

# **Triple-A Legacy Fitness Guidelines**

**Legacy Fitness Divisions: \*Elite – Open -\*Master’s/Novice Fitness & Mr. Fitness**

## **GENERAL OVERVIEW:**

The Triple-A Fitness Legacy events are held to determine who is the best overall fitness athlete, for each division. To make this determination, each participant is judged in three different areas of total fitness. Those areas are: Skill and Agility, which is judged in the Fitness Routine Round; Body Balance and Musculature, which is judged in the Comparisons or Physique Round; and Mind-Spirit, which is judged in the Spokesperson Round. The scores are based on a total possible score of 45 points, and each round will count as 1/3 of the total score.

**\*Elite/Master’s/Novice Category is open to those who meet any of the following criteria:**

1. *Masters - 40 yrs. or older and have not won the Master Fitness Legacy Title or placed in the TOP 5 in any major fitness competition.*
2. *Novice -Have competed for less than 24 months and have not placed in the TOP-15 in any major fitness competition.*
3. *Elite Division - World Class Level Athletes Only! Cash Prizes & Or Paid To Compete! Only Offered @ Legacy International Grand Finals...*

## **THE FITNESS-ROUTINE ROUND:**

The Fitness Routine should demonstrate an overall balance of strength, flexibility, endurance, speed, aerobics, agility, and dance. The costume must be suitable for aerobic-fitness activity and suitable for all audiences. It can be a 1-piece or 2-piece costume, and both men and women should be properly supported and protected. Clean, white fitness shoes are preferred, along with white socks. Women and girls should wear tights (flesh-tone preferred, but not mandatory) if their costumes are cut higher than the mid-thigh range. All routines must be no shorter than 75 seconds, and no longer than 120 seconds. All routines at the Regional Qualifier level will be judged in the following areas: Execution (how well & safely the moves are done), Endurance (speed and agility, how strong the performance is), and Excitement (entertaining and engaging). Up to 15 points total.

## **THE COMPARISONS ROUND:**

In this round, each athlete is judged on his or her fitness appearance. Women must wear a *2-piece swimsuit* and men should wear “*Speedo-style*” swimwear. The Master’s men have the option of wearing a *boxer or trunk-cut swimsuit*. Thong or string cut swim suits are strictly prohibited for all athletes. All women participating in this round should wear heels while the men may wear fitness shoes, sandals, or go with bare feet. The judges will be looking for body proportion not size, and a “reasonable amount of body fat”. This is not a bodybuilding competition! The judges look for an even muscular balance throughout the entire body, and will be comparing each athlete’s body in its *relaxed state*. Up to 15 points total.

## **THE SPOKESPERSON ROUND:**

The final round is used to determine which athlete is best suited to represent the fitness industry through Seminars, Lectures, Workshops, Print Work and Camera Readiness. In this round, each athlete must demonstrate their ability to Walk, Speak and Present themselves in formal attire, which is a tuxedo for Men, formal evening gown for women. Each speech should showcase mind, body and spirit connection to wellness as a whole. Wellness can relate to physical fitness, the fitness and wellness of a home, the community or world. The speech should not be shorter than 30 seconds, or longer than 75 seconds.

## **ADVANCING AFTER THE REGIONAL QUALIFIER:**

The top 5 winners will advance to the International Fitness Legacy, Grand Final & Crown Championship. If there are fewer than ten (10) athletes in any division, the head judge will make the determination as to how many from each division will advance to the finals. The prizes awarded at each regional Qualifier may vary from event to event, and may be different each year. Special Note: Currently the top three (3) athletes in the Women’s Open Division are eligible for an invitation to the Ms. Fitness USA/World event. The top Master and Novice winners will also be eligible for an invitation to Ms. Fitness USA/World Event.

*All Participants must be Triple-A Fitness & Aerobic Members*

**FOR ADDITIONAL INFORMATION AND QUESTIONS,  
CONTACT THE TRIPLE-A HEADQUARTERS AT: (310) 659-8918 OR VISIT US @ WWW.TRIPLE-A.NET**