

# Wellness Shape Division Rules

This division is for females with athletic physiques that showcase more body mass in the hips, glutes, and thigh areas. The upper body is developed, but not to the same degree as the lower body.

## Classes:

A- 5'5 and below

B- Above 5'5

## Posing and Presentation

Front, quarter turn right; rear, quarter turn right. This is the same as what is done in popular bodybuilding organizations today.

## COMPETITION JUDGING

## PRESENTATION

- Competitors will walk onstage alone and perform their Individual routine for 30 seconds, including front stance and back stance.

### **Show Your Personality!**

- After completion, you will be directed to line up on the stage while the other competitors are performing.

### **WELLNESS CHECK-INS**

1. Wellness division competitors will be checked in and measured at check ins.

### **COMPARISON ROUND, TWO-PIECE SWIMSUIT**

- The competitors will be lined up in a group and directed to do Front Pose, Quarter Turn Right, Quarter Turn Rear, and Quarter Turn Right. Judges will have the opportunity to compare competitors against each other in Front and back poses.