



Competition Rules – Pro Fitness

Judging (Round 1)

1. Each competitor is called onstage individually in numerical order in a two-piece bikini and high heels and, at center stage, performs four quarter turns and then forms in equal numbers along diagonal lines at each side of the stage. The center stage area is left clear for the callouts.
2. The head judge then directs groups of competitors in numerical order through the quarter turns. The size of the groups is at the discretion of the head judge.
3. The head judge then directs selected competitors through the callouts, where the selected competitors are compared against each other in the quarter turns. The number and placement of competitors in the callouts is at the discretion of the head judge.

Finals (Round 2)

1. Each competitor is called onstage individually in numerical order and has up to a maximum of 2 minutes to perform a fitness routine to music of the competitor's choice.
2. The fitness routine must contain the following mandatory movements in any order:
 1. push up (of any kind)
 2. high kick
 3. straddle hold
 4. side split
3. Each competitor is then called onstage individually in numerical order in a two-piece bikini and high heels and, at center stage, performs four quarter turns and then forms in equal numbers along diagonal lines at each side of the stage. The center stage area is left clear for the callouts.
4. The head judge then directs selected competitors through the callouts, where the selected competitors are compared against each other in the quarter turns. The number and placement of competitors in the callouts is at the discretion of the head judge.



Other Competition Rules

1. For the Judging, competitors must wear a two-piece bikini, the color and style of which is at the competitor's discretion. The bikini must cover a minimum of one-half of the buttocks area. G-strings are prohibited. Footwear (high-heels) must be worn.
2. For the Finals fitness routine, competitors may wear costumes of their own choosing, however, the costume must cover a minimum of one-half of the buttocks area. G-strings are prohibited. Footwear is at the discretion of the competitor.
3. The competitor's number must be securely attached to the left side of the bikini at all times.
4. During the Judging, competitors cannot wear watches, bangles, pendants, chains, bracelets (wrist or ankle), ornamentation or artificial aids to the physique.
5. The use of props is permitted under the following conditions:
 1. If a competitor intends to use a prop that requires the assistance of stage expeditors, pre-approval of the Promoter must be obtained in advance of the competition, failing which the use of the prop may be disallowed.
 2. Props that leave material onstage that may present a safety hazard and/or that require the stage to be cleaned before further use are prohibited.
 3. Any item discarded during the routine must be removed by the competitor before exiting the stage without causing any delay in the competition.
6. The use of vulgar, profane and/or offensive language in the fitness routine music is prohibited.
7. The excessive application of oils, moisturizers, skin creams, tanning creams and like products is prohibited and may be used only in moderation. The application of tanning products must produce a natural tone so as to give the appearance of a natural tan. Products that produce an unnaturally colored tone, with an orange, yellow, red, green or gold hue, are prohibited. Bronzing agents that produce a metallic look are also prohibited.