

LIFESTYLES AND FITNESS IN SPORTSWEAR COMPETITION

THIS APPLIES TO THE STATE LEVEL COMPETITION ONLY!

The purpose of this competition...

The purpose of this phase of competition is to determine the level of fitness of the contestant and her dedication to maintaining that lifestyle, and to obtain a glimpse into her daily routine and personal lifestyle. This is an opportunity for the judges and the audience to get to know the contestants on another level.

This is NOT a mini talent competition...

In asking the contestants to model an outfit they wear while **participating** in their fitness activity, we opened the door for her to feel it was appropriate to perform her activity. There is a line that must be drawn between a *demonstration* and a *mini-performance*.

For instance, a few swings of a golf club, a tennis racquet, or a bat; a cheerleading jump; or a jog across the stage, is certainly different from a 15 second dance in full costume or a full twirling demonstration in a performance costume.

MFLOT reserves the right to change or modify the 15 second modeling or demonstration routine if they determine that it crosses the line of becoming a performance. Production will make sure that each contestant is presented in a fair and equal light to the judges and that each teen has an opportunity to receive a fair score.

With this information in mind...it is important to carefully choose the outfit and accessories for this competition. If there is any doubt that the contestant will be viewed as presenting a "mini-talent" during this competition, please make the needed adjustments.

What NOT to Wear...

This competition is not a fashion show of cute fitness wear that has nothing to do with the contestant's fitness regimen. For instance...if the contestant has never played golf or tennis, it is unacceptable for her to "pretend" to participate in these and other activities so she can model a cute outfit.

The only embellishment that is allowed is that which is already a part of the costume. The addition of sequins, rhinestones, etc. is not allowed. The addition of "sparkly" accessories is prohibited.

And remember.....no swimsuits.