

# 2011-2012 Competitive Season MEMBERSHIP APPLICATION



DATE OF BIRTH	AGE	TODAY'S DATE	VALID THROUGH	SOCIAL SECURITY NUMBER
__ / __ / __	__	__ / __ / __	8-21-11 to 8-21-12	____ - ____ - ____
LAST NAME		FIRST NAME		M. I.
E-MAIL ADDRESS			DAYTIME TELEPHONE NUMBER	
ADDRESS			EVENING TELEPHONE NUMBER	
CITY		STATE	ZIP CODE	
APPLICANT'S SIGNATURE				
SIGN HERE _____ Please check only one:    I wish to apply for ___ amateur status    I wish to apply for ___ professional status Upon signing the above application, I hereby acknowledge that I have read and understand the rules and regulations governing my membership as listed below, and I agree to adhere to the same and with all decisions reached by the IFSB/NFSB. Venue for any action shall be Jackson County, Oregon.				

Return this form with \$50.00 (includes subscription to Ms. Fitness Magazine) fee to:

**NFSB / IFSB**  
 P.O.Box 2490  
 White City, OR 97503  
 1.541.830.0400

Upon acceptance, your membership card will be mailed to you.

**DETACH HERE** \_\_\_\_\_

## RULES AND REGULATIONS

- 1) All individual members who compete in a Ms/Miss Fitness competition must be at least 18 years old and be current members in good standing of the IFSB.
- 2) All individual members must adhere to all rules and regulations of the IFSB.
- 3) Any individual member who wishes to have their person, name, likeness, voice, routine, or other Ms/Miss Fitness characteristic used for publicity or advertising must receive prior approval from the IFSB or their designated IFSB Representative. Unauthorized publicity or advertising may result in the individual member being suspended and stripped of her Ms/Miss Fitness titles.
- 4) Any professional member who competes in an amateur fitness competition will be suspended and stripped of her Ms/Miss Fitness titles. If you are a past member and you have not renewed your membership this year, this rule is still applicable and enforceable. The term "fitness competition" specifically does not include bodybuilding, aerobics, gymnastics or any other sport recognized by the IFSB.
- 5) The IFSB has the exclusive and final authority to establish the criteria of eligibility for individual members to compete in any IFSB sanctioned competition.
- 6) All individual members will accept the decisions of the judges in the spirit of good sportsmanship, realizing that those decisions were made as honestly and objectively as possible.
- 7) Any individual member found giving false information knowingly to the IFSB on application forms, biography sheets, or any other documents will be suspended. If a competitor prefers to use a stage name rather than their legal name, they must fill out all documents with their legal name and note on their biography sheet the stage name to be used.
- 8) In competition, clothing must cover all critical body parts. No objects may be attached to the body as replacement for clothing. 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. 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 this is worn, solid tights, shorts or other opaque 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. For example, if there were four judges and a competitor's routine outfit did not meet regulations, that competitor would be penalized a total of eight points for that round. If swimsuits or other clothing are issued to the competitors, such clothing may be altered for fit (size) only; no alterations which affect style or coverage may be made even if there is more coverage than specified above.
- 9) No oil of any type (including "dry" oils) may be used at any time. This is to insure the safety of all of our competitors. Oil always manages to find its way to the flooring. This is a dangerous situation in high heeled shoes and during the routine round.
- 10) The IFSB strives to be honest, forthright, and fair to all of our members. If there is ever a problem please work with us to find a solution.

# JUDGING CRITERIA

(NOTE: IN ALL ROUNDS COMPETITORS SHOULD MAINTAIN ERECT BUT RELAXED POSTURE. COMPETITORS SHOULD NOT FLEX OR TRY TO EMPHASIZE MUSCLE SIZE. THIS IS NOT A BODYBUILDING CONTEST.)

## **BEAUTY, POISE & PROJECTION ROUND** (floor length evening gown)

This round is designed to give the judges the opportunity to get a general impression of the contestants. The contestants will introduce themselves, give a brief biography, and their philosophy on fitness. Be individual in this round. We urge style, flair and overall beauty. Also, some of the costs we have heard are shocking. Please be aware that many cities have resale shops that rent or sell beautiful dresses. There is a time limit of 60 seconds at the microphone.

### **JUDGING OBJECTIVE:**

- a) Beauty.
- b) General impression of contestant (overall grooming and cosmetic appearance).
- c) Poise (self-assurance, composure, carriage).
- d) Projection (did she speak well — clearly and distinctly — did she have something to say?)

## **PHYSICAL BEAUTY & MUSCLE TONE** (swimsuit)

Contestants will be judged on overall symmetry and muscle definition during quarter turns and comparisons. Contestants should have good to excellent muscle tone with clean, tight lines and appear to have reasonable levels of body fat. We do not want the muscle mass, ripped to the bone, striated look, or vascularity of a bodybuilder. Contestants should appear to have constructed their physiques through proper diet and fitness training. (NOTE: Competitor's heels must be together at all times during quarter turns. They must not hold their arms in a rigid or exaggerated manner. Their hair must be styled in a manner that they do not have to move it aside to show their backs.)

### **JUDGING OBJECTIVE:**

- a) Does the contestant have good to excellent muscle tone with clean, tight lines? A high degree of separation is not necessary.
- b) Does she appear to have reasonable (naturally attainable) levels of body fat?
- c) If she has the mass or vascularity of a bodybuilder she should receive a low score.
- d) Does her physique appear evenly developed?
- e) Does the lean muscularity of the upper/lower body and extremities flow aesthetically when viewed from all sides creating a balanced, sculpted appearance?

## **STRENGTH, FLEXIBILITY & ENDURANCE** (routine costume)

Contestants will present a fitness routine for 90 seconds to music. They will emphasize their strength, flexibility, and endurance. The routines are meant to give the judges some idea of the contestants' physical condition and abilities. It also gives the contestants the opportunity to express their creativity and interests. Contestants are encouraged to perform a high energy routine which include movements to show their strength and flexibility. They are also encouraged to include any talent they might have such as dance, martial arts, jumping rope, baton, gymnastics, mime, etc. Props may be used.

### **JUDGING OBJECTIVE:**

- a) Did she demonstrate strength?
- b) Flexibility?
- c) Endurance?
- d) Did she demonstrate high level execution of movements? Executions should appear effortless.
- e) Did she include a diversity of difficult routine elements?
- f) Did her performance have clean, fluid transitions?
- g) Did she demonstrate the ability to perform outward?
- h) Did she project her personality and creativity?