

Classic Transformation Division - Non Sanctioned Division **ON-X NATURALS**

The Transformation Division will showcase athletes who have made a physical transformation resulting in fat loss and/or muscle gain over the course of specified period of time. It will be comprised of Three (3) parts:

- Essay
- Online Voting – Before and After Photos
- Individual T-Walk

Essay

This component will consist of a minimum 200 up to a maximum 500 word essay on what the transformation process has meant to the competitor. This must be written in a Word doc, Google doc, PDF, or other such electronic means of communication and cannot be hand written. All essays are due 7 days prior to show date.

Before/After Photos

Each Promoter can determine how far back the “before” photos can go and the type of photos that can be used.

The “After” photos are to be taken no later than 7 days before Show Day. Promoters decide the attire and poses to be submitted for the “after” photos.

All Essays and Photos must be submitted no later than 7 days prior to Show Day to the Promoter. (Please visit Event Website for that information)

T-Walk

This will be the most subjective of the 3 components but will lend to the contest feel for these competitors. The typical T -walk for Men’s Physique/Bikini will be used by these competitors. Also, an image of the before picture will be posted during the competitors T-walk. Judges are looking for:

- Poise
- Confidence
- Attitude

Point Scale System

Essay - Grammar and spelling will NOT be counted against the competitor.

Point Scale- 0- 3, in full point increments, no partial points are given

Voting/Pictures - Point Scale- Voting placement, i.e., First place (most votes) = 10 points; Second place (9 points); etc.

Points will adjust for larger class sizes. No partial points will be awarded.

T-Walk - Point Scale- 3 is the highest:

Poise- 0-3; Confidence 0-3; Attitude 0-3, again no partial points will be awarded.

All points to be attained during pre-judging.

Competition Attire:

Men: Gym Shorts/Trunks that sit mid-thigh to just above the knee, no shorter than mid-thigh high. *Bodybuilding trunks, Classic Bodybuilding trunks, nor board shorts are not acceptable. Solid color only, preferably black or blue. Athletic shoes are to be worn.

Competition Attire:

Women: Sports Bra and Gym shorts. Shorts are to conform around your thighs. Abdomen must be exposed. *High-waisted shorts or bikinis/bikini tops are not acceptable. Solid colors only, but can be mix and match. Athletic shoes are to be worn, no HEELS are acceptable. Athletic Wedges are permissible. (If in need of a reference, please contact Promoter.)

Finals Presentation:

Competitors will be called to stage one by one to preform the **Box Walk**, 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. Expediter will then direct top 5 back on stage after all competitors complete their **Box Walk** for the Awards Presentation.

Eligibility:

You must be at least 16 years of age at the time you enter the contest. Under 18 athletes will require parental consent. Anyone who has EVER competed as a Professional Bodybuilder is not eligible.

Questions on the Divisions please reach out to Event Promoter for specific Show that is including **Classic Transformation**

May not be available at all ON-X Events

