

COUPLE

CATEGORY



All photos used in this booklet were taken during competitions. They are free of rights and used exclusively for educational and regulatory purposes.

Each athlete may request the removal of their photo.

Season 2019



- The couple category (men and women) is a fitness category. It is open to all athletes who have participated individually in a choreographed discipline: bodybuilding, body move.
- This event is a free choreography of 2 minutes maximum.

Summary :

- 1 : The outfit
- 2 : The passages
- 3 : The Judgement criteria



ATTENTION copyright : prohibition to use any slide or document for other than personal use in support of the courses without prior written permission of the author. Excerpt from the Intellectual Property Code: Article L335-2
Penalties for non-respect of copyright: Any edition of writings, musical compositions, drawings, paintings or any other production printed or engraved in full or in part, in violation of the laws and regulations relating to the property of the authors, is an infringement. Any infringement is a crime. Counterfeiting in France of works published in France or abroad is punishable by two years' imprisonment and a fine of 300,000 euros.

1 : The Outfit :



Men and Woman:

Harmonization of the couple's outfits is possible and desirable.

Freedom of choice is given to the athletes, respecting all the restrictions of safety and good morals of the other disciplines.

- The tan should be well applied (body and face -) and dry to the touch when going on stage
- Hair removal or shaving of the whole body is mandatory
- Bib number must always be visible at the left side of the waist

N.B After control of the outfit, any failure will automatically result to the disqualification of the athletes if no remediation is possible.

2 : The passages :



→ *FIRST STEP : THE PRESENTATION :*

Under the direction of the chairman all the couples come on stage. The chairman presents each couple in ascending order of bibs. At the call of their bib number and their name the couple takes a step forward. Free standing is allowed. Once all the couples presented, they come down stage before going individually for their choreographed performance.

→ *SECOND STEP : THE CHOREOGRAPHY*

This is the only part of the couple competition that is taken into account for the notation

At the call of their bib number and the name of the country they represent the couple goes on stage to perform their choreography

The music can start at the entering on stage, or at the request of the couple once in place . The choice will be specified during the bib distributions

At the end of the performance, the couple will leave from the back of stage

Duration : 2 mn

3 : The judgment criteria:

The judging criteria is grouped in three items:

- Harmony of the couple during the performance
- The harmonious relation between music and movement
- The quality of the executed movements

Nota :
the choreography and gestures of the two athletes composing the couple
must be perfectly orchestrated on the music

