

2025 GBO COMPETITOR GUIDELINES

FITNESS ATHLETIC

I. GENERAL

- a. An Open Class is all ages from 16 years old on up.
- b. Teen ages are 16-19 and Teen can compete in Teen or Open
- c. Masters divisions are 35 to 70 plus see master breakdown below can compete in open or masters
- d. GBO athlete card is required. Application and/or release forms must be signed.
- e. Competitors' numbers are worn on left side and visible at all times.

II. COMPETITION ATTIRE

- a. Attire for fitness routine must be appropriate and family friendly. Athletic shoes should be worn.
- b. Competition attire consists of age appropriate: Girls – sports bra, biker shorts, and/or gymnastic attire, yoga style pants, sport uniforms, or dance attire. Boys – gym shorts and/or gymnastic attire, workout pants or joggers, or sports uniforms.

III. Age CLASSES

Note: Crossovers are allowed between Open, Teen and Masters. Age limits for Teen and Masters listed below.

AGE GROUPS: **Open** – 16 years old on up
 Masters 35 - 39 / 40 - 45 / 46 - 50 / 51 - 55 / 56 - 60 / 61- 65 / 66 - 70 / 71+
 Teen 16-19

IV. JUDGING

- a. ROUTINE: Each competitor will perform a 90- second routine to include tumbling and / or cheering moves. Competitors will be judged on strength, flexibility, overall stage presence, and creativity. Posing music must be on flash drive or CD or emailed directly to DJ as determined by the promoter. Music may not contain any vulgar, racial, or sexual lyrics.