

2025 GBO COMPETITOR GUIDELINES

WOMEN SHAPE

I. GENERAL

- a. A competitor can do both Open and Novice
- b. NOVICE: an athlete that has never entered a Global Bodybuilding Organization sanctioned event. Once a competitor wins his/her novice class, they are not allowed to enter another novice class. If a competitor does not win, they may choose to compete again in a novice class. If a competitor is caught entering a novice class after winning, they will be disqualified. Pro cards are not awarded in the novice classes.
- c. Competitors' numbers should be visible at all times and worn on left side.

II. COMPETITION ATTIRE

- a. Two-piece fashionable, decorative posing suit (contest regulated – 25% coverage of gluteus). Suits may be enhanced with rhinestones, sparkles, sequins, etc. Thongs will not be permitted.
- b. Clear high-heeled shoes are required.
- c. Jewelry may be worn within good taste and should not interfere with the presentation of the competitor's physique.

III. HEIGHT CLASSES

Open / Novice	A	under 5' 2"	B	5' 2.25" up to 5' 5"
	C	5' 5.25" up to 5' 7"	D	over 5' 7"

AGE GROUPS:	Masters	35 - 39 / 40 - 44 / 45 - 49 / 50 - 54 / 55 - 59 / 60- 64 / 65 - 69 / 70+
	Teen	16-19

IV. POSING

- a. FRONT POSE: Face front, eyes forward, hips facing judges, and arms remain at sides or with one/two hands on hips. Feet should be slightly apart with toes facing judges.
- b. REAR POSE. Head held high, arms remain at sides or with one/two hands on hips, lats open, and feet should be slightly apart. Competitors with long hair should brush their hair to one side to ensure their back is visible to the judges.
- c. WALKING POSE: As directed by head judge, athletes will slowly walk to a line at the back of the stage, then face the front and slowly return to the front of the stage.

V. JUDGING

- a. Judging criteria is based on presentation and individuality. Competitor's physique should display a firmness where the muscle bellies are slightly harder and rounder than seen in the beach body division. (ie, large leg and glute development), but will not display the wide shoulders, round delt and lat development of a figure competitor. Also, competitors will not display the muscle separation, definition, low fat levels, dryness, or density that is displayed in classic and standard bodybuilding divisions. Competitors will be judged in mandatory rounds for symmetry, muscularity, conditioning, and stage presentation. Assessing of the physique will use judging criteria the same as beach body division. Vertical proportions (legs to upper body length) are the key factors. Horizontal proportions (hips/waist to shoulder width) may favor women with a bit larger hip, glutes, and thigh area.
- b. INDIVIDUAL ROUND: Competitors will execute a box walk across the stage where they will stop at each marked spot and execute front and back poses. Then the competitor will line up as directed by the expediter until all presentations are complete. Judges will be looking for stage presence, a shapely toned/balanced body and good conditioning. Competitors will also be judged on overall appearance including a healthy look to the skin, makeup, and poise.
- c. COMPARISON ROUND: Once all competitors have completed their individual rounds, the head judge will call random competitor numbers to line up center stage where front and back comparisons will be performed. Judges will compare competitors against others in the same class to help determine placement.
- d. EVENING PRESENTATION: Depending on size of the show, each competitor will be introduced and either perform three poses at center stage or perform a "box walk" across the stage with 2 poses on each of the three boxes. Once all competitors have been presented, the expediter will instruct the competitors to exit the stage. The top 5 competitors will be called back on stage for trophy presentations.