

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.



2009 CONTESTANT REGIONAL EVENT ENTRY

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

Event Location : _____ 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: _____ / _____ / _____ Height _____ ' _____ " Weight: _____ lbs

E-Mail: _____

CHECKLIST . . .

- PLEASE INCLUDE :**
- Completed Entry Form
 - Completed Accident Waiver and Release of Liability
 - Completed FUP Membership Application
 - \$100 Entry for Each Event
 - Late Fee \$25 (Two weeks prior to event)
(No Refunds, Exchanges or Transfers)
 - \$25 FUP 2009 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 Tour
 Post Office Box 6100
 Rosemead, California 91770 USA

FAX TO:
 (626) 280-0001

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 \$25 late fee applies.



2009 FITNESS UNIVERSE MEMBERSHIP APPLICATION

First Name: _____ MI: _____ Last Name: _____

Mailing Address: _____ Apt. #: _____

City: _____ State: _____ Zip Code: _____

Country: _____ E-mail Address: _____

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

\$100 Regional Event Entry Fee (Do not use for Universe, America or International events)

\$ 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 Tour
P.O. Box 6100
Rosemead, California 91770
Fax (626) 280-0001**