



FMC Federation is committed to bringing Bodybuilding and Fitness together as one show - combined we provide maximum opportunities for our athletes FMC exists to provide Fitness opportunities, a stage to get noticed on and a stage to rock on. The Director of FMC has over 25 years in the Fitness Industry, having owned the distribution rights for BSN and 5 other nutrition brands, photographed at Olympia and Arnold for 18 years, part owned a Bodybuilding magazine and promoted the IFBB Olympia Model - so from this wealth of experience FMC was born! With our USA connections and having spent 25 years at USA events we aim to give you the same experience in London

VENUE ADDRESS

What judges are looking for: ☐ A complete package ☐ An attractive healthy look that is marketable in the fitness industry ☐ The ability to pose on stage in flattering ways ☐ Great stage presence and confidence ☐ Attractive and flattering hair styles and make-up ☐ Eye-catching bikinis/trunks that suit the model and that show off their best body parts ☐ Eye-catching theme wear that suits the model ☐ Well applied tan You will be marked on: ☐ Your physique and body tone ☐ Your quarter turns ☐ Stage presence and overall appearance ☐ Hair and make-up ☐ Tan (whether it is evenly applied) ☐ Bikinis/trunks and theme wear ☐ How you pose and conduct yourself on stage To achieve this BEST LOOK we recommend our official beauty services as advertised on our website.

MALE CLASSES

Junior Men's Physique – 23 and under

First Timer Men's Physique

Men's Physique – Open class

Men's Physique – Over 35

Men's Physique – over45

Muscular Men's Physique

Fitness Model

Muscle Model – 2 rounds in shorts and then evening wear

Ink Muscle

Underwear Model

Classic Physique

Bodybuilding

Transformation – 2 rounds

FEMALE CLASSES

Female Beach Body Open

Wellness -Open

Wellness – Over 35

Fit Mum

Fitness

Bikini Open

Bikini -Over 35

Bikini -Over 45

Bikini Model – 2 rounds Bikini and dress above the knee

Bikini Ink

Figure – 2 Rounds Bikini and Theme wear

Commercial model – Ball Gown only

Transformation – 2 rounds

THE CATERGORY DISCRIPTIONS AND JUDGING POINTS

MALE CLASSES

Junior Men's Physique – 23 and under

(18+ to 23 and Under -1 Round Board Shorts

The judges are looking for :- The overall classy Men's Physique symmetry with tight waist

First Timer Men's Physique

Round Board Shorts

The judges are looking for :- The overall classy Men's Physique symmetry with tight waist

Men's Physique – Open class

Round Board Shorts

The judges are looking for :- The overall classy Men's Physique symmetry with tight waist

Men's Physique – Over 35

Round Board Shorts

The judges are looking for :- The overall classy Men's Physique symmetry with tight waist

Men's Physique – over45

Round Board Shorts

The judges are looking for :- The overall classy Men's Physique symmetry with tight waist

Fitness Model

1 Round swimwear

The judges are looking for :- A ripped Men's Fitness physique, ability to shine on stage in swimwear , balanced physique and great stage presence

Muscle Model – 2 rounds in shorts and then evening wear

2 Rounds Swimwear and Evening wear

The judges are looking for :- more Muscle on the frame with a good level of definition , ability to show stage presence in eveningwear, and hold the audiences attention.

Ink Muscle

1 Round swimwear showing the ink!

The judges are looking for :- A ripped Men's Fitness physique, ability to shine on stage in swimwear , balanced physique and great stage presence

Underwear Model

1 round in plain BLACK Boxer shorts

The judges are looking for :- Overall stage presence and the abdominal region , as used on underwear adverts and boxes.

Classic Physique

- 1 Round swimwear shorts

The judges are looking for :- more Muscle on the frame with a good level of definition and a great CLASSIC pose at end of comparison round.

Muscular Men's Physique

1 round Board shorts The judges are looking for a larger more muscled physique – still with small Men's Physique waist. This Muscular Men's Physique is you pre Classic Physique class

BodyBuilding –

One round Individual posing, ¼ Turns Comparisons

The judges are looking for :- more Muscle on the frame with a good level of definition and an overall muscularity

Transformation – 2 rounds

The TRANSFORMATION CLASS is open to Males and Females and is a one class open to both genders – The class is about celebrating your transformation

This category has 2 Rounds

Round 1 Bikini for Ladies and Swimwear for Males

Round 2 – Ladies Long cocktail dress /Males suits or evening formal dress

During round 2 you will be interviewed about your physique transformation by the FMC host

Question 1 – How has your physique transformed?

Question 2 – What are your future aims?

Question 3 – What do you love about FMC

We can't wait to celebrate your transformation!!

FEMALE CLASSES

Female Beach Body Open

One Round in Bikini – This is a class for those looking to get stage experience and have that curvy magazine type body

Wellness -Open

- 1 round Bikini

The judges are looking for :- a body to turn heads on the beach, a slightly harder look. In wellness class physique is shown in a sorter posing approach judges looking for symmetry proportion general appearance and 'overall package' with firm appearance Somewhat between bikini and physique

Wellness – Over 35

- 1 round Bikini

The judges are looking for :- a body to turn heads on the beach, a slightly harder look. In wellness class physique is shown in a sorter posing approach judges looking for symmetry proportion general appearance and 'overall package' with firm appearance Somewhat between bikini and physique

Bikini Open

1 Round in Bikini

The judges are looking for :- a body to turn heads on the beach, a slightly softer look. Very little difference between Bikini and Beach great stage presence with a look that will sell supplements and go on a magazine cover

Bikini -Over 35

1 Round in Bikini

The judges are looking for :- a body to turn heads on the beach, a slightly softer look. Very little difference between Bikini and Beach great stage presence with a look that will sell supplements and go on a magazine cover

Bikini -Over 45

1 Round in Bikini

The judges are looking for :- a body to turn heads on the beach, a slightly softer look. Very little difference between Bikini and Beach great stage presence with a look that will sell supplements and go on a magazine cover

Bikini Model – 2 rounds Bikini and dress above the knee

2 Rounds in Bikini then in dress above the knee

The judges are looking for :- a body to turn heads on the beach, a slightly softer look. Very little difference between Bikini and Beach great stage presence with a look that will sell supplements and go on a magazine cover

Bikini Ink- 1 Round bikini must have ink! The judges are looking for :- Overall stage presence, the cover magazine look, and a bikini body that will sell supplements

Fit Mum

One round open to any age Mum The judges are looking for :- a body to turn heads on the beach, a slightly softer look. -great stage presence with a look that will sell supplements and go on a magazine cover The yummy mummy look of a magazine

Fitness

The judges are looking for :- a body to turn heads on the beach, a slightly more toned look. In fitness class physique is shown in a harder posing approach judges looking for symmetry proportion general appearance and 'overall package' with firm appearance Slight more muscled look

One round class in Bikini.

Figure – 2 Rounds Bikini and Theme wear

2 Rounds Bikini and Feather/Themewear

The judges are looking for :- the figure girl look, slightly more muscle yet still maintaining feminine lines. Definition but not to extreme – the overall BODYFITNESS look

Commercial model – Ball Gown only

Round in Ball Gown

This class is for the sassy, posed and 'Victoria Secrets' style model. The girl who could catwalk in 'Victoria Secrets' who could be in Vouge or present at National TV Awards The judges are looking for all round confidence, stage presence, eye catching ball gowns worn with ease on stage. The confidence of a TV presenter. The smile of a goddess and a confident cat walk approach

Transformation – 2 rounds

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We have made the difficult decision to discontinue providing judges' feedback to competitors. The reason is simple: many competitors were unhappy with their honest, truthful feedback or didn't agree with the feedback that they received. Our suggestion for those of you who want feedback on how you did at a show, or information on how you can improve yourself for your next show, is to look at your stage photos and compare yourself to the winner. The winners are always a good indication of what to aim for. We do provide a FREE posing camp where we explain all we are looking for Remember that the points below are what you're being judged on. All of these are very important. Take time to go through of these points below. We wish all our competitors the very best in their future competitions. What judges are looking for: ☑ A complete package ☑ An attractive healthy look that is marketable in the fitness industry ☑ The ability to pose on stage in flattering ways ☑ Great stage presence and confidence ☑ Attractive and flattering hair styles and make-up ☑ Eye-catching bikinis/trunks that suit the model and that show off their best body parts ☑ Eye-catching theme wear that suits the model ☑ Well applied tan You will be marked on: ☑ Your physique and body tone ☑ Your quarter turns ☑ Stage presence and overall appearance ☑ Hair and make-up ☑ Tan (whether it is evenly applied) ☑ Bikinis/trunks and theme wear ☑ How you pose and conduct yourself on stage

Tickets

Tickets will be on sale on the door or watch our website