

# Triple-A Fitness, Aerobics, Bodybuilding, Figure & Model Search Description Of Events

(Compete In As Many As You'd Like)

Triple-A, for almost 15 years, has been the most diverse and comprehensive competitive fitness and aerobic organization in the world. Triple-A has achieved this status by offering its participants more events, more categories and more divisions to participate in than any other organization. No matter the category of interest or your age, Triple-A Fitness, Aerobics, Bodybuilding, Figure & Model Search has an event for you.

## TRIPLE-A FITNESS LEGACY, BODYBUILDING & FIGURE EVENTS:

### MS. FITNESS - CROWN & TITLE:

This event is designed to determine the best "overall fitness", female athlete. Participants are judged in the following areas:

1. Routine – Prepared routine between 75-120 seconds to music of your choice. Routines should show an even balance of dance, strength & flexibility. Tumbling is not a requirement!
2. Comparisons (Physique) – Participants should have muscular balance, proportions & even muscle tone and skin complexion. (Not size or "bigness")
3. Spokesperson: Participants must deliver a prepared speech 30-75 seconds, in formal attire. Top 5 qualify for The "Legacy Fitness Crown" Championships!

### MR. FITNESS - TROPHY & TITLE:

This event is designed to determine the best "overall fitness", male athlete. Participants are judged in the following areas:

1. Routine: Prepared routine between 75-120 seconds to music of your choice. Routines should show an even balance of dance, strength & flexibility. Tumbling is not a requirement!
2. Comparisons (Physique): Participants should have muscular balance, proportions & even muscle tone and skin complexion. (Not size or "bigness")
3. Spokesperson: Participants must deliver a prepared speech 30-75 seconds, in formal attire. Top 5 qualify for The "Legacy Fitness Championships"!

### FEMALE FITNESS MODEL - CROWN & TITLE:

This event is designed to determine the best "overall figure", female athlete. Participants are judged in the following areas:

1. Shapeliness (1-Piece Swimsuit): The judges look for a flattering fit. Suit should be formal and can be dressed up with jewelry but should not be distracting.
2. Comparisons (2-Piece Swimsuit): Participants should have a shapely feminine balance, proportions with even muscle tone and skin complexion.
3. Spokesperson: Participants will be asked a question with which they will have 30 seconds to answer; they will wear formal attire and be judged on their walk, modeling ability, poise and grace. Top 5 qualify for "The Legacy Figure Championships"!

### MALE FITNESS MODEL - TROPHY & TITLE:

This event is designed to determine the best "overall physique", male athlete. Participants are judged in the following areas:

1. Sportsman (Sportswear): The judges look for athletic styling, good casual grooming, new/clean clothing. Accessories that can be worn, i.e. hats, sunglasses, sports watches, etc. may be used to enhance this round but should not be distracting from overall modeling performance.
2. Comparisons: Participants should have a strong masculine look with good muscular balance & proportions with even muscle tone and skin complexion.
3. Spokesperson: Participants will be asked a question with which they will have 30 seconds to answer; they will wear formal attire and be judged on their walk, modeling ability, stature and masculinity. Top 5 qualify for "The Legacy Physique International Trophy"!

### NOVICE/MASTERS/ELITE FITNESS DIVISION/MEN & WOMEN:

These categories were added by popular demand and is modeled after the men's and women's events outlined above. They are for the new competitor just getting started, the older participant who's "still got it goin' on" but is concerned about competing against their younger participants; and the TOP-Level Athlete. To participate in masters you must be 40 years of age or older, in novice 2-years or less of competition and not gone top-15 in a major show. Elite Competitors will be invited by invitation only.

1. Routine: Prepared routine between 75-120 seconds to music of your choice. Routines should show an even balance of dance, strength & flexibility.
2. Comparisons (Physique): Participants should have muscular balance, proportions & even muscle tone and skin complexion. (Not size or "bigness")
3. Spokesperson: Participants must deliver a prepared speech 30-75 seconds, in formal attire. Top 5 qualify for "The Legacy International Trophy" & Crown!

### JUNIOR FITNESS-DIVISION/BOYS & GIRLS:

This brand new event is modeled after the men's and women's events outlined above. It has been designed for the junior participant with any amount of gymnastics or dance, past or currently. Please note that there is no "comparisons" round for this category. The age range for this division is from 7 to 17.

1. Routine: Prepared routine between 75-120 seconds to music of your choice. Routines should show an even balance of dance, strength & flexibility.
2. Sportswear Modeling Round: Active clothing or Sports Team Clothing & A prop must be used in this round. Example: Soccer Jersey w/Soccer Ball, Tennis Outfit w/Racquet, Beach wear with Volleyball/Sun-Hat Glasses, etc. Must model props and not just hold them.
3. Spokesperson: Participants must deliver a prepared speech 30-45 seconds, in formal attire. Top 5 qualify for "The Legacy International Trophy" & Crown!

### BODY BUILDING – ALL EVENTS & DIVISIONS:

TRIPLE-A FITNESS, AEROBICS, BODYBUILDING, FIGURE & MODEL SEARCH...IS A PROMOTER OF AND FOR **OCB BODYBUILDING** AND THEREFORE FOLLOWS THOSE RULES & GUIDELINES. PLEASE VISIT [WWW.THEOCBWEBSITE.COM](http://WWW.THEOCBWEBSITE.COM) FOR ALL RULES, REGULATIONS, GUIDELINES & STANDARDS FOR ALL BODYBUILDING EVENTS.

### FIGURE – ALL EVENTS & DIVISIONS:

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## TRIPLE-A FITNESS – LEGACY SPORTAEROBIC & DANCE EVENTS

### HIP-HOP DANCE CREW & SPORTAEROBICS COMPETITIONS:

The Triple-A Fitness, "Prepared Routines" division is our standard event, for those participants who already have a routine prior to the "Regional Qualifier". At the Regional Qualifier the prepared routines are judged for their execution, endurance and excitement! There are no required moves at this level of competition, and any "elements" showcased in the prepared routine, will only be judged as outlined above. Special costumes are not required for the Regional Qualifier, but bring your music. The Top 5 Will Advance to the Legacy "International Grand Finals"!

Categories	Division	Subdivision
Aerobics	Adult/Juniors	Singles/Doubles/Trios/Quads Plus
Step	Adult Only	Singles/Doubles/Trios/Quads Plus
Open Dance (Hip-Hop/Salsa/Jazz/Ballroom/Swing)	Adult/Juniors	Singles/Doubles/Trios/Quads Plus

**VERY IMPORTANT NOTICE: THIS IS JUST AN OUTLINE OF THE REGULATIONS FOR ALL REGIONAL QUALIFIERS AND ARE NOT THE COMPLETE RULES AND GUIDELINES MAKE SURE YOU HAVE THE MOST RECENT RULES BY CONTACTING:**

**TRIPLE-A LEGACY HEADQUARTERS AT (310) 659-8918 OR: VISIT US @ [WWW.TRIPLE-A.NET](http://WWW.TRIPLE-A.NET)**

**SPECIAL NOTICE: EVENTS MAY HAVE SLIGHTLY MODIFIED RULES @ ALL FINAL COMPETITIONS**