

**Miss
Birmingham
Cahaba Valley
Hidden River
Org**

**Miss
Birmingham's
Cahaba Valley's
Hidden River's
Teen**

Competition Date: November 2, 2025

Venue: Thompson High School

Time(s): Teen 2 PM * Miss 6 PM

Tickets: \$20 General Admission

★**NEW for 2026!**★

Health & Fitness: Contestants must submit a recorded fitness introduction, no longer than 20 seconds in MP3/MP4 format.

Paperwork: All paperwork with the exception of the Miss no-show check, Teen entry fee and any ad/photo competition fees are to be submitted using this [GOOGLE FORM!](#)

★**Rising Stars**★

There will be no Rising Star participation for the 2026 Miss Birmingham, et.al. and Miss Birmingham's Teen, et.al. Competition Day. However, for the **State** competitions, all contestants will need at least one Rising Star. Miss Alabama or MALT will provide those details at the respective orientations.

ALL photos, documents & audio files are to be submitted via this [GOOGLE FORM](#). DO NOT email or mail these items. Documents that require a signature are to be *digitally* signed.

The deadline for entry is **October 24th**. *Your entry is only considered complete when both the Google form and mailed items (no-show check or Teen entry fee) are received!*

Google Form - Checklist:

These items will not be accepted via email or mail

<input type="checkbox"/>	<u>Interview Fact Sheet & CSI Essay</u> <i>PDF only</i>
<input type="checkbox"/>	<u>Headshot Photo</u> <i>High Resolution JPG or PNG only</i>
<input type="checkbox"/>	<u>Talent Information - Google Form Only</u>
<input type="checkbox"/>	<u>Medical Form *NEW*</u> <i>PDF only</i>
<input type="checkbox"/>	<u>Talent Music - 90 second limit</u> <i>MP3 or MP4 Format Only</i>
<input type="checkbox"/>	<u>Fitness Introduction - 20 second limit</u> <i>MP3 or MP4 Format Only</i>
<input type="checkbox"/>	<u>Copy of Birth Certificate or US Passport <i>and</i> valid Driver License to confirm residency</u> <i>JPG, PNG or PDF only</i>
<input type="checkbox"/>	<u>Local Contract</u> <i>Digitally Initialed & Signed</i>

Mail the \$50 Miss no-show check or your \$200 Teen entry fee along with any applicable ad/photo competition fees via US MAIL to:

Miss Birmingham Competition
513 Saint Lauren Way
Birmingham, AL 35242

Mark your calendar and plan to attend the mandatory Local Orientation Zoom call on Sunday, October 26th - Teen at 2 PM, Miss at 3 PM. This is where we will draw your competition order and answer questions. More information is listed on the next page.

Miss Birmingham, Miss Cahaba Valley Miss Hidden River & Miss Covered Bridge and Teen

Competition Items to Bring & Opening Number Attire

★Important!★

Mandatory Local Orientation via Online Meeting: Sunday, October 26th
Teen at 2 PM and Miss at 3 PM CST!

*(Zoom link will be sent via email the **morning** of October 26th)*

If for an unavoidable reason you are unable to attend, you must notify the Director of the reason at least 24 hours in advance, and your parent or sibling may attend in your place. The expectation is that you understand what was discussed and send the Director an email to that effect.

After October 26th, all Contestants will be emailed an updated competition day schedule.

Opening Number Attire

White Pants (not jeans) and a RED, BLUE, SILVER or GOLD Top (only these colors)

- Pants/Slacks can be cropped or full length, skinny, straight, boot cut or wide-leg – whatever looks best on you!
- Top/Shirt/Blouse can have sparkle or be plain but **must** cover your midriff!
- Coordinating **Nude/Skin color** shoes of your choice that you can dance in (no wedges).

Required Items You MUST Have with You on Competition Day

1. Official copy of your birth certificate – **REQUIRED**
2. **Talent props** (where applicable)
3. **Backup copy of your talent music & your fitness intro on your phone** (no exceptions)
4. Competition wardrobe including all jewelry, shoes, and *undergarments*
5. All makeup, hair products and other competition necessities
6. **Robe** to wear backstage – **REQUIRED**

Other Important Things to Remember for Competition Day

- Wear *comfortable* clothes when you arrive
- Parents and friends must leave after helping unload
- No Contestant(s) may leave the competition venue during competition day
- No outside hair or makeup artists are allowed – be prepared to do your own hair and makeup
- Dressing Room moms will be available to assist you & keep everyone on track for the next event – *please be sure to thank them during the day*
- All meals, water & snacks will be provided by the Miss Birmingham Organization
 - If you have specific food allergies, you may bring your own food/snack items
 - You **MUST** inform the Dressing Room Moms upon your arrival
- Label anything that you wish to keep – *any items left without a label cannot be returned.*
 - *If you realize an item has been left after the competition, please e-mail the director promptly*
- Bring an electrical power strip, a lighted mirror and/or a full-length mirror
 - The competition will provide a limited number of power strips so please make sure to label any that you bring with you to the venue
- Garment racks are provided by the competition for hanging costumes and gowns
- Dressing Room space is **LIMITED** – **BRING ONLY NECESSARY ITEMS**
- Cell phones are not allowed inside the dressing room – no exceptions!

Miss Birmingham, Miss Cahaba Valley Miss Hidden River & Miss Covered Bridge and Teen Competition Events & Attire

Each Contestant is judged by the selection panel immediately after each event. The score will range between 1 and 10, whole numbers only. The high and low scores for each Contestant are discarded in each area of competition.

The four (4) Contestants with the highest overall scores at the end of the competition will be named Miss Birmingham, Miss Cahaba Valley, Miss Hidden River and Miss Covered Bridge and Teens respectively.

The Phases of Competition are listed below in order:

Private Interview with Judges – 30%

Each Contestant is introduced by the panelist chair, will take her position, and immediately present a **brief 30-second introduction** – *this intro may be about your CSI or it may simply be about you*. Questions may range from current events to personal goals and interests and may be taken from the contestant's resume and CSI essay. ★*There is no longer a closing statement*★. The interview will end promptly at the ten-minute mark whether or not the Contestant is still speaking.

Wardrobe: Fashionable attire suitable for a **professional** job interview.

On-Stage Conversation – 10%

A single question from the **Delegate's Community Service Initiative (CSI)** will be asked and the response should be no longer than 30 seconds.

Wardrobe: OSC is completed immediately following the Opening number in Opening Number attire.

Health & Fitness – 20%

This phase of competition is where the Contestant showcases her commitment to health and fitness initiatives. A contestant's discipline and commitment to being physically healthy is a key to success in all other areas of life, and the rigors of representing the Miss America program is a national titleholder.

Wardrobe: Miss America **mandates** that competition attire be purchased from the Rebel Athletic product line, from the Miss America **Go-Red** line of fitness wear. Shorts, skorts, leggings and any style top may be worn. **Delegates are not required to purchase new attire for each competition!**

Note: All fitness wear choices must cover the intended part of the body fully.

Performing Arts Talent or HERStory – 20%

Each Delegate will perform a talent presentation **not to exceed 90 seconds (1 minute 30 second)**.

Talents may include but are not limited to – vocals in every medium, dance in all forms, gymnastics, baton, circus arts, instrumentals, and drama. The talent competition distinguishes each delegate's skills and personality, interpretive ability, technical skill level, stage presence, the ability to capture the audience's attention, and totality of all elements. *There will be no repeated talents in the competition. If two delegates wish to perform the same song, the first Delegate returning all completed paperwork will reserve that song.*

Wardrobe: Costume of the Delegate's choice that is appropriate and in good taste for the chosen talent.

Evening Gown – 20%

Allows judges to have a look into how the Delegate exhibits her own personal style, attitude, personality, grace presence and confidence. Scoring is based on how the delegate carries herself, not on the actual gown she is wearing or the perceived cost of that gown.

Wardrobe: Evening wear of the Delegate's choice, with complementary shoes and accessories