

2025 GBO COMPETITOR GUIDELINES

WOMEN WINGS

I. GENERAL

- a. This is a non-sanctioned division and there is no award for pro status.
- b. This division is open to figure, shape, beach body, and fitness competitors.
- c. This division has one round of judging.
- d. Competitors' numbers should be visible at all times and worn on left side.

II. COMPETITION ATTIRE

- a. One or two-piece suit (25% coverage of gluteus). Suits may be enhanced with rhinestones, sparkles, sequins, etc. Thongs will not be permitted.
- b. Angel wings are required. Costume can resemble an angel, carnival, peacock, Las Vegas showgirl, etc. Feathers, tulle, sequins, anything feminine competitor has dreamed of wearing. The key is glamour, bling, and glitz.
- c. Appropriate footwear should be worn.
- d. Jewelry such as earrings and belly rings are allowed.

III. POSING

- a. FRONT POSE: Face front, body standing tall, legs shoulder width apart, head is held high, arms are hanging by your side, one or both hands on hips, and smiling.
- b. BACK POSE. Face rear of stage, body is standing tall, legs shoulder width apart, head held high, arms hanging at your side, and back is relaxed but firm.
- c. LEFT/RIGHT SIDE POSE: Body is standing tall, leg facing away from judges is kicked back and leg closest to judges is holding your weight, torso is twisted at waist to face judges, arm closest to judges can be flexed towards back or above head to expose torso, and head facing judges with a smile.
- d. Each competitor will execute the Box Walk. Competitors will enter the stage and hit the first box closest to you and hit 2-3 poses, move to center stage and hit 2-3 poses, and finally move to third box and 2-3 poses. The expediter will then direct competitors to the rear of the stage until each competitor has shown their creation.

IV. JUDGING

- a. The judges will be looking for these objectives – display of creation with poise, confidence, personality, and relaxed posture. This division is not judged entirely on physique, but more on presentation.
- b. SYMMETRY: Display a balanced, toned physique.
- c. MUSCULARITY: Not overly muscular.
- d. CONDITIONING: No striations or vascularity.
- e. BEAUTY: Overall cosmetic appearance, photogenic, and skin tone.
- f. PRESENTATION: Classy, poised, confident. Overall grooming, personality, self-assurance, composure, and walk. Expression of creativity and artistic individual personality.
- g. COMPARISONS: Athletes will be directed by the Head Judge to perform quarter turns for comparisons. Competitors will start with front pose facing judges, then quarter turn to the right and hit left side pose, then quarter turn to the right and hit back pose, then quarter turn to the right and hit right side pose, and finally quarter to the right and face judges. Head judge will ask athletes to switch places on stage for additional side by side comparisons. Remember to always smile.
- h. FINALS / AWARDS: Athletes will be introduced and move to center stage to hit 2-3 poses. Competitors will then exit stage. The top five competitors will be called back to the stage for awards and photos.