

NGA Bikini Guidelines

Eligibility: Current membership to NGA is required of all competitors to participate in NGA events. All NGA shows are natural events, meaning use of performance enhancing substances is not permitted.

Complete details on drug testing and a list of banned substances can be viewed online at:

<http://nationalgym.com/national-gym-drug-testing.html>

Competitors must successfully pass a polygraph screening prior to events to attest to their natural status.

Overview: The NGA Bikini division consists of two parts: Group Comparisons and Individual Presentations (stage walks). For events that have separate times for prejudging and finals, individual presentations (stage walks) are only performed at finals. Two-piece suits and high-heeled shoes are worn for both parts of the contest. Suits can be of any style, color and pattern with the exception of being a thong/T-back bottom.

Judging Criteria: A specific level of muscularity or leanness is not sought after for NGA Bikini competition. Judging is based on having an overall healthy-looking toned body with good symmetry, shape, fullness, balance and proportion with good poise, posture, confidence, stage presence and comfortable presentation. Other factors that can affect overall appearance are skin tone, complexion, suit fit, hair and make-up. Bikini competitors should not display an abundance of muscle size, deep muscle separation, or muscle striations.

Group Comparisons – Body Evaluations: Each class is brought to front center stage and is guided through half turns to display physiques from the front and back. The front and rear stances are to be with one hand on a hip with the opposite hip extended outward. Stances should be fairly relaxed. Competitors should not appear to be flexing. The leg on the side with hand on hip should have toes angled outward slightly while the opposite leg's toes should point straight forward.

Individual Presentations – Stage Walks: The individual presentation portion for NGA Bikini competitions is a stage walk. Competitors walk out to music of their choice and perform a “T” walk. A T-walk consists of walking out to rear center stage and pausing briefly in a stance of choice. Competitors then walk up to front center stage and perform half turns to show a front and back view of their physiques, then walk to stage left and pause briefly in a stance of choice, then walk to stage right and pause briefly in a stance of choice, then walk to the front center of the stage and pause briefly in a stance of choice, and finally walk off stage diagonally to the side from which they entered. The walk resembles a “T”, which is how it got its name. Individual presentations should be done tastefully and be conducive to a family atmosphere. Bodybuilding-type poses, fitness moves (like push-ups) and costumes/props should be avoided.

Scoring: Each judge takes scoring all criteria into account and assigns one overall score for each contestant in the form of rank during the group comparison round, such as 1st through 7th place, for example. A highest and lowest rank for each competitor is dropped as a safeguard against human error and/or bias, whether intentional or on a subconscious level. The remaining judges' placements are summed, and the competitor with the lowest sum total receives first place in the class. Second lowest sum receives 2nd place, and so on.

Additional Information:-Jewelry is permitted-Crossovers (entering additional divisions/categories) are permitted between Bikini, Figure, Physique and Bodybuilding. Crossovers are permitted between Bikini, Fitness Model.