

FITNESS INTRODUCTION

Since 1989, Fitness Universe Pageant events have been televised worldwide as competitions for women who want to compete in the fitness arena, but also want the glamour and prestige of a beauty pageant. They are designed to provide a competitive and enjoyable experience for the contestants and unparalleled international recognition.

The Fitness Universe Pageant Series is the leader in women's fitness competitions. With major national and international sponsors and exclusive, worldwide television coverage on ESPN International, Eurosports, Star Sports Asia and TSN/RDS Canada, FUP Series of worldwide events are also the most recognized women's fitness organization. Each year, regional, national and international qualifying events are hosted around the world culminating at the Fitness Universe Pageant in Miami Beach and Fitness America Pageant in California.

We welcome you to join talented and beautiful fitness women from around the world in what may surely become one of the most memorable experiences of your life.

FITNESS JUDGING CRITERIA

Fitness Round - 45% of Score

- Execution - 25%
- Difficulty - 25%
- Creativity - 25%
- Appearance - 25%

Judges will look for high energy routines that demonstrate athletic coordination, style, personality and overall performance. Routines may include dance, gymnastics, cheer, aerobics, fitness and/or other displays of exceptional athletic talent. Contestants should demonstrate flexibility, creativity and showmanship. However, there are no specific athletic or strength moves required. Only the athletic skills in which a contestant has experience should be incorporated. Costumes will be judged as well during the Fitness Round, so special attentions should be given. No G-string or thong-type costumes may be worn unless athletic apparel or tights are worn underneath, and tennis shoes or athletic shoes must be worn. Props are allowed but must be approved by Pageant officials at least 2 weeks in advance of the performance. Routines may not exceed two minutes and once begun cannot be repeated. Music must be professionally recorded for maximum performance and audience & judges impression. Only CD-R recordings will be accepted - no mini CD's, CD-RW, DVD or cassette recordings will be accepted.

Swimsuit Round - 45% of Score

- Poise and Presence - 25%
- Body Condition - 25%
- Femininity - 25%
- Appearance - 25%

Judges will analyze body shape, tone, symmetry, complexion, poise, presentation and overall condition. Also, they will be looking for fit, toned, feminine bodies that display proper conditioning. However, the Fitness Universe Pageant Series are not bodybuilding events or associated with any bodybuilding organization. Therefore, physical definition and excessive muscular development will be penalized. Contestants will be judged individually and in group comparisons. G-string or thong type swimsuits are not allowed.

Interview Round - 10% of Score

The Top 5 Finalists among the combined Fitness and Swimsuits scores will proceed to the interview round. Each contestant will answer a question from one of the selected judges regarding her background, outlook about various aspects of life and attitudes concerning health and fitness lifestyles. Spontaneous answers must be given. Judges will be looking for articulate, concise, intelligent and though provoking responses.

BIKINI INTRODUCTION

The Ms. Bikini Universe competition is quite simply a beauty contest, but with special emphasis on body shape, condition and overall attractiveness. It includes three competitive rounds. There are no qualifications to compete and the event is open to women worldwide.

There are three Open Divisions which will be determined at each event after registration so as to provide for an equal number of participants in each height class. Contestants must be at least 18 years of age. No minors are permitted regardless of parental consent.

BIKINI JUDGING CRITERIA

Themed Sportswear Round - 50% of Score

- Poise & Presence - 33%
- Sports Wear Selection - 33%
- Appearance - 33%

You have a chance to show your modeling talents and your creativity. Just like in the swimsuit round you will be asked to walk from one side of the stage to the other performing quarter turns at a specific point outlined on stage. The themed apparel you select should best represent your character, personality, athletic interests and/or any other appearance you're comfortable wearing. Just make sure it compliments your body. Work your magic - before you go on stage relax, enjoy your presentation and remember to smile.

Contestants must provide a brief description of their outfit in the Themed Sportswear Round. This is an opportunity for contestants to get creative with their costume and also mention the clothing sponsor, if any. No offensive costumes will be allowed (see through tops, etc.)

Bikini Round - 50%

- Body Condition - 33%
- Facial Beauty - 33%
- Appearance - 33%

Judges will analyze body shape, tone, symmetry, complexion, poise presentation and overall condition. Also, they will be looking for fit, toned feminine body that display proper conditioning. Contestants will be judged individually and in group comparisons. Facial beauty will be judged during this round as well. In the Bikini Round, Contestants must wear a two-piece, bikini swimsuit and high heel shoes. If a contestant is competing in both a Fitness Universe Pageant and Ms. Bikini Universe regional event, she must wear a different swimsuit in each event. G-String or thong type swimsuits are not allowed. Contestants whom have a muscular appearance and/or walk and generally carry themselves in a masculine manner will be negatively scored by the judges.

Bikini Classic Division

Beginning last season, the Ms. Bikini Universe initiated the Classic Division exclusive for matured competitors who are at least 35 years of age. All of the competitive Rounds are the same as the Open Divisions but with one height class. As the Classic Division grows in popularity, consideration will be given to adding height classes. In most events, the Classic Division will be held concurrently with the Open Division. Competitors may participate in either the Open or Classic Divisions but not both.

FIGURE INTRODUCTION

The Figure Universe format shows have become extremely popular since its introduction in 2002. It has provided a forum for fitness women who maintained a toned, shapely and athletic body but either prefer and/or are not physically able to perform a fitness routine. Now, because of popular demand, the new Figure Britain division will launch this year and offer slightly muscular women a competitive arena. It will be judged by fitness & bodybuilding coaches and to ensure a clean, natural competition, professional drug-testing will be selectively performed.

At Figure Canada, there will be at least two height classes: Under 5'4" and 5'4" & Over

FIGURE BODY CONDITION

There's one major difference between Ms. Bikini and Figure competitors - body condition. While Ms. Bikini competitors must have an athletic, shapely and sexy appearance, Figure Universe competitors may be slightly muscular, have low body fat but still present a shapely look. Ladies who have a more natural muscular body would best compete in the Figure division while those with a softer but still toned body best compete in Ms. Bikini. Sample competitor images are presented for reference.

FIGURE CONTEST ROUNDS

There is one competitive round at Figure Universe shows in which competitors must wear a two piece swimsuit. Competitors will walk in a 'H' or 'T' configuration (depending upon the stage design). Judges will call for quarter turns when contestants must present an erect and stiff body posture. Finally, judges will line-up all contestants in their respective height classes and call for group comparisons. At all shows, competitors will have a short rehearsal. Shoes must be a standard high heel and no clog to exaggerate a competitor's height.

FIGURE SWIMSUIT DESIGNS

The two piece swimsuit may have high, side cuts and extremely thin straps to extenuate competitor body lines. However, no thong or 'T' cuts are permitted. This is distinctly different from the more standard swimsuit designs as required in both the Ms. Bikini and Fitness competitions. Sample competitor images are presented for reference.

FIGURE JUDGES

Figure Universe competitions are judged by bodybuilding trainers, coaches and professional bodybuilders. Ms. Bikini judges are fitness coaches and trainers, talent agents, photographers and others representing mainstream sport disciplines. Prospective competitors contemplating which event to select should consider that the perspective of each set of judges will reflect their experiences and expertise.

MULTIPLE EVENT ENTRIES

Competitors can participate in more than one event if they choose including Ms. Bikini, Figure, Fitness, Model and/or Bodybuilding. Each event will be scored by a completely different panel of judges, so competitors placing in respective events may vary according significantly. Please review the "Ladies Event Comparison" chart posted above.



2008 CONTESTANT REGIONAL EVENT ENTRY

Event(s) [Check]: Fitness America Pageant Ms. Bikini America Ms. Bikini Classic Figure America

Regional Event Name: _____ Event Date: _____ / _____ / _____

PERSONAL INFORMATION

Full Legal Name: _____

Nick Name: _____ Team or Sponsor: _____

Address: _____

City _____ State or Country: _____ Postal Code: _____

Day Telephone:(_____) _____ Night Telephone:(_____) _____

Age: _____ Date of Birth: _____ / _____ / _____ SS# _____ - _____ - _____ Weight: _____ lbs

E-Mail: _____ Hair Color: _____ Eye Color: _____ Height: _____ ' _____ "

CHECKLIST . . .

- PLEASE INCLUDE . . .
- Completed Entry Form
 - Completed Accident Waiver and Release of Liability
 - Completed FUP Membership Application
 - \$75 Entry for Each Event
 - Late Fee \$50 (Two weeks prior to event)
(No Refunds, Exchanges or Transfers)
 - \$25 FUP 2008 Membership (unless already paid)
(No Refunds, Exchanges or Transfers)
 - Photocopy of Current Driver's License or Passport
 - Current Photograph
(for media & internet promotion)

SEND TO:
 Fitness Universe Pageant
 Post Office Box 646
 Rosemead, California 91770 USA

OR, FAX TO:
 (626) 292-2221

ABOUT YOURSELF . . .

Education Level: _____

Occupation: _____

Noteworthy Fitness or Sports Competition Experience:

Other Interesting Information About Yourself:

Lifetime Ambitions:

Entry form must be submitted two weeks prior to event or \$50 late fee applies.



ACCIDENT WAIVER AND RELEASE OF LIABILITY FORM

I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability form will be used by the event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said events.

In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me including my traveling to and from this event, Fitness Universe, Inc., American Sports Network, Inc., and their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event directors, event volunteers; (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this event, whether caused by the negligence of releases or otherwise.

I hereby consent to receive medical treatment, which may be deemed advisable in the event of injury, accident and or illness during this event.

This Accident Waiver and Release of Liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

And, in further consideration of permission being granted to me to participate in the Fitness Universe Pageant and/or Ms. Bikini Unjiverse regional event and their related events (the "Event"), receipt of which benefit is hereby acknowledge, I hereby grant you, Fitness Universe, Inc., American Sports Network, Inc., and any and all Fitness Universe, Inc. and American Sports Network, Inc., approved video or entertainment organizations, and all of their agents, successors, licenses and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or exploit any and all such reproductions containing my voice and/or appearance in any and all media, including without limitation, by means of still photography, motion pictures, video, printing or any other media now known or hereafter devised, including also with respect to merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity, and no further compensation shall be payable to me at any time in connection therewith. Nothing contained herein shall be deemed to obligate you, Fitness Universe, Inc. and American Sports Network, Inc., approved video or entertainment organizations, to photography or otherwise reproduce my voice, appearance or name, or to make use of any of the rights granted herein. These rights may be assigned by American Sports Network, Inc., at their sole and complete discretion.

I understand that you, Fitness Universe, Inc. and American Sports Network, Inc., approved video or entertainment organizations are videotaping and photographing the event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to you, American Sports Network, Inc., and any and all approved video entertainment organizations hereunder.

I hereby certify that I have read this document, understand and agree to comply with its contents.

		/ /
Print Participant's Name	Signature	Date



2008 FITNESS UNIVERSE MEMBERSHIP APPLICATION

First Name: _____ MI: _____ Last Name: _____

Birth Date: ____ / ____ / ____ Social Security: _____ - ____ - ____

Mailing Address: _____ Apt. #: _____

City: _____ State: _____ Zip Code: _____

Country: _____ E-mail Address: _____

Home Phone: (_____) _____ Work Phone: (_____) _____

\$75 Regional Event Entry Fee (Do not use for National, America or World events)

\$50 Late Fee (Two weeks prior to event)

\$25 Annual Membership Fee (per calendar year)

Payment Type (check one):

Check or Money Order Visa Mastercard Discover American Express

Card #: _____ - _____ - _____ Expiration: ____ / ____

Issuing Bank: _____

Signature: _____ Date: _____

Issue Check or Money Order or complete Credit Card information and mail to:

**Fitness Universe Pageant
P.O. Box 646
Rosemead, California 91770 USA**