

Odds & Ends

Perform your routine in your costume before you leave home. You don't want to find out in front of the judges that your costume is too binding to perform an element, straps are not fastened securely, or outfit rides up or shifts on your body in an embarrassing manner.

Snack on high carb foods throughout the day and stay well hydrated...we don't want you to pass out. Please feel free to bring a cooler (and food) from home to carry with you. You will not always be near a restaurant or your room when your body runs out of fuel.

If you are not accustomed to high heeled shoes, practice walking and standing comfortably. When walking, maintain an erect, upright posture. When one sticks out one's behind and leans forward because one doesn't know how to walk in high heeled shoes, it looks as if one doesn't know how to walk in high heeled shoes. You will also be standing for great lengths without moving, practice standing in an erect, upright posture without locking your knees. Again, we don't want you to pass out. If the bottoms of your shoes are slippery, use sandpaper to rough up the bottoms or apply non-slip soles.

In the physique round, when you are called out for comparisons, keep your heels together and do NOT flex. Keep your arms relaxed by your side. Wear a hairstyle that doesn't require you to move your hair to display your back and shoulders. As a general rule, if your hair is at or above your shoulder blades the hairstyle is acceptable.

Bring a back-up to your music in case your tape breaks. Also, please bring copies and leave the original at home. The cassettes or CDs must be cued with no other music on the tape. If there is other music on the tape you may be performing to something other (the other music on the tape!) than what you had planned.

If you plan to play your music to practice or visualize your routine in your free time, bring a walkman or other tape player as there will not be any supplied for competitors to use.

If the shoes used in your routine are not brand new and your routine shows the bottom to the audience, clean them up. Believe me, things like that really show up. However, BEWARE, new shoes sometimes do not have enough "slip" and will "stick" to the floor when you want to slide your foot.

Avoid "umms," "ahhs," and "you knows," as well as slang in your speech. The word "philosophy" also tends to be overused.

Phrases should be worded "I feel" rather than "you should." One does not want the judges or the audience to feel as if they are being lectured.

Don't squirm, fidget, adjust straps, pat hair, lick lips, etc., when you are supposed to be standing motionless.

Don't lean into the microphone. Maintain erect, upright posture. The microphone is sensitive enough to pick up your voice without leaning down to it.

If you can't make a routine element appear effortless, don't include it.

Bring back-up clothing in case something tears, gets spilled on, etc.

When walking across the stage, and to and from the microphone, walk slowly. It will make you appear more confident than if you go "flying" across the stage.

In the first round, your biography and fitness philosophy may not exceed 30 seconds. After 30 seconds the audio from your microphone will be cut off. Sponsors cannot be mentioned.

In the routine round music will be cut off after 90 seconds. Time starts at the first beat of music or first movement in routine. Music that is too long means someone must be edited out of the television program - it might be you.

Perform push-ups with your side facing the judges so that they can see your body alignment.

Watch movements so that judges are not hit with "crotch shots" or "moon views."

THINGS TO BRING

MAKE SURE ALL CLOTHING MEETS IFSB GUIDELINES

Clothing must cover all critical body parts. No objects may be attached to the body as replacement for clothing. Taking off pieces of clothing on stage is strongly discouraged. The top of the attire must cover the entire breast area. The bottom front of the attire must cover you from hip bone to hip bone (iliac crest). The bottom back of the attire must cover at least three-quarters of your buttocks. Judges prefer full coverage. There must not be any elastic in the center back seam. The separation of the buttocks must never be exposed. If a bottom smaller than a short with legs is worn, solid tights, shorts or other opaque (not able to be seen through) clothing must be worn under it. Lace, fishnet or flesh tone tights are not acceptable coverage. There is a one point per judge per section penalty for clothing violations.

- Foam/gel padding to fill out your bathing suit top in case you feel it is necessary.
- Glue in case you need to use it to keep clothing from slipping or sliding.
- A sewing kit.
- Spot remover.
- Three cassettes/CDs of your music in case one (or two) breaks. Leave the original at home.
- White tennis shoes
- 2 or more pairs of white socks.
- Solid color and colorful two piece bathing suit (for photo shoots).
- One "dress-to-impress" outfit for welcoming reception.
- Evening gown.
- Routine outfit.
- One basic black set, one basic pastel set, and one set of colorful workout wear (for photo shoots)
- Plain, black high heeled shoes with a closed toe and heel, preferably without a platform.

OVER-PACK – IT'S BETTER TO NOT NEED IT THAN TO NEED IT AND NOT HAVE IT

PACK YOUR COMPETITION ATTIRE AND ACCESSORIES IN YOUR CARRY-ON LUGGAGE!!!

Every year a competitor's luggage is lost by an airline carrier