

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



**GYMBODYZ**  
★ SPORTS & FITNESS GALA ★

**SUNDAY 3<sup>RD</sup> MAY 2020**  
THE ALBANY THEATRE DOUGLAS WAY, LONDON SE8 4AG - UK  
12PM :: 7.30PM

**CATEGORIES:** SWIMSUIT MODEL - SPORTS MODEL  
FITNESS MODEL - MALE FITNESS MODEL - MUSCLE MODEL

**WWW.GYMBODYZ.COM**

WRITTEN BY PAULETTE SYBLISS

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# GYMBODYZ POSING REGULATIONS

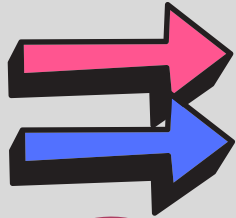
**Key** 'Where Sports & Fitness Meet'

**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**

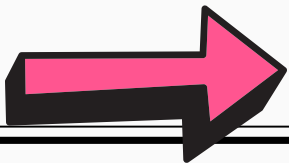


**Competitors Being Compared  
During Quarter Turns Call-Out**



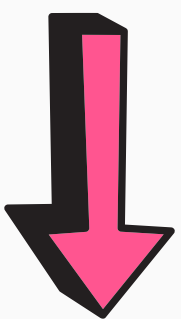
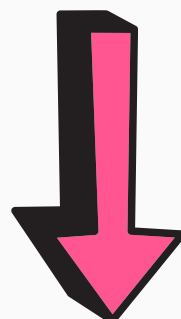
**Competitors Not Being  
Compared, During Current  
Call Out**

**Enter From  
Backstage**



**Position**

**1**



AUDIENCE

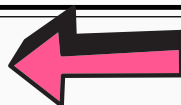
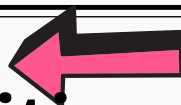
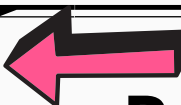
AUDIENCE

AUDIENCE

AUDIENCE

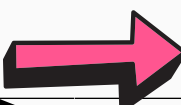
AUDIENCE

AUDIENCE



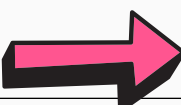
**Position**

**3**



**Position**

**2**



**Position**

**4**



**JUDGE**

**3**

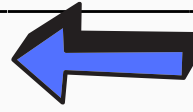
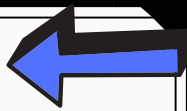
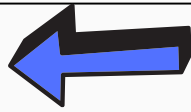
**JUDGE**

**1**

**JUDGE**

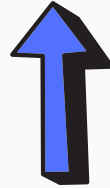
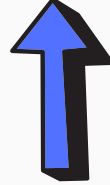
**2**

**Leave For  
Backstage**



**Position**

**5**



**AUDIENCE**

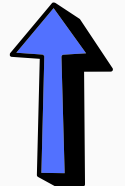
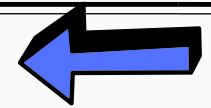
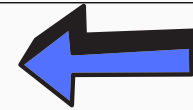
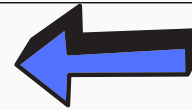
**AUDIENCE**

**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

# GYMBODYZ

## 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 competitor's 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!**



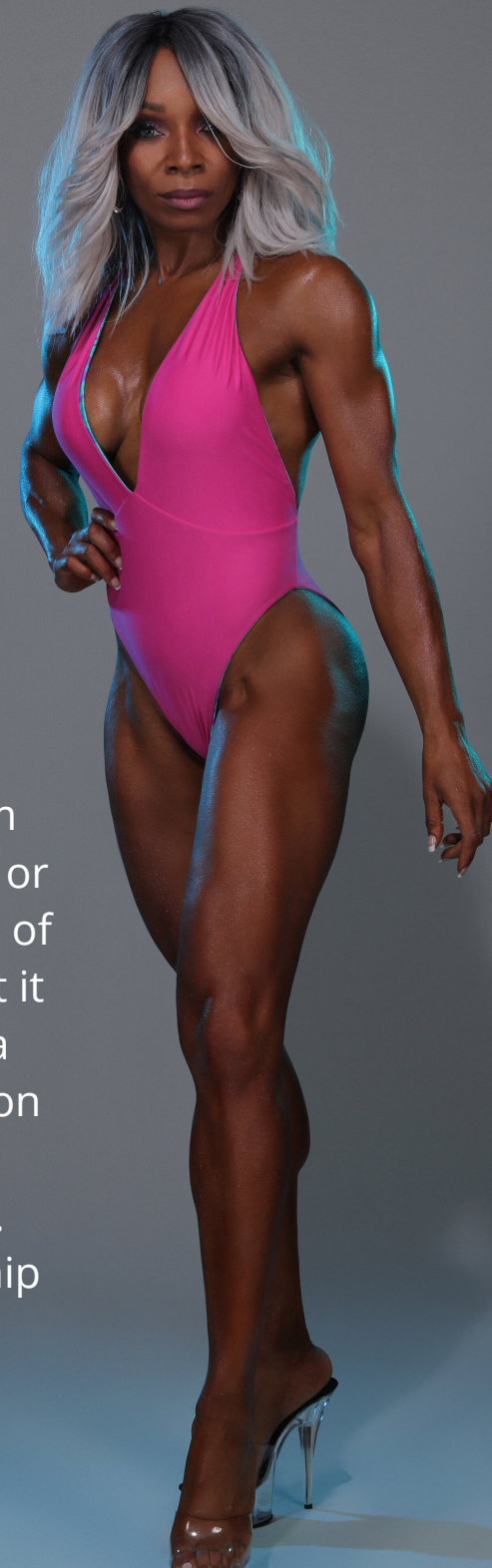
# FRONT POSE



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



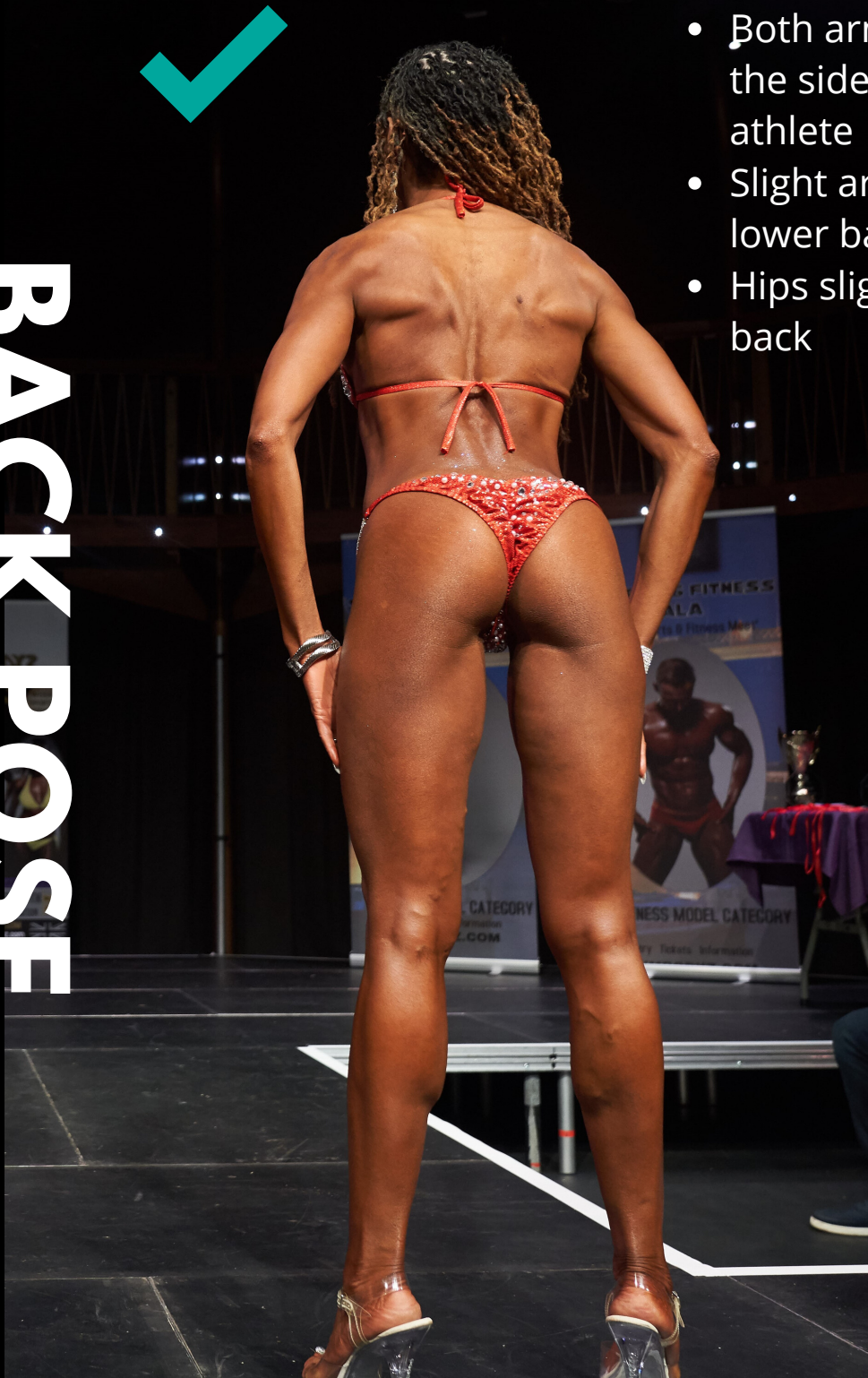
The front arm  
must be down or  
out by the side of  
the athlete but it  
MUST be in a  
straight position  
and NOT  
bent/flexed



# 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