

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 3RD 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

© 2020 ALL RIGHTS RESERVED

GYMBODYZ POSING REGULATIONS

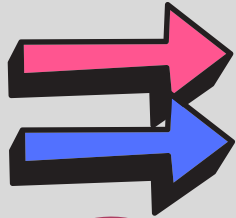
Key 'Where Sports & Fitness Meet'

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

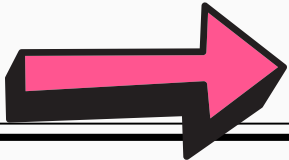


**Competitors Being Compared
During Quarter Turns Call-Out**



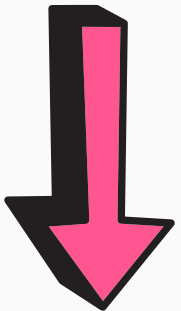
**Competitors Not Being
Compared, During Current
Call Out**

**Enter From
Backstage**



Position

1



AUDIENCE

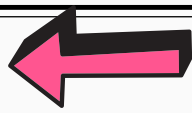
AUDIENCE

AUDIENCE

AUDIENCE

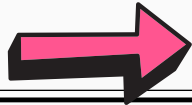
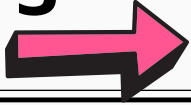
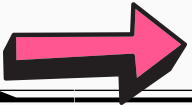
AUDIENCE

AUDIENCE



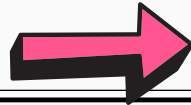
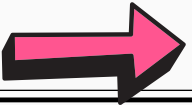
Position

3



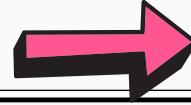
Position

2



Position

4



JUDGE

3

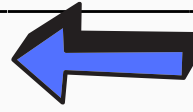
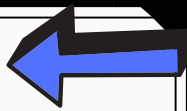
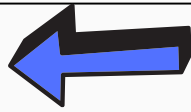
JUDGE

1

JUDGE

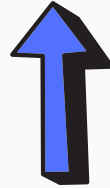
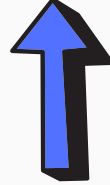
2

**Leave For
Backstage**



Position

5



AUDIENCE

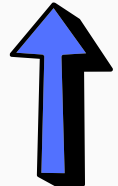
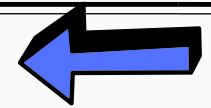
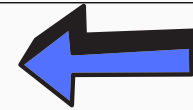
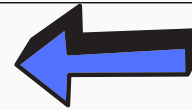
AUDIENCE

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

MALE 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, Option 1- One arm on the waist in a fist, one arm free, the free arm can be either straight or in a slightly flexed position. Option 2-Both arms down by the side, the arms can be straight or in a slightly 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.

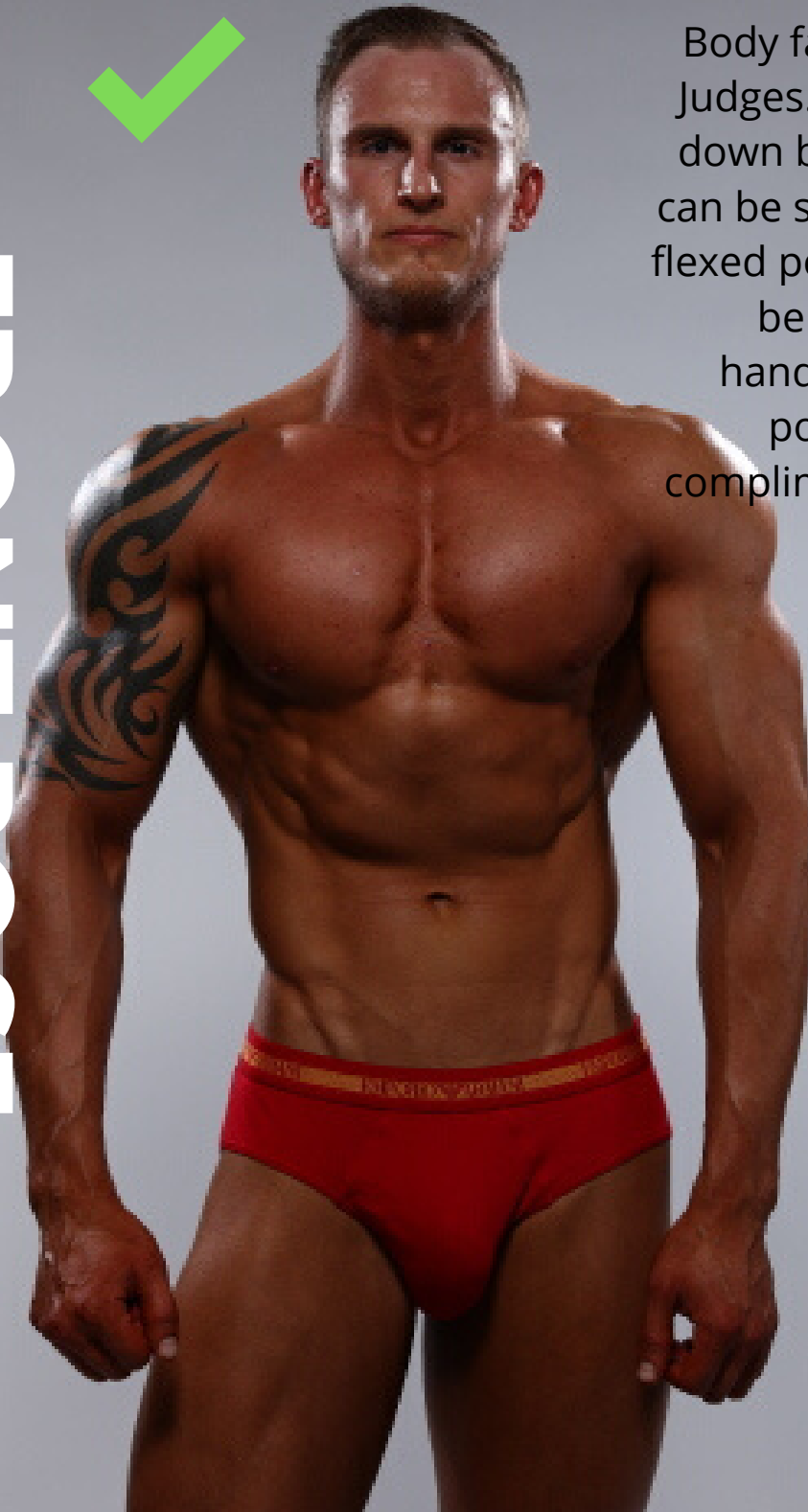
GYMBODYZ

QUARTER TURNS MANDATORY POSING REGULATIONS

RULES & Mandatory Poses During Quarter Turns ONLY MALE COMPETITORS.

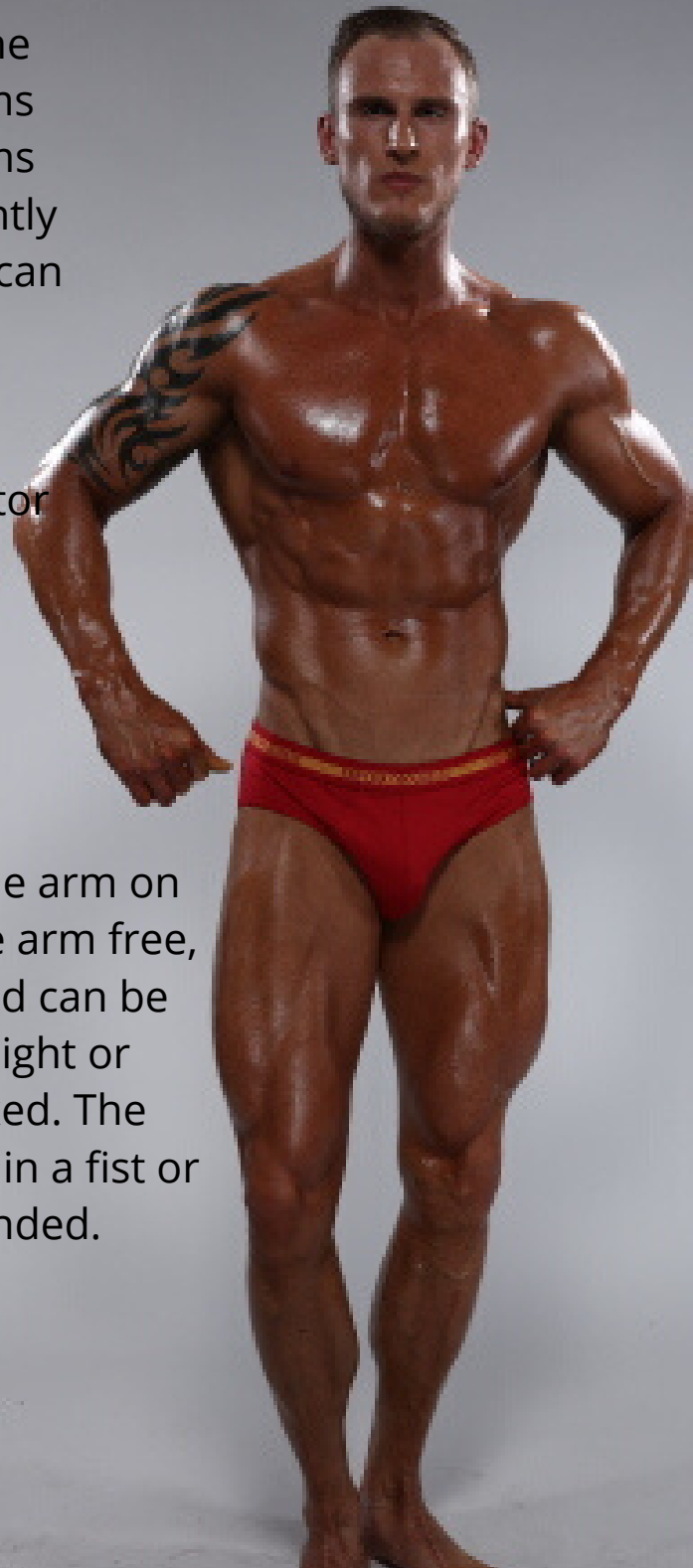
- **Quarter Turn Side Pose-** Body facing side on to the Judges. One arm on the waist, the free arm can be straight or in a slightly flexed position. The hands can be in a fist or open hand position. The legs can be in any position that the competitor feels best suits them. The head should be turned 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, Option 1-One arm on the waist, one arm free, the free hand can be either straight or in a slightly flexed position. Hands can be in a fist or open hand position. Option 2-Both arms down by the side, the arms can be straight or in a slightly flexed position. The hands can be in a fist or open hand position. Legs in the position that best suits the competitor.

FRONT POSE



Body facing forward to the Judges. Option 1-Both arms down by the side, the arms can be straight or in a slightly flexed position. The hands can be in a fist or open handed. The legs in the position that best compliments the competitor

Option 2- One arm on the waist, one arm free, the free hand can be either straight or slightly flexed. The hands can be in a fist or open handed.



FRONT POSE



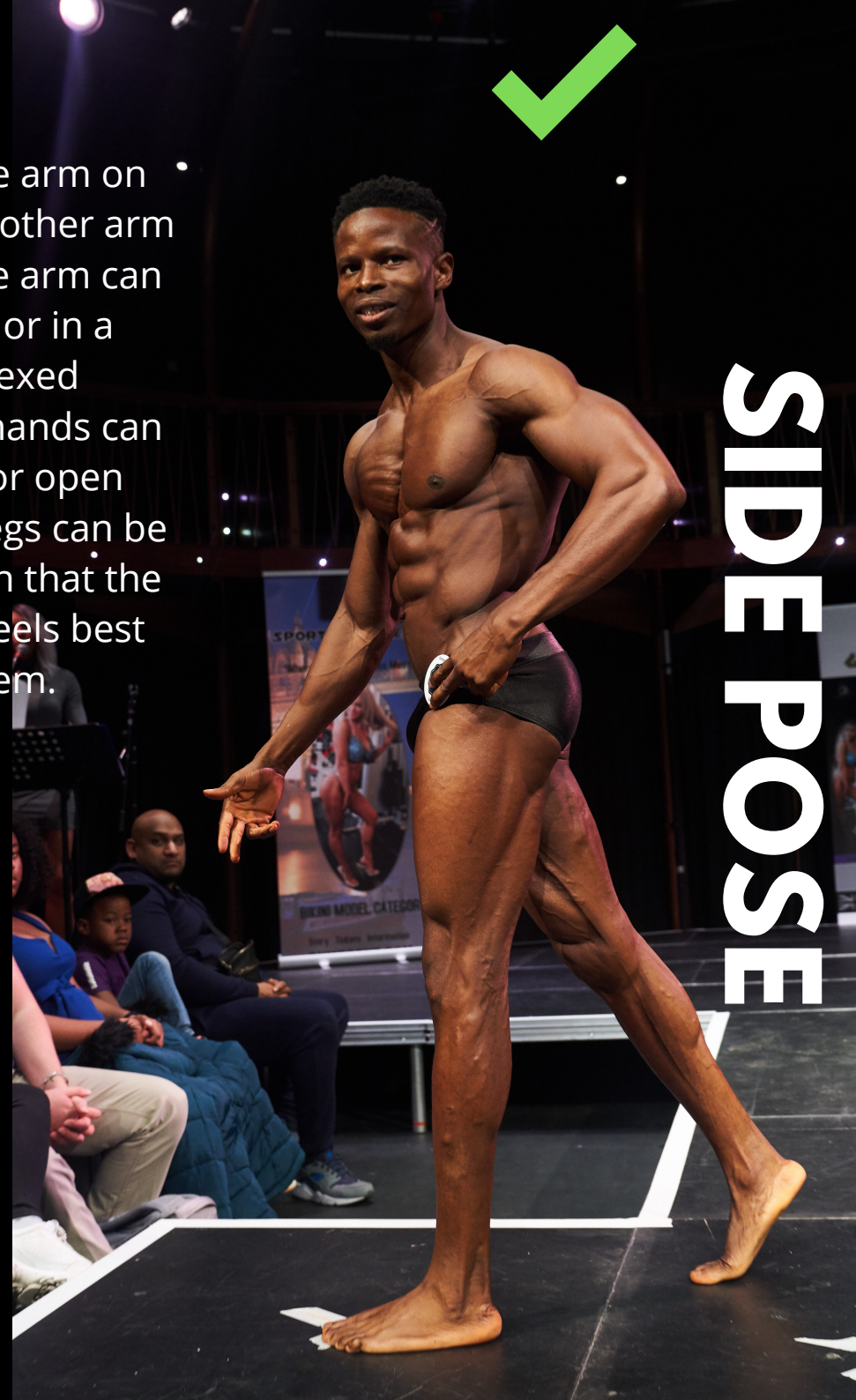
Option 1-Both arms down, they can be straight or in a slightly flexed position. The hands can be in a fist or open handed position. The legs can be in any position that best suits the competitor.

SIDE POSE



Option 2-One arm on the waist, the other arm down. The free arm can be straight or in a slightly flexed position. The hands can be in a fist or open handed. The legs can be in any position that the competitor feels best suits them.

SIDE POSE



BACK POSE

- Option 1-Both arms down by the side,the arms can be straight or in a slightly flexed position. The hands can be in a fist or open handed.The Legs in the position that best suits the competitor.



BACK POSE

- Option 2-One arm on the waist, one arm free, the free arm can either be straight or in a slightly flexed position. The hands can be in a fist or open handed position. The legs can be in any position that best suits the competitor.



BACK POSE