lean and firm physique with proportion symmetry and balance with good skin tone

Bikini Junior 23 and under Bikini any style The judges will be looking for a classic curves, a walk tall stage look with great stage presence – not too muscled with Lean and firm physique with proportion symmetry and balance with good skin tone

Bikini Open Bikini any style The judges will be looking for a classic curves, a walk tall stage look with great stage presence – not too muscled with Lean and firm physique with proportion symmetry and balance with good skin tone

Bikini -Over 35 Bikini any style the judges will be looking for a classic curves, a walk tall stage look with great stage presence – not too muscled with Lean and firm physique with proportion symmetry and balance with good skin tone

Bikini -Over 45 Bikini any style the judges will be looking for a classic curves, a walk tall stage look with great stage presence – not too muscled with Lean and firm physique with proportion symmetry and balance with good skin tone

Bikini Ink Bikini any style The judges will be looking for a classic curves, a walk tall stage look with great stage presence – not too muscled and ink showing with Lean and firm physique with proportion symmetry and balance with good skin tone

Bikini Model – 2 rounds Bikini and dress above the knee Bikini any style The judges will be looking for a classic curves, a walk tall stage look with great stage presence – not too muscled and round 2 Look fantastic in short dress, showing curves with great stage walk

Female Beach Body Open Bikini any style the judges will be looking for great stage presence, sorter physique a look that will turn heads on the beach
International model

Athletic Figure bikini any style The judges will be looking for athletic and feminine development Good muscle definition Healthy tone and feminine look a well balanced physique

Trained figure bikini any style the judges will be looking for feminine shape and proportion low body fat levels great stage presentation with slightly more muscled look

Physique Women bikini any style the judges will be looking for feminine shape and proportion low body fat levels great stage presentation with slightly more muscled look and more bodybuilding type posing

Fit Mum bikini any style the judges will be looking for great stage presence – flowing stage movements. Symmetrical and well balanced look

Wellness -Open bikini any style the judges will be looking for a look between Bikini and women's physique Symmetry and balance and ease of showing the slightly muscled physique

Wellness – Over 35 open bikini any style the judges will be looking for a look between Bikini and women's physique Symmetry and balance and ease of showing the slightly muscled physique

Figure Fitness – 2 Rounds Bikini and Theme wear Round 1 bikini any style Round 2 Wings and feathers Victoria secret Type model the judges will be looking a balanced confident symmetrical physique

Commercial model – Ball Gown only The judges will be looking great stage presence and grace on the stage head to toe graceful model look