

ONTARIO PHYSIQUE ASSOCIATION FITNESS DIVISION RULES

OPA MEMBERSHIP

- Each competitor must be a member of the Ontario Physique Association with a valid Provincial membership number. Memberships are valid from Jan 1st – Dec 31st of each calendar year and must be renewed yearly. For Regional & Provincial contests memberships can be purchased online or at registration. For National and International events, membership must be purchased prior to the event.

COMPETITOR RULES

- Competitors will compete in a two-piece suit. The bottom of the suit must be V-shaped. No thongs are permitted. Competitors may compete in an off the rack suit, however custom competitive attire is recommended for proper fit and to adhere to stage guidelines.
- Fitness will have a 90 second judged routine round.
- Competitors must wear high heels, no restrictions.
- Competitors may wear jewelry.

OPA Regional & Provincial competitions are permitted to have crossovers at the discretion of the promoter with appropriate approval from the OPA however, CBBF National level contests do not permit competitors to cross over into Bodybuilding, Fitness, Figure and Bikini at the same event.

HEIGHT CLASSES

- Up to and including 5'3"
- Over 5'3"

REGISTRATION/CHECK-INS

Fitness division competitors will be checked in and measured. Competitors are required to bring their suit to registration for approval by the head judge or designated official.

COMPETITION JUDGING

PREJUDGING

Presentation

- Competitors will walk to the center of the stage alone and perform quarter (1/4) turns, face the judges as directed then proceed to the side of the stage, standing on angle to back of stage.

Round 1 - Scored Comparison Round – Two Piece Swimsuit:

- Competitors will be judged wearing a two-piece swimsuit and high heels.
- The competitors will be brought back out in a group and directed to do quarter turns.
- Judges will have the opportunity to compare competitors against each other in quarter turns.

Scoring

Judges will be scoring competitors using the following criteria:

- Small degree of muscularity with separation, no visible striations
- Overall muscle tone with shapely lines, overall firmness and not excessively lean
- Full-body general assessment
- Healthy appearance
- Make-up
- Skin tone

Round 2 - Scored Routine Round – 90 Second:

- Athletes perform a 90 second maximum personal routine to music of their choice.
- Costumes may be worn.
- No props allowed.

Scoring

Judges will be scoring competitors using the following criteria:

- Style
- Personality
- athletic coordination
- strength moves
- endurance and overall performance.

- Contestants should give special attention to their apparel since it too will be judged.
- Routines may include aerobics, dance, gymnastics or other demonstrations of athletic talent, but there are no required movements.
- Judging concluded during prejudging.
- No elimination, all athletes scored to 15 placings, score 16 for all others.

FINALS

Presentation:

- Competitors will walk to the center of the stage alone and perform quarter (1/4) turns, face the judges as directed then proceed to the side of the stage, standing on angle to back of stage.
- First group of athletes, from lowest number to highest called out in numerical order, ¼ turns, leave stage, continue until all athletes compared and leave stage.
- Top finalists, 5 or less return to stage performing their personal routines.
- Top finalists, 5 or less return to stage performing their ¼ turns at centre stage, then move to back of stage, stage marshal directed.
- Presenter called forward for last place, usually 5th, place trophy on ground on spot located, then MC calls 5th place athlete, continue until all finalists come forward to pick up trophy.
- If sponsor for class called forward, stands between 1st and 2nd, etc. for pictures.
- Class finished, leave stage.

Only scoring during finals is for overall title, finalists called to centre stage and comparison takes place.

Who Qualifies for Fitness National Level Competitions:

Competitors that place in the top five (5) in each class at national qualifying contests

Please refer to www.cbbf.ca for the list of National & International contest dates.