**The Bikini and hottest mom segment of the competition will be judge based on how well the bikini is filled out, symmetry and tone of gluteus, hamstrings, quads, arms and shoulders. stage presence helps Competitors for all female segments are allowed to wear high heels and either one piece or a two piece bathing suit. NO TAN OR OFFICAIAL POSING ARE REQUIRED. Contestants are to walk to center stage and pose 4 times any way of their choosing, wave and walk off.**

**The Hottest Dad contestants will be judged based off the tone of their upper body, symmetry and size. Men must wear swimming trunks or board trunks. NO TAN OR OFFICAL POSING IS REQUIRED. Men will walk to center stage; perform 4 poses of their choosing from the front, back, and both side views. Wave to the crowd or judges and then walk off. No Shoes or Socks are permitted on stage.**

**Best Gym bodies Category have the same dress requirements as all other categories for both genders. The Best Gym Body will be judge based off of symmetry, Muscularity (big) and show of confidence on stage. NO TAN OR OFFICAIL POSING IS REQUIRED. Contestants are to flex in each of their poses to show size, symmetry and development of muscles. Only High heels for women are allowed on stage and Men must be barefoot on stage.**

**Best Body over 50 contestants are required to follow the same criteria of all other categories. They will be judge on a combination of both Hottest mom/dad and best gym body and age.**

**Overall contestants will be picked from the top contestant from each category and judge side by side for accurate comparison. The contestants are to have fun and do what they fill needs to be done to win within accordance to what the judges ask.**

**Remember during this competition there are no losers. Stepping on stage will motivate others to work out and reach their personal wellness and fitness goals. Having fun and to be a motivation/inspiration to others are the only goals for the contestant.**