

2025 GBO COMPETITOR GUIDELINES

FITNESS MODEL

I. ELIGIBILITY REQUIREMENTS

- a. Competitors must be at least 18 years of age.
- b. Competitors can compete in any event from any city or country scheduled GBO events around world.
- c. GBO athlete card will be required. Application and release forms must be signed.
- d. Competitors' numbers are worn on left side and visible at all times.

II. HEIGHT CLASSES

Female	A up to 5' 5"	B over 5' 5.25"
Male	A up to 5' 8"	B over 5' 8.25"

III. ATTIRE

- a. **Female:** Required to wear a sports bra and olympic/athletic shorts (see photos). Shoes should be athletic type. This category is designed to show off your physique. Keep in mind that your outfit should reinforce the positive attributes of your figure. Style, fit, and color are things to keep in mind. You are judged on poise, personality, and being aesthetically fit as this is a fitness competition.
- b. **Male:** Required to wear Olympic/Athletic Shorts. Men do not have to wear a shirt or you have an option of wearing a sleeveless button shirt without it being buttoned. This will assure you are being judged on the lean muscle definition portion of this category (see photos). Shoes should be athletic type. This is runway fashion with good examples being GQ style however again this is a fitness competition and you must balance both fitness and model.

IV. JUDGING

CRITERIA:

Note: We are not looking for Bodybuilding poses or physiques. Bodybuilding poses will be marked down during the judging phase.

- **Facial Beauty / Symmetry** – Hair, makeup (females only), skin tone (no overly dark spray tans). Fitness Models need to have a balance of the following:
 1. Toned Body
 2. Lean Muscle Definition
 3. Personality
 4. Facial Features
 5. Movement and Poise
 - **Overall Marketability** – Stage presence, confidence, outfit choice. An individual who will promote gyms, supplements, fitness, health, etc. by way of advertising.
- a. MODEL WALK: Classic T-Walk with quarter turns at front center stage only and quarter turns as a group.
- b. WINNERS: Please keep in mind that you are a GBO athlete and our organization prides itself on strong, moral fiber, positive attitude, and commitment to excellence. You are representing GBO, so please keep that in mind in all your endeavors, both professionally and personally.