

## **Figure - Sanctioned Division**

### **ON-X NATURALS**

Competitors will be judged on posing as well as physical appearance, in both individual and comparison rounds. Figure will perform a BOX WALK. Below is a breakdown of the Figure Division with details regarding proper competition attire, presentation and mandatory posing.

#### **Judging:**

- Symmetry - Muscularity - Conditioning

#### **Symmetry**

- Balanced and proportioned physique from left to right side as well as top to bottom.
- No one-body part should overpower the rest of the physique.

#### **Muscularity**

- Aesthetic Muscular Look
- Capped shoulders
- Developed back with v-taper
- Small Tapered Waist, not blocky
- Defined Abs
- Sweeping Developed Quads
- Developed Glutes and Hamstrings

#### **Conditioning**

- Visible muscular separation, striations, and vascularity.

#### **Competition Attire:**

Two-piece figure suit. Thongs will not be permitted

· Competition suits may be enhanced with rhinestones, sparkle, sequins etc ·

High heeled shoes are *required*

· Jewelry may be worn within good taste provided that it does not interfere with the presentation of the competitor's physique.

#### **Pro, Open, Masters (40+), Novice, and Teen Classes:**

Class A – Women up to 5'5

Class B – Women 5'5 and over

**\*Pro, Masters, Novice, and Teens will NOT be divided into height classes A and B\***

#### **Mandatory Poses:**

- *Front Pose* – Heels must be together and in line, without either foot ahead of the other toward the front. Heels cannot be spread wider than 2-3 inches apart. Hips MUST face the judges and arms must remain to the sides (although they shouldn't touch the sides or be exaggerated spread wide). Lats should be open/flared to show a nice V-Taper. Toes must face the judges, but competitors can angle their toes out SLIGHTLY if it helps to accentuate their thigh presentation.

- From the front pose, competitors execute a ¼ turn to the right and adjust stance. Upper body turned toward judges so the rear shoulder can be seen, but nothing exaggerated. Hips

must face side of the stage. Eyes must face side of the stage. Toes must face side of the stage with both feet flat. The feet can be offset only half the distance of the foot (front or back foot offset). Long hair should be pushed back behind the front shoulder so it doesn't obscure view. Front and rear hands must not be placed on the body, and should hang freely with palms toward the body.

- From the *Right Side Pose*, competitors execute a ¼ turn to the right and face the back of the stage. Both feet must be together or very close (heels within 2-3 inches of each other). Toes cannot be spread wide apart. Feet cannot be offset to any degree (i.e., one in front of the other). Competitors should brush their hair to one side so their back can be seen. Arms must be at the sides with the hands hanging freely- palms toward the body. Lats spread wide to show upper body symmetry.

- From the *Rear Pose*, competitors execute a ¼ turn to the right and adjust stance. Upper body turned toward judges so the rear shoulder can be seen, but nothing exaggerated. Hips must face side of the stage. Eyes must face side of the stage. Toes must face side of the stage with both feet flat. The feet can be offset only half the distance of the foot (front or back foot offset). Long hair should be pushed back behind the front shoulder so it doesn't obscure view. Front and rear hands must not be placed on the body, and should hang freely with palms toward the body

- From the *Left Side Pose*, competitors execute a ¼ turn to the right to once again face the judges.

### **Individual Round/Routine:**

During pre-judging each Competitor will execute the **Box Walk**. The competitor will be judged on Presentation and Poise. You will enter the stage from the right side and hit the first box closest to you and hit 2-3 poses, move to the center stage, hit 2-3 poses, and then move to the left side of the stage and hit 2-3 poses before being directed to your placement per the Stage Expediter's instructions.

### **Group Comparisons:**

Once all competitors have completed their individual rounds, the head judge will call random competitor numbers of their choice to line up on center stage where quarter turn comparisons will be performed. Upon completion of comparison round the head judge could call on competitors to return to stage in order to ensure proper judging and placement.

### **Awards Presentation Format:**

Competitors will be called to stage one by one to perform the **Box Walk**, once again, before being directed to your placement per the Stage Expediter's instructions. Expediter will then direct top 5 back on stage after all competitors complete their I-Walk for the Awards Presentation.

**This is the Official Criteria for Figure for ON-X Naturals.**  
**Questions on the Figure Division please reach out to:**

**James Mickles - Director of Judges**  
**Todd Rogers - President**

