

Women's Athletic – Sanctioned Division

ON-X NATURALS

Competitors will be judged on posing as well as physical appearance, in both individual and comparison rounds. Athletes will perform a Box Walk. Below is a breakdown of the Athletic Division with details regarding proper competition attire, presentation and mandatory posing. The Athletic Division is a cross between Figure and Wellness, as competitors are expected to display a well developed Athletic Build, lean conditioning and muscle separation, highly visible and cut abs, but no striations or extreme vascularity.

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

- Muscular Athletic Build
- No extreme muscular density or mass
- Developed shoulders and back
- Small Tapered Waist, not blocky
- Visible and Defined Abs
- Toned and Developed Muscular Quads
- Toned and Developed and Hamstrings

Conditioning

- Toned and tight physique with muscular separation, vascularity, and no striations

Competition Attire:

- Low Rise Boy Shorts or Boy Shorts Underwear. Bottoms that show maximum leg, some visible glutes, and lower abdomen area.
- Sports bra that leaves as much core/abdomen and back area visible to judges.
- Clothing can be solid in colors or pattern.
- Athletic footwear is required. Athletic wedges are permitted.

Pro and Open Classes ONLY:

Class A – Women up to 5'5

Class B – Women 5'5 and over

Mandatory Poses:

- Front Pose - Feet must face towards forward for judging. The hips should face the judges and the arms can remain at the sides or you can place one hand on your hip. Your toes MUST face the judges, but competitors can angle their toes out SLIGHTLY if it helps to accentuate their thigh presentation.

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

exaggerated. The hips **MUST** face the side of the stage; You may turn your head and look directly at the judges

- Rear Pose - Competitors execute a $\frac{1}{4}$ turn to the right to the rear of the stage. Competitor's feet are no wider than shoulder width apart and stand in upright position. Competitors should brush their hair to one side when they turn to the rear, so their back can be seen (if they have long hair). Hands are in front of the body resting on the quad. Lat's open but not over flared to show upper body symmetry. Slight lean forward at the waist, but **NOT** bent over, highlighting the glutes and hamstrings.

- Side Pose - Competitors execute a $\frac{1}{4}$ turn to the right to the left of the stage. Upper body turned towards judges, so the rear shoulder can be seen, but nothing exaggerated. The hips **MUST** face the side of the stage; You may turn your head and look directly at the judges.

- Front/Rear Double Bicep - Body is standing tall, legs shoulder width apart or wider, head is held high, biceps are brought up by the head and flexed. Either facing judges or away.

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 preform 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 Women's Athletic for ON-X Naturals.
Questions on the Athletic Division please reach out to:**

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

