



Ms. Sports Model

A good amount of muscular development including but not limited to, 6 pack abs capped shoulders and back definition and muscular legs. Good tone and condition showing muscle separation while being slightly less lean than a fitness competitor. Emphasis on full round muscles with excellent balance and symmetry.

Sports Models should present themselves as models. This includes the walk, stand, posing, self-confidence and overall beauty and presentation.



Judging Points

1. **Broad shoulders, wide back and small waist**
2. **Fuller and slightly softer condition than a fitness model.**
3. **Visible abs**
4. **Symmetry and fullness in muscle groups are a major judging factor for sports models.**
5. **Stage presence and confidence of a model.**
6. **Overall sporty and fit appearance. Think sports cover page model.**

Attire

1. **Two-piece sports outfit (Sports top and shorts – supplied by ICN)**
2. **White Runners/Gym Shoes of style are to be supplied by the competitor**

Stage Walk & Posing.

Sports Models will walk on stage and present themselves on the line in a relaxed position.

1. **As a group, athletes will perform 4 quarter turns (front pose, side pose, back pose and opposite side pose) A comparison round of quarter turns may follow for the top contenders.**

Category Subdivisions

Ms Sports - First Timers , Ms Sports - Novice, Ms Sports - Open, Ms Sports - 21 and Under
Ms Sports - 30+ , Ms Sports - 40+ , Ms Sports - Momma's