

# TRIPLE-A, LEGACY FEMALE & MALE FITNESS MODEL SEARCH COMPETITION GUIDELINES

## FEMALE FITNESS MODEL SEARCH

General Overview: The Triple-A Fitness Model Search event is an event that does not have a fitness routine component and all posing or flexing is strictly forbidden. There is only one open division for this event.

There will be 3 rounds in the Female Legacy Model Search event.

Round 1: Figure Physique Comparisons (Two-Piece).

Round 2: Formal Bathing Suit Modeling (One-Piece) Must include a Pool Jacket or Sarong Wrap.

Round 3: Formal Evening Attire Modeling – A Question will be asked in which you will have 30 Seconds to Answer.

The judges will be selecting the winner who best demonstrates the following:

A Small degree of Muscularity & Separations, no overly visible Striations.

Good Overall Muscle Tone.

Shapely Lines.

Muscle Firmness.

Not Overly Lean.

A Reasonable amount of Body Fat.

Healthy Appearance.

Face, Hair & Make-up done well & styled differently for each round.

Skin Tone Balanced & Even.

Suitable Gown & Make-up & Tanning Colors For Your Tones.

Appropriate Amount of Jewelry Tastefully Worn.

Walk & Modeling Ability – Poise while Speaking, (Not Moving).

A Look of Outer Beauty (As Shown).

A Feeling of Inner Beauty (As Perceived).

A Sense of Charm, Style, Grace & Personality (As Demonstrated).

## LEGACY FITNESS MODEL SEARCH-MALE

General Overview: The Triple-A Fitness Mr. Legacy Physique event is an event that does not have a fitness routine component and all posing or flexing is strictly forbidden. There is only one open division for this event.

There will be 3 rounds in the Legacy Physique/Model Search event.

Round 1: Physique Comparisons (Speedo Style Swim Suit)

Round 2: Sportswear/Beach-Volleyball Attire Must be New & Clean. Must have a prop/Frisbee, Volleyball, Beach Towel... Must show use of Prop.

Round 3: Formal Evening Attire Modeling - A Question will be asked in which you will have 30 Seconds to Answer.

The judges will be selecting the winner who best demonstrates the following:

A Larger degree of Muscularity & Separations is acceptable, however no overly visible Striations will be.

Good Overall Muscle Tone

Body-Balance and "V" Shaped Lines.

Muscle Firmness.

Not Overly Lean.

A Reasonable amount of Body Fat.

Healthy Appearance.

Face, Hair & Make-up done well & styled differently for each round.

Skin Tone Balanced & Even.

Suitable Tux/Suit Proper Make-up & Tanning For Your Tones & Colors.

Appropriate Amount of Accessories Tastefully Worn.

Walk & Modeling Ability – Stature while Speaking (When Not Moving).

A Look of Outer Attractiveness (As Shown).

A Feeling of Inner Confidence (As Perceived).

A Sense of Charm, Style, Power & Personality (As Demonstrated).

## ADVANCING AFTER THE DISTRICT 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 District Qualifier may vary from event to event, and may be different each year.

*All Participants must be Triple-A Fitness Members...* To Participate contact the Triple -A Fitness & Aerobic Headquarters for an invitation and the rules and regulations at: **310 659 8918** or: **WWW.TRIPLE-A.NET**