



Competitor Meeting

(Promoter alter as desired)

PREJUDGING

- Provide Photo & Video Info
- Check whether all competitors have been polygraphed? Tell them to make sure they have been. If it's discovered anyone was not tested they will be disqualified, even if not discovered until after the show. OCB checks lists of those tested after events and compares to show rosters.
- Go over the food and beverage policy for the facility (ex. No food or drink in theatres)
- No competitors should go outside the prep area unless watching the show, and if watching the show must be fully clothed when in the seating area to protect seats. If set-up is such that all men or all women are first, no men (or women's) should be back stage when opposite portion is performing to allow more space for those needing to prepare. Only be back stage if getting ready to go on stage.
- Inform competitors to be careful with posing oils and tanning products (walls, auditorium seats, etc.)
- Inform no alcohol permitted on the premises. If caught with wine back stage, etc., will be disqualified from show
- Introduce the expeditors so competitors know who to go to if questions backstage
- Instruct where pump area and competitor restrooms are
- Go over any trainer policies (max number allowed? Must have trainer ticket, etc.)
- Tell competitors to not be backstage if not necessary to allow more space for people who need to prepare to go on stage
- Explain where to wear the competitor numbers (ex. front left, back center)
- Cover the order of events
- Announce class splits for divisions that have more than one class
- To get an estimate on when your class will be up, in general you can estimate each class taking about 10 minutes to get a ballpark idea.
- Instruct competitors to raise their hand when called by the head judge to move to know who needs to switch places with who
- Explain what competitors are to do if a class is split on stage during comparisons – when instructed they will form diagonal lines on left and right sides of rear stage
- Instruct competitors to get into poses as soon as they're called... no transitions into or delays setting up
- Cover the Bodybuilding poses and demonstrate each
- Demonstrate Figure/Fitness/Bikini/Model stage walks and go over the path to follow
- Explain differences between Model, Bikini and Figure stage walks, and differences in "quarter turn" or (half turn for Bikini) poses
- Instruct that stage walks are not to include exercise moves (like push-ups), muscle poses, costumes/props, and have to be "family friendly" (not lewd)
- Announce any upcoming OCB events in the area
- Notify competitors about what time a finals meeting will be (if applicable – if no Finals meeting cover topics below also at prejudging meeting)

FINALS (or at prejudging meeting if not having two separate meetings)

- Instruct that Open and Masters overall winners, if pro qualifier, must provide a urine sample before leaving the venue and that if they don't they'll be disqualified
- Cover the order of events/format for finals and awards
- Go over Best Poser awards if applicable
- Mention contest coverage will appear in *Fitness & Physique Magazine*, which everyone is automatically subscribed to with OCB/NANBF/IFPA Membership