

DARE TO BE GREAT!
DARE TO CHANGE YOUR
LIFESTYLE FOR A
HEALTHIER YOU!
DARE TO SHINE!



GYMBODYZ POSING REGULATIONS

'Where Sports & Fitness Meet'

PAULETTE SYBLISS PRESENTS

ART BY MADMACFIT

GYMBODYZ

★ SPORTS & FITNESS GALA ★

SUNDAY 29TH NOVEMBER 2020

Venue: Streatham Theatre Sternhold Avenue – LONDON SW2 4PA

2 PM :: 9 PM

CATEGORIES: SPORTS MODEL, BIKINI MODEL, FITNESS MODEL,
MALE FITNESS MODEL, SWIMSUIT MODEL, MALE MUSCLE MODEL

WWW.GYMBODYZ.COM

WRITTEN BY PAULETTE SYBLISS

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GYMBODYZ POSING REGULATIONS

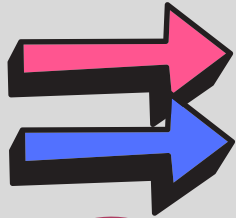
Key 'Where Sports & Fitness Meet'

Position 1-Strike a Pose then
walk forward to centre stage

Position 2-Strike 2-3 poses

Position 3-Strike 1-3 poses

Position 4-Strike 1-3 poses



Direction To Walk Onto Stage

Direction To Walk Off Stage



Judging Panel

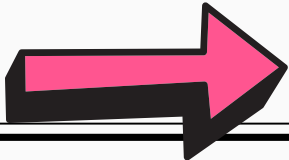


**Competitors Being Compared
During Quarter Turns Call-Out**



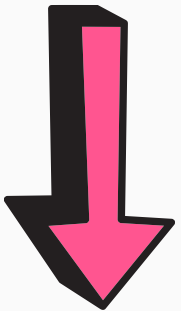
**Competitors Not Being
Compared, During Current
Call Out**

**Enter From
Backstage**



Position

1



AUDIENCE

AUDIENCE

AUDIENCE

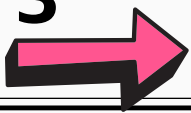
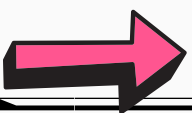
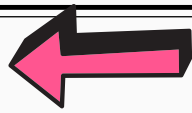
AUDIENCE

AUDIENCE

AUDIENCE

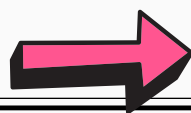
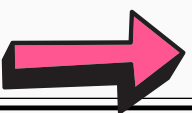
Position

3



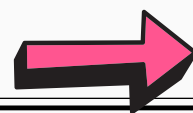
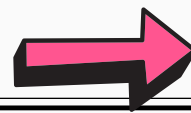
Position

2



Position

4



JUDGE

3

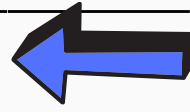
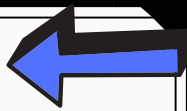
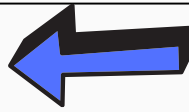
JUDGE

1

JUDGE

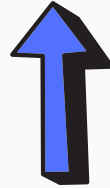
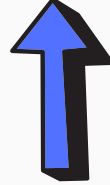
2

**Leave For
Backstage**



Position

5



AUDIENCE

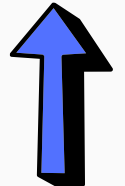
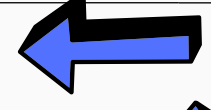
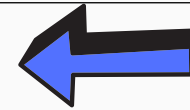
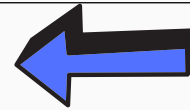
AUDIENCE

AUDIENCE

AUDIENCE

AUDIENCE

AUDIENCE



**JUDGE
3**

**JUDGE
1**

**JUDGE
2**

Competitors
not being
compared



AUDIENCE

AUDIENCE

AUDIENCE

AUDIENCE

AUDIENCE

AUDIENCE

Competitors Being Compared

During Quarter Turns

competitor
5

competitor
2

competitor
1

competitor
3

competitor
4

JUDGE
3

JUDGE
1

JUDGE
2

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QUARTER TURNS MANDATORY POSING REGULATIONS

RULES & Mandatory Poses During Quarter Turns ONLY

FEMALE COMPETITORS

- The pictures and descriptions below relate to **QUARTER TURN POSES** ONLY and cover the foundation of each pose. Competitors should attend our workshops AND hire a posing coach to polish off their posing.
- Individual T-Walks remain 'free' posing for all competitors.
- During quarter turns, the competitor must listen to the specific directions of the Head Judge
- Competitors must strike their pose and HOLD the pose until asked to quarter turn again.
- Any competitor who is shifting from pose to pose will be told by the Head Judge to hold their pose to be compared.
- **NO POSES WITH ARMS OVERHEAD ARE ALLOWED DURING QUARTER TURNS**
- **Quarter Turn Front Pose-** Body facing forward to the Judges, One arm on the hip, the free arm MUST be straight and not bent/or in a flexed position. Legs in the position that best compliments the competitor.
- Competitors must NOT cover their number badge which should be worn on their left side.

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QUARTER TURNS MANDATORY POSING REGULATIONS

RULES & Mandatory Poses During Quarter Turns ONLY FEMALE COMPETITORS.

- **Quarter Turn Side Pose-** Body facing side on to the Judges. One arm on the hip, the free arm **MUST** be straight and not bent/or in a flexed position. The legs can be in any position that the competitor feels best suits them. The head should be turned to face judges. Competitors must **NOT** cover their number badge.
- **Quarter Turn Back Pose-** The competitors body is with their back and glutes fully facing the Judges. Both arms **MUST** be down and in-front of the legs or slightly resting on the outer part of the quads. The head must not turn to face judges. Long hair **MUST** be moved to the side for the judges to see the upper back. The competitor should arch at the lower back and their hips should be slightly tilted back to accentuate the glutes and hamstrings. Competitors **MUST NOT** bend over in the back pose. Any competitor doing so will be asked by the Head judge to adjust their pose. Both legs must be straight and either hip width apart or slightly further than hip width apart. Remember to move the hair back when turning into the next side pose. **BE CLASSY IN THE BACK POSE!**

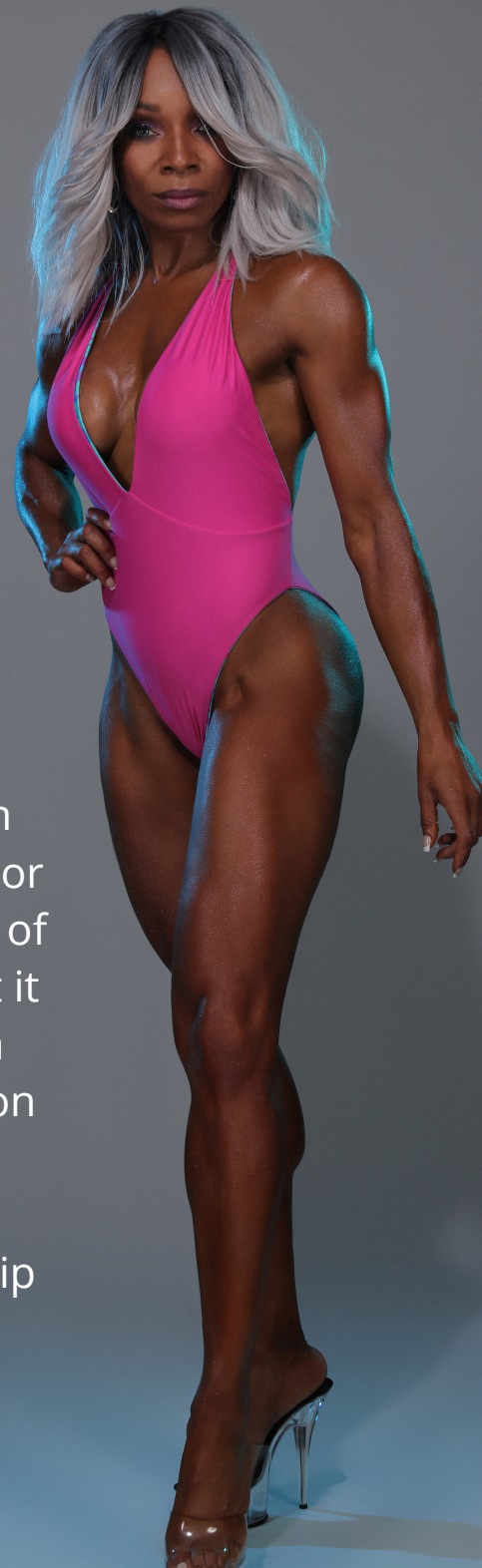
FRONT POSE



One arm on hip
The other must be
down or out by the
side of the athlete
but it **MUST** be in a
straight position and
NOT
bent/flexed



The front arm
must be down or
out by the side of
the athlete but it
MUST be in a
straight position
and **NOT**
bent/flexed.
Back arm on hip



SIDE POSE

SIDE POSE



The front arm
must be down or
out by the side of
the athlete but it
MUST be in a
straight position
and NOT
bent/flexed



SIDE POSE

BACK POSE



- Both arms down by the side of the athlete
- Slight arch in the lower back
- Hips slightly tilted back



BACK POSE