

STAGE DIAGRAM

JUDGING & FINALS STAGE
BACK OF STAGE

**ENTER &
EXIT
STAGE**

CENTER STAGE

**EMCEE
PODIUM**

FRONT OF STAGE

PLEASE NOTE: COMPETITORS ENTER & EXIT THE SAME SIDE OF THE STAGE

Prejudging for Bikini, Figure, Mens Physique and Wellness:

1. Enter the stage with your class and listen to expediter.
2. In your first class, you will be directed to the front mark on the stage.
3. Hit one front pose, then turn to the back and hit one back pose.
4. Turn back to the front, then the expediter will ask you to line back up.
5. Listen to the head judge call out numbers for judging.

This is the judging round, so you do not need to do a full presentation. Avoid excessive transitions and movement. You will want to get right into the front pose and then right into the back pose so the judges can judge your physique.

The more movements you do during this round will take time away from you being able to show the judges your physique. You have about 3 seconds in each pose.

You will do this with your first class, if you are in multiple classes... you will not do it again as the judges have already seen your individual posing.

Evening Finals for Bikini, Figure, Mens Physique and Wellness:

1. Walk to the front mark on the stage and do your "Finals" presentation.
3. Exit the stage the same side you entered on.
4. Wait there till the Emcee calls out the top 5.
5. If your name is called, walk to the back line.
6. Once your name is called for a placing, walk to the number marked on the stage.

All of this will be discussed during the athletes meeting. We will also be doing a full walk through so that you can see it and how it flows for both prejudging and evening finals.

Bodybuilding, Classic and Womens Physique will do groups in prejudging and then full 60 second routines in the finals. Best place is the center of the stage for photos.