

MR. SINGAPORE INTERNATIONAL BODYBUILDING CHAMPIONSHIP 2016

INFORMATION PACKET FOR OVERSEAS ATHLETES

THIS INFORMATION PACKET FOR ATHLETES WHO ARE **NOT SINGAPORE CITIZENS.**

IF YOU ARE A SINGAPORE CITIZEN, GO BACK TO THE MR. SINGAPORE INFORMATION PACKET.

This document contains:

- Information Sheet for *Mr. Singapore International Bodybuilding Championship 2016*;
- Parental Consent Form for athletes under 21;
- Terms and Conditions for all athletes;
- FM League's *2016 Information Sheet* containing information about championship divisions and formats.

Application Review:

- Applications are reviewed by a FM League Review Committee on a rolling basis. It will take approximately 4-8 weeks for your application to be reviewed after you submit it.



MR. SINGAPORE INTERNATIONAL BODYBUILDING CHAMPIONSHIP 2016

INFORMATION SHEET

Fitness Movement League will hold the **Mr. Singapore International Bodybuilding Championship 2016** on **Saturday 20 August 2016** at the **University Cultural Center Hall at National University of Singapore, Singapore 119279.**

Division	Category	Class	Notes
Men's Bodybuilding	Open	Single class	<p>Amateur-level regional event. Prize money is awarded in United States dollars for regional events.</p> <p>Cash prizes for this regional event (all US dollars): 1st: US\$3,000; 2nd: \$1,500; 3rd: \$1,000; 4th: \$700; 5th: \$500</p> <p>Open to ALL nationalities.</p>

Application Form and Key Dates

- Apply online at <http://fmleague.co/bbsg/mrsgintl2016>.
- Application deadline is **Saturday 30 July 2016**.
- Mandatory Briefings for **all** athletes: Friday **19 August 2016** 4:00pm to 8:00pm.
- For enquiries, email info@fmleague.co.

30-Day Rule

- Athletes competing in this championship must not compete in another bodybuilding or physique-related competition from **21 July to 19 September 2016** (both dates inclusive).
- Athletes who break the **30-Day Rule** or other FM League rules will be stripped of any titles and prize money won.
- All prize money is paid after a month. For overseas athletes, we will arrange how to transfer prize money 30+ days after the event.

Parental Consent, Terms and Conditions

- Athletes born after 20 August 1995 must complete and return the **Parental Consent Form** by **30 July 2016** via mail or email.
- Athletes must read and agree to the **Terms and Conditions** before applying.

Non-Refundable Application Fee

The Non-Refundable Application Fee for *Mr. Singapore International* is **S\$25**. (Roughly equal to US\$20.)
(Singapore Citizens who use this application will have their applications rejected and no refund will be given. No credit from here will be applied towards any Mr. Singapore application.)

Backstage Lockdown

Athletes are locked down into the backstage area during the championship. Athletes cannot exit until they have finished competing. Athletes who leave early will be immediately disqualified and lose any titles and prizes. Athletes check-in at 8:00am and do not leave until 6:00pm. Athletes are locked down for at least 10 hours.

All Self-Coloring Banned, Only Professional Spray Tanning Allowed

No Dream Tan. No Pro-Tan. No coloring oils. No self-applied oils. No self-coloring of any kind allowed at the event. Athletes breaking this rule will be immediately disqualified! All athletes should use professional spray-tanning in the days before the event or at the event. There will be an official spray tanning vendor that does spray-tanning backstage at the event for those athletes interested. (We cannot check if athletes have used products like Pro-Tan the day before the competition, but if an athlete begins streaking at the event he will be disqualified.)

Overseas athletes should pay careful attention, as this practice is likely different from what they are used to. It is common in Malaysia and other countries in the region for competing athletes to use products like Dream Tan. FM League bans these products.



MR. SINGAPORE 2016 & MR. SINGAPORE INTERNATIONAL 2016

PARENTAL CONSENT FORM

Athletes born on or after 21 August 1995 must complete & return this form by **30 July 2016**.

Athlete's Information

Full Legal Name of Athlete (as on NRIC/Passport)		NRIC or Passport #	
Date of Birth (DD/MM/YYYY)	Contact Phone Number	<i>(include country code, eg +65 for Singapore)</i>	

Parent or Legal Guardian's Information

Full Legal Name of Parent or Legal Guardian		NRIC or Passport #	<i>If listing passport #, also state issuing country</i>
Relationship to Athlete	<i>(e.g. Father, Mother, Grandmother, etc.)</i>	Contact Phone Number	<i>(include country code, eg +65 for Singapore)</i>

Parental Notification Policy

The event organiser has a parental notification policy that requires younger athletes to inform their parents of their extracurricular involvement in our events. As such, for some events the age cutoff for Parental Consent may be broader than that required by law.

Returning this Form

To apply to enter the event, athletes must complete the online application and pay the non-refundable application fee. Then athletes must return this signed form via mail or in person to **406A Joo Chiat Road, Singapore 427634**, or email a high-quality scan to info@fmleague.co.

Parent or Legal Guardian's Declaration: *I hereby give consent to my child/ward to participate in Mr. Singapore National Bodybuilding Championship 2016 and/or Mr. Singapore International Bodybuilding Championship 2016. Both I and my child/ward have read the Terms and Conditions and I agree on behalf of my child/ward to be bound by them.*

Parent or Legal Guardian's Signature, Name & Date	<p><i>Signature:</i></p> <p><i>Print Name:</i> <i>Date:</i></p>
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MR. SINGAPORE 2016 & MR. SINGAPORE INTERNATIONAL 2016

TERMS AND CONDITIONS

The **Mr. Singapore National Bodybuilding Championship 2016** and **Mr. Singapore International Bodybuilding Championship 2016** (collectively the 'Event') are sanctioned and organised by **Bodybuilding Singapore Pte Ltd** ('Organiser'). By applying to enter the Event and/or participating in any way in the Event and its related activities, you acknowledge that you have carefully read these Terms and Conditions and agree to all the terms.

In consideration of your being permitted to apply for and/or participate in the Event and its related activities, on behalf of yourself and any personal representatives, assigns, heirs, executors, successors, next of kin, and persons supported by you, YOU UNDERSTAND AND AGREE THAT:

1. Authority to Act and Representations

(a) By applying you are representing and warranting to the Organiser that you have full legal authority and capacity to register and participate in the Event, including full legal authority and capacity to agree to these Terms and Conditions, on behalf of yourself and/or, where applicable, your child/ward. If your child/ward is under the age of 21, you are representing and warranting that you are the parent or legal guardian of that party and have the full legal authority and capacity to agree to these Terms and Conditions on his/her behalf.

2. Assumption of Risk, Liability Waiver and Indemnification

(a) The risk of illness and injury from the activities involved in this Event is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist and YOU KNOWINGLY AND FREELY ASSUMES ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE ORGANISER or others, and assume full responsibility for your participation; (b) You willingly agree to comply with the stated and customary terms and conditions for participation, if, however, you observe any unusual significant hazard during your presence or participation, you will remove yourself from participation and bring such to the attention of the Organiser immediately; (c) On behalf of yourself and any personal representatives, assigns, heirs, executors, successors, next of kin, and persons supported by you, YOU HEREBY RELEASE, COVENANT NOT TO SUE AND FOREVER DISCHARGE THE ORGANISER and its officers, officials, agents and employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used for the activity ("Releasees"), for all liabilities, claims, actions, or damages that you may have against them arising out of or in any way connected with your registration and/or participation in the Event, including without limitation any liabilities, claims, actions, or damages caused by the negligence of the Releasees (including any negligent rescue attempt), the action or inaction of any of the Releasees, or otherwise to the fullest extent permitted by law; and (d) YOU AGREE TO INDEMNIFY, DEFEND, AND HOLD HARMLESS THE ORGANISER and all Releasees from all liabilities arising out of or in any connected with your participation in the event, including without limitation any liability caused by negligence (including any negligent rescue attempt), the action or inaction of the Releasees, or any violation by you of any of the terms of these Terms and Conditions.

3. Rights Assignment

(a) You grant the Organiser and/or any other Organiser-approved video or entertainment organisation and all of their agents, successors, licensees and assigns, the right to photograph, video or otherwise reproduce (whether by film, tape, still photography or otherwise) your voice, appearance, name, age and occupation, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing on digital or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use your name and personal data (such as age and occupation) in any connection with any of the foregoing. The rights granted by you hereunder are granted worldwide and shall endure in perpetuity and no further compensation shall be payable to you at any time in connection therewith. Nothing contained herein shall be deemed to obligate the Organiser and/or any other Organiser-approved video or entertainment organisation to photograph or otherwise reproduce your voice, appearance or name, or to make use of any rights granted herein. The aforementioned rights may be reassigned at any time without further consent. As the Organiser and/or any other Organiser-approved video or entertainment organisation are videotaping and photographing the Event in express reliance upon the foregoing, you represent and agree that you are free to grant the rights granted to the Organiser and/or any other Organiser-approved video or entertainment organisation hereunder.

4. Personal Data Protection

(a) In addition to Organiser's right in perpetuity to use your name and personal data under section 3 herein, you grant the Organiser the right to retain your personal data and share your personal data to the Organiser's marketing partners for the purposes of informing you of bodybuilding-related and/or fitness-related competitions, events, services and products; and (b) You may request in writing that the Organiser and its marketing partner(s) stop using your personal data, though this will disqualify you from the Event and from future events, and this will not affect Organiser's right in perpetuity to use your name and personal data under section 3 herein.

5. No Conflict Declaration

(a) You warrant that you are free to enter, participate in and perform in the Event and are under no restriction, ban, limitation, or disability (contractual or otherwise); (b) You warrant that you have fully declared contractual relationships you have or may prior to the Event enter into in which you are a model, actor, artiste, spokesperson, brand ambassador, or any capacity in which your name and/or likeness is used to market or promote any brand, product, service, or campaign; and (c) You give permission to the Organiser to contact any party with which you have or may enter into a contractual relationship if the Organiser has any doubt over your eligibility to enter the Event, notwithstanding which the burden remains on you to verify your own eligibility.

6. Application Disclosures

(a) You shall make a full and honest disclosure of all particulars as requested in the Event's application form, including without limitation any personal data, information around fitness and bodybuilding events that you have entered into or are entering, information related to your Singapore legal and residency status, and information relating to your contractual relations with other parties in potential conflict with your participation in the Event. All details submitted in the application form shall be deemed to be current. In the event of any change of such details, you shall notify the Organiser within two days; and (b) The Organiser reserves the right to reject any application without providing a reason. The Organiser may disqualify, remove, or withdraw you from the Event at any point during the Event for any reason or no reason. Any application fee or late fee paid by you will not be refunded in the event your application is rejected or you are subsequently disqualified, removed, or withdrawn from the Event for any reason whatsoever.

7. General Event Rules

(a) You shall obey all the rules, regulations and instructions issued by the Organiser, its officers and/or its officials, whether issued in writing or verbally. This includes any rules published by Fitness Movement League that sanctions the Event. Any rulings by the Organiser, its officers and/or its officials are final; (b) The rules, format, judging criteria and methodology, and requirements for attendance of related events shall all be at the Organiser's sole discretion; (c) The selection and number of judges at each stage of the Event shall be at the Organiser's sole discretion and the judges' decision at all stages of the Event is final. No enquiries or appeals, verbal or written, shall be entertained. You shall accept and abide by any and all decisions made by the Organiser and/or the panel of judges concerning, without limitation, decisions relating to the Event, the awarding of prizes (if any) and/or promotional contracts (if any), and the division of prizes (if any) in the event of a tie; (d) The Organiser reserves the right to substitute, subtract from, add to, or alter any item on the list of prizes offered at any point, including withdrawing any and all cash prizes advertised. All prizes won by you at the Event shall not be transferable nor exchangeable for cash or otherwise. The Organiser reserves the right to pay any cash prizes out in the currency advertised in Event materials or in an alternative currency, and any transfer fees, bank fees, and exchange rate fees shall be deducted from the cash prize amount. The Organiser does not undertake any responsibility to ensure that prizes will be delivered by the sponsors to any prize winner. No agreement shall arise or be constituted, and no obligation will be incurred by the Organiser, its officers and/or its agents by reason of your participation in the Event or by reason of anything done or omitted to be done by you as a result of or on account of the application form or the Event. In the event that the sponsor fails or refuses, for whatever reason, to deliver or transfer the prize or make good on its promise or offer to you, the Organiser shall not be liable or responsible for losses (of any nature whatsoever) arising from such failure or refusal; (e) At any time before, during or after the Event, if you are advised by Organiser that, in its sole and exclusive judgment, your use of any of the titles, words, or symbols associated with the Event or the Organiser has caused harm or is likely to cause harm or is in any way inappropriate, you agree to discontinue any such use immediately. In this regard the judgment of Organiser shall be final and binding; (f) If after the Event you are found to have violated these Terms and Conditions and/or any of the Event rules, you will reimburse the Organiser for any prize money and prizes won, and cover any costs of collection incurred by the Organiser including, but not limited to, legal fees on an indemnity basis; and (g) There shall be no claims against the Organiser if the Event is annulled, cancelled or rescheduled for any reason whatsoever.

8. Organiser-mandated services

(a) The Organiser, in order to ensure a smooth and successful running of the Event, reserves the right to mandate and require the use of specific vendors, types of services and types of products during the Event and during the 24-hour period prior to the Event, including without limitation artificial skin tanning services and products, hairstyling and makeup services and products, and photography services. If the Organiser is able to secure sufficient sponsorship to provide these services and products to you without charge, you will be required to use these services and products. If the Organiser cannot provide these services and products to you free of charge even after subsidies from sponsors and thus must charge a fee, such fees will be made known in advance and you are under no obligation to purchase. However, you cannot use any alternative vendors, services and products, and you recognise and accept that your choice to decline to use such vendors, services and products may affect your appearance or performance on stage during the Event; and (b) the vendors designated or mandated by the Organiser are independent third parties and the Organiser makes no guarantees, express or implied, over the services and products they offer.

9. Amendments, Severability and Jurisdiction

(a) The Organiser reserves the right to amend or vary any of these Terms and Conditions without prior notice to you, provided notice is given afterwards; (b) These Terms and Conditions are intended to be as broad and inclusive as is permitted by applicable law, and if any provision herein is held to be unenforceable by a court of competent jurisdiction for any reason whatsoever, (i) the validity, legality, and enforceability of the remaining provisions of these Terms and Conditions (including without limitation, all portions of any provisions containing any such unenforceable provision that are not themselves unenforceable) shall not in any way be affected or impaired thereby, and (ii) to the fullest extent possible, the unenforceable provision shall be deemed modified and replaced by a provision that approximates the intent and economic effect of the unenforceable provision and these Terms and Conditions shall be deemed amended accordingly; and (c) These Terms and Conditions shall be governed by and construed in accordance with the laws of Singapore, and you irrevocably consent that the exclusive jurisdiction for any dispute with the Organiser and the Releasees shall be the courts of the Republic of Singapore.



FITNESS MOVEMENT LEAGUE'S CHAMPIONSHIPS

2016 INFORMATION SHEET

This Information Sheet explains important changes in Fitness Movement League's 2016 championships held in Singapore. (These rules do NOT necessarily apply to FM League championships held outside Singapore.) Information Sheets for each championship will be issued when the online application for that championship opens. This *2016 Information Sheet* is to give a general overview applicable across all Singapore championships.

SUMMARY OF KEY POINTS

- Qualification for the National Team will depend primarily on performance in the Nationals events.
- There is a strict hierarchy of the championships (international, regional, national, local, and community level).
- In addition to amateur events, FM League will begin to offer professional events in the future.
- There is a Code of Conduct for Athletes. Violating the code can result in an athlete not being able to compete with FM League again.
- Men's and Women's Fitness divisions are not offered in 2016.
- Men's Classic Bodybuilding and Men's Classic Physique will not be offered. Athletes wanting to compete in classic bodybuilding are strongly encouraged to try the new MPA division.
- Women's divisions are only available in the SFMS-series championships.
- Men's Physique division will be split into two divisions as of *SFMS – Nationals 2016*: Men's Physique Athletic (MPA) and Men's Physique Beach (MPB).
- Women's Bikini division will be split into two divisions as of *SFMS – Nationals 2016*: Women's Bikini Athletic (WBA) and Women's Bikini Beach (WBB).
- *AFMS – Singapore* will only feature the Men's Physique Athletic division, Open category.
- Women's Figure and WBA/WBB will have different posing routines and mandatory poses.
- Men's Sports Model will be a single-round division with multi-colored square-cut swim trunks.
- Women's Sports Model division will be introduced in at *SFMS - Physique War 2017*.
- The T-walk in SFMS has been replaced with a Straight Walk on most situations.
- Use of self-applied and self-spray products, including tanning oils, is now banned across ALL championships. Athletes may use the official spray tanning service or their own spray tanning vendor.
- Helpers, coaches, family members, etc. are banned from the backstage across ALL championships.
- The backstage will be locked down at all championships. Athletes who leave the backstage area will be immediately disqualified. Athletes should bring enough food. Smoke breaks will be provided.
- Too many athletes are not reading the materials we release. These Information Sheets and the Briefing Sheets contain important information. Not reading them could result in you breaking a rule and being disqualified.

More information on the above items is in the following pages, plus several other items not mentioned above.

National Team

The National Team will consist of both professional and amateur athletes. Athletes will be chosen primarily based on their performance at FM League’s Nationals events. Exceptional performance at FM League’s local-level events may also be taken into consideration. The National Team will compete next in the United States in 2017.

Athletes who have competed under the Singapore name or flag with any other organization, whether in a competition in Singapore or overseas, and **not eligible for ten years** to be part of the National Team. This does not affect their eligibility to compete in FM League championships.

Please note that, outside of FM League, several small events held in Singapore are labeled as ‘international’ or ‘regional’ by their organizers. Entry into these events is considered *competing under the Singapore name or flag*. Also, if the word “Singapore” is mentioned along with an athlete’s name, or any athlete’s national flags appear on stage at any point, or any national anthem is played during the award ceremonies, it is considered *competing under the Singapore name or flag*.

Hierarchy of Championships

FM League’s championships follow a strict hierarchy. Prestige, prize money, recognition, and qualification for the National Team all follow this hierarchy.

FM League’s Nationals is the gold standard for ALL Singaporean athletes. They are *the* championships for our sport’s top athletes (regardless of which of the eight organizations currently in Singapore they usually support). This is where the best compete. Even within FM League’s events, while both Bodybuilding Singapore and SFMS may hold multiple local and community-level events in the future, each will only hold ONE national-level event a year. Also, doing well at Nationals is the primary criterion for entry into the National Team.

Regional events are the place where Singapore’s best can meet regional champions head-to-head, often on the Singapore stage. They serve as a useful benchmark to help raise expectations and standards across the community in our sport.

Type of Championship		Examples of Championships within each championship series		
Pro or Am	Level	Bodybuilding Singapore	Singapore Fitness Model Search	Asia Fitness Model Search
Professional	International	TBA	Nil	TBA
Amateur	Regional	Mr. Singapore International	Nil	AFMS Singapore, Malaysia, Indonesia, Thailand, Dubai, etc.
	National	Mr. Singapore (Nationals)	Nationals	Nil
	Local	Muscle War	Physique War Other events TBA	Nil
	Community	TBA	TBA	Nil

Respectful Use of National Anthem

For each of the *Bodybuilding Singapore* and *Singapore Fitness Model Search* series of events, the Singapore national anthem is played once and only once a year, at the opening ceremony of the **Nationals** championship for Bodybuilding Singapore and SFMS. It is not used at local and community-level events. National anthems are also used, but sparingly so, at appropriate times in our regional and international-level events.

Respectful Use of National Flags

Athletes are prohibited, under penalty of instant disqualification, from bringing any national flags onto the stage in any FM League national/local/community-level event (unless specifically authorized beforehand by officials). Athletes may bring national flags onto the stage during the prize ceremony for international/regional events.

Professional Events

In the future, FM League will offer international-level events for professional athletes. The guaranteed cash prizes of international-level pro events are much higher than amateur events.

Social Media

We strongly encourage athletes to follow the FM League Facebook page (**FB: fitnessmovementleague**).

Many important announcements are posted on Facebook, and FM League considers Facebook postings to be sufficient notification to athletes on any event or policy changes. Athletes who fail to follow or read these announcements may be at a significant disadvantage. It is the athlete's responsibility to keep abreast of the announcements put out by FM League.

We do not actively communicate with athletes via email unless an athlete has applied to an upcoming championship, and those e-mail communications may be restricted only to covering issues specific to that championship.

We also encourage athletes to follow FM League on Instagram at **#fmleague**.

Code of Conduct for Athletes

FM League has a Code of Conduct (<http://fmleague.co/aboutus/code-of-conduct>) that will be expanded gradually. Athletes are expected to read, understand, and abide by the Code.

The Code of Conduct has rules against over-competing, including guidelines on how many events an athlete should enter each 12-month period and the **30-Day Rule** which states:

An athlete must not enter another physique-related competition (where the appearance of the body is a major part of the competitive assessment), whether run by FM League or not, anytime within 30 days before to 30 days after a FM League championship that he/she competed in. Entering other sports like powerlifting or running is fine.

FM League is very serious about the Code of Conduct and will strictly enforce it. **Violating the Code of Conduct can result in an athlete being excluded from FM League championships for several years.**

Titles

FM League is tightening up on the use of titles throughout the community in order to ensure their longevity. Just like an Olympics gold medal winner will always be an Olympics gold medal winner because everyone understands what that means regardless of the sport, we want young local athletes 20 or 30 years from now to instantly recognize the titles won by athletes today. A 60-year-old retired athlete will be able to tell a 20-year-old one what he won decades ago and instantly be understood by his younger counterpart.

Rules of on the usage of titles are laid out in the Code of Conduct for Athletes. Further measures will be taken to strengthen the lasting value and accuracy of FM League's titles. Once this process is complete, a database of main title winners will be released to the public next year and maintained.

Overall Winners

In categories with multiple classes there is sometimes an overall round to determine the overall winner. A second and third place is often announced in these rounds. Going forward, we will only award the winner of the overall. This applies across all FM League championships, including the Mr. Singapore round in Bodybuilding Singapore's national event.

Celebration of Past Champions

It is important for us to recognize past champions and their achievements on an on-going basis. As part of this initiative, the following steps will be taken:

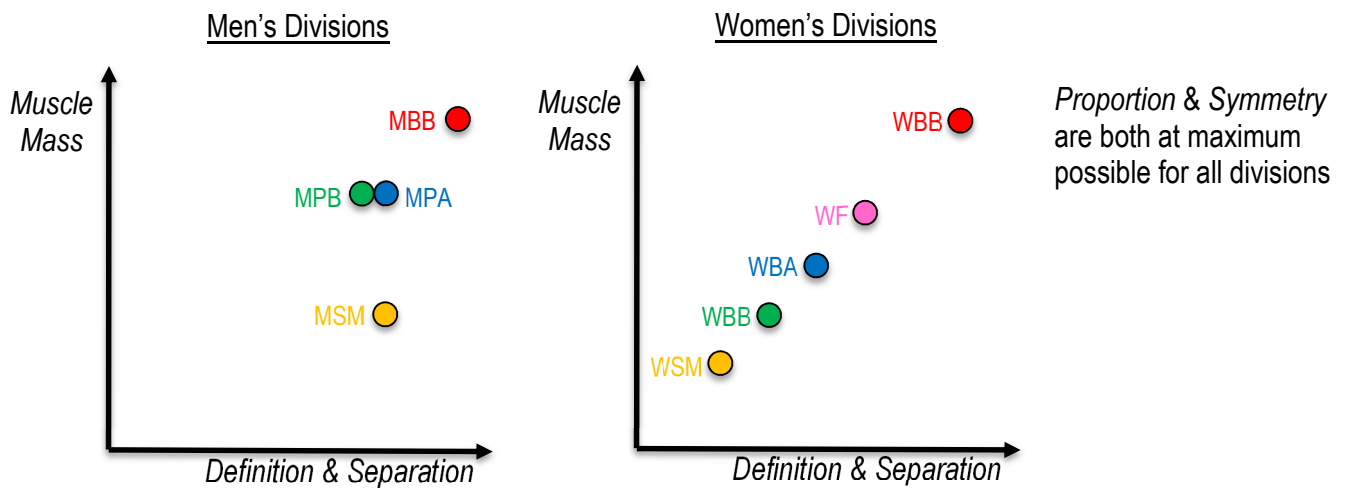
- Local athletes who have done well in FM League championships and are competing will be invited to stand in the front row of the Parade of Athletes in SFMS events.
- At SFMS – Nationals, past champions who are competing will be featured in a Parade of Champions during the opening ceremony.
- Past championship winners will be invited to important championships to sit in the VIP section free of charge, though they cannot bring guests.

More steps will be rolled out over time to recognize the past FM League championship winners on an ongoing basis.

Champions are champions for life.

Positioning of the Divisions

The chart below illustrates the relative positioning of the divisions across the championships. Some of the Women's divisions are not currently offered, but included in the chart for illustration purposes.



Proportion (overall balance of different body parts to one another) and *Symmetry* (straightforward right-left symmetry of body parts) are both expected at the maximum possible across all divisions.

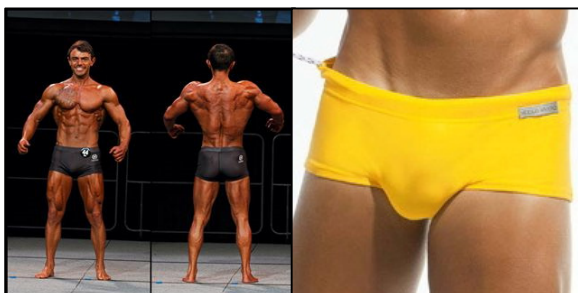
Muscle Mass is the key distinguishing attribute between divisions. There is an upper limit for muscle mass for all non-bodybuilding divisions, beyond which judges will begin to penalize for excessive muscle mass.

Definition is the overall visibility of the muscles. This attribute is sometimes called conditioning. In the Bodybuilding division, definition includes vascularity. In other divisions, vascularity is considered excessive and will be penalized. At lower levels of definition, such as in MPB and WSM, higher body fat levels allowed by judges will flatten the definition somewhat.

Separation is the level of muscle separation between the various muscle groups and the athlete's ability to control and showcase them on stage. Extreme muscle separation is ideal for the Bodybuilding division as it creates the 'cuts', and it takes a lot of physique-specific training to achieve. Muscle separation for MPA and MSM should be less extreme but still pronounced.

Dress Code of Divisions

Men's Division	Dress Code	Women's Division	Dress Code
Bodybuilding (MBB)	Posing Trunks Plain single color No footwear	Figure (WF)	Two-piece adorned bikini with top straps attached to bottom crisscrossed at back High-Heels
Physique Athletic (MPA)	Square Cut Trunks Plain single color (any ONE color) No footwear	Bikini Athletic (WBA)	Two-piece adorned bikini with top straps attached together behind in traditional bikini-style and not attached to bottom High-Heels
Physique Beach (MPB)	Board shorts Multi-colored No footwear	Bikini Beach (WBB)	
Sports Model (MSM)	Square Cut Trunks Multi-colored (must be two or more colors) No footwear	Sports Model (WSM)	Two-piece gym outfit with sports bra and workout shorts Sneakers



For all division dress codes, there must be no slogans or logos or words on the clothing items (a small manufacturer logo is OK).

All divisions are single-round assessments with only one set of attire.

This is an example of single-color square-cut trunks used for MPA. Any color is acceptable as long as it is a single plain solid color with no patterns. For MSM, the cutting is the same but the trunks should be two or more colors or patterns. Colorful patterns are allowed.

Men's Divisions

Within Singapore, the Men's Bodybuilding division will be offered only under the Bodybuilding Singapore event series. All other men's divisions will be under Singapore Fitness Model Search.

Women's Divisions

All women's divisions will be consolidated into the SFMS series, to create more critical mass and provide a more collegial environment for women athletes.

Men's and Women's Fitness

The Fitness division is not offered in 2016. There is too much movement in other divisions to give Fitness its due attention. This will be reviewed in 2017.

Men's Classic Bodybuilding and Men's Classic Physique

Men's Classic Bodybuilding and Men's Classic Physique are not offered in 2016, and unlikely to be offered in 2017. The splitting up of Men's Physique into two divisions creates sufficient choice for local athletes. We strongly encourage athletes who want to enter Classic Bodybuilding to consider the new Men's Physique Athletic division.

Men's Physique Athlete (MPA) and Men's Physique Beach (MPB)

As of *SFMS - Nationals 2016*, Men's Physique becomes two divisions: MPA and MPB. Going forward into 2017, there will no longer be the Men's Physique division.

MPA athletes wear square-cut trunks, allowing for a full-body evaluation, while MPB athletes are in board shorts like the current Men's Physique division, making it primarily an upper body evaluation.

MPB will be essentially the same as the current Men's Physique, while MPA extends the assessment to the full body. Initially, we expect that the level of muscularity will be very similar (at least the upper body) in MPA and MPB. As regional standards raise expectations in the Singapore community, MPA will become more muscular and more defined and separated, increasing the gap with MPB and moving closer to MBB in all dimensions. We will manage this shift over time. MBB is likely to remain largely unchanged as a division, though competition will become stronger.

For now, however, the level of definition and separation expected for MPA, MPB, and MSM are essentially the same.

MPA will be the more high-profile of the two new divisions. The regional championships will feature MPA and not MPB. But MPA is not the logical place for everyone. Teens and Juniors classes will continue to be offered mainly in MPB. *SFMS - Physique War*, for instance, will be primarily MPB, while the teen/junior divisions at *SFMS - Nationals* will also be MPB. Younger athletes require more time and training to graduate to the full body standard required in MPA. Also, athletes who have uneven upper to lower body development should choose MPB. Those who are smaller in muscle mass but balanced overall can try MPA, but MSM (which is also a full body assessment) may be the better choice.

Note that cross-over between divisions in the same championship will in most cases not be allowed. There are certain exceptions to this, which will be announced when the individual championship information sheet is released.

Note that our positioning of Men's Physique Beach (MPB) differs from that of *Nspire Sports League's* (NSL, headquartered in the USA), which targets a more massive but less defined and separated look. FM League's policy decisions are independent within the strategic relationship we have with NSL, and we evaluate what is most appropriate for the local and regional community on a case-by-case basis.

Men's Bodybuilding (MBB) versus Men's Physique Athletic (MPA)

The distance between MBB and MPA has narrowed, but there are still significant differences between the two. It is possible for MBB athletes to come down to MPA, but not in a short period of time. It would probably take a year to 'retool' a MBB physique to MPA. Athletes who try to compete in both within the same year will likely find themselves in no-man's land. At the Nationals, it is likely that from 2017 onwards we will bar cross-over between MBB and MPA within the same year, even though the two divisions are held separately (meaning if you compete in Nationals for Bodybuilding you cannot compete in Nationals for Physique in 2017). Given that MPA is new in 2016, cross-over will be allowed in 2016 to allow people to experiment with the new division.

Men's Sports Model (MSM)

MSM will be a single-round assessment in multi-colored square-cut trunks. Brighter colors are encouraged. The entire physique must be visible to allow judging of overall balance in this lower-muscularity division. MSM is similar to MPA in terms of the definition and separation required, but with a much lower threshold for muscle mass.

Women's Bikini Athletic (WBA) and Women's Bikini Beach (WBB)

These two divisions are substantially similar, with identical posing and dress code. WBA is at a level similar to the current Women's Bikini, whereas WBB is seeking a softer look than that.

Women's Figure (WF) versus Women's Bikini Athletic and Beach (WBA/WBB)

These WF and WBA/WBB have different posing requirements. First, their quarter-turns are different. Second, WF has five mandatory poses while WBA/WBB has a Front-Back assessment. Please pay attention to the posing requirements.

They also have a different dress code. The two-piece Figure suit requires that the top straps be attached to the bottom, crisscrossed at the back. The Figure suit is more standardized because of this requirement. The two-piece Bikini suit requires the top to be connected at the back like a traditional bikini outfit, which allows for more variety. Stage presence and presentation plays a larger role in Bikini compared to Figure.

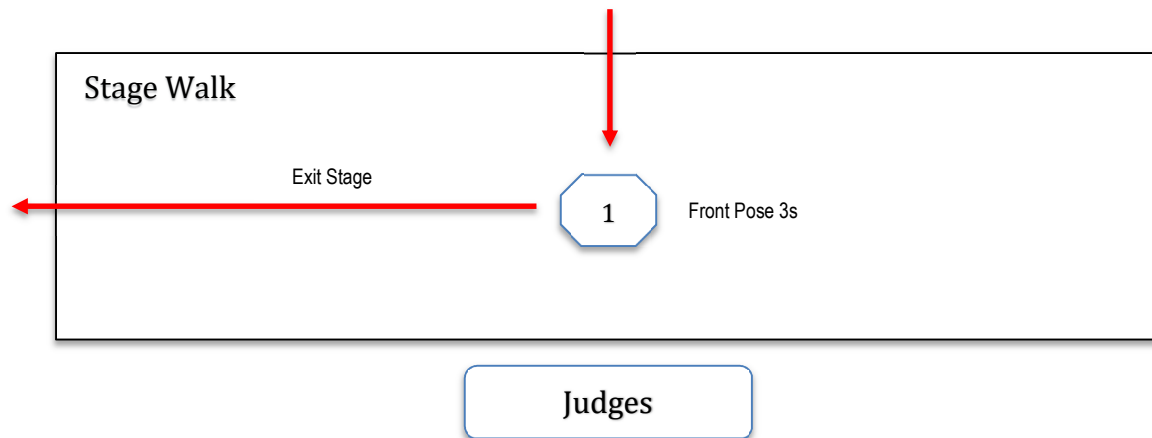
Women's Sports Model

Women's Sports Model division will be a lower level of muscular development than WBA/WBB. This division will be a single-round assessment, designed for athletic women who have not done extensive physique-specific training.

WSM has been on the drawing board since 2014, and will likely be rolled out in *Physique War 2017*. We did not release it earlier because it was important to allow Figure and Bikini to establish themselves locally first, otherwise athletes would be confused over the expectations for each division, and waste their time and effort preparing for a division that does not suit them. Organizations that indiscriminately introduce divisions are being irresponsible.

Straight Walk

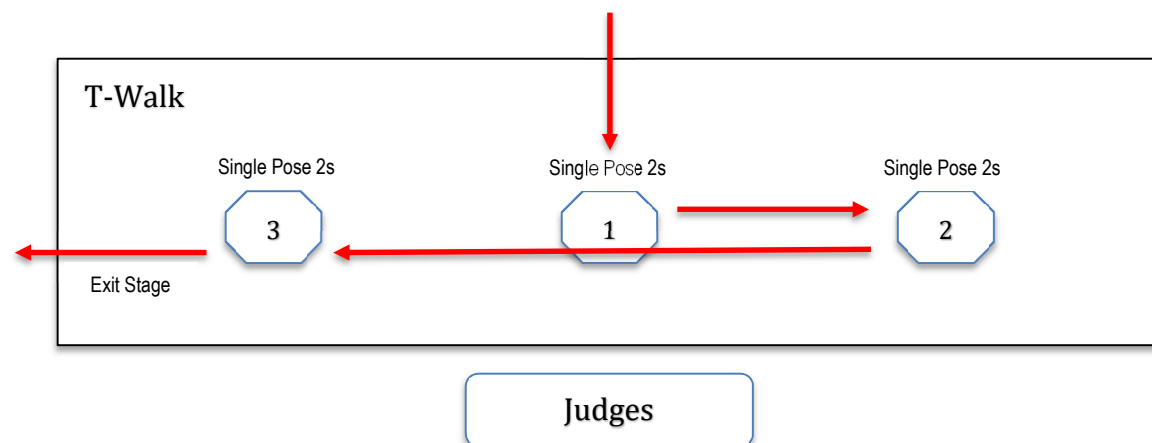
In SFMS championships, the T-Walk will be replaced by the Straight Walk in many cases. In the Straight Walk, the athlete enters from the center, walks to the center of mid-stage, strikes one front pose, and then exits immediately to the side.



Athlete names will not be announced in the Straight Walk. This ensures that athletes who are not in position can be skipped over. There is no time to go searching for missing athletes in a sea of hundreds of athletes. Athletes who are not in position at the right time do not step on stage and do not compete. Period.

T-Walk

The T-Walk will still be used in some situations, such as the Parade of Champions at *SFMS – Nationals*, when past FM League champions who are competing or stage-ready that day are invited to walk the stage in the opening ceremony. It will also be used in the final round of *AFMS – Singapore*.



There will be some situations when the T-Walk/Straight Walk is completely eliminated. Athletes will be briefed at the Athlete Briefing session a month before the event of the final arrangements so that athletes can properly prepare.

Self-Applied Products and Spray Tanning

There is a complete ban on self-applied products of any sort, including tanning oils and coloring oils (like Dream Tan or Pro-Tan) for all championships. Damage to the venue by athletes using self-applied products that then smear or streak on floors and walls has created significant problems. Experience shows that a single irresponsible athlete can create a thousand dollars' worth of damage to the venue. Streaking bodies is also a bad look on stage.

Athletes should use professional spray tanning. We will ensure that a dark and appropriate oil specific to bodybuilding and physique events is used by the official spray tanning vendor. Athletes may choose to use the official vendor or their own. However, only the official vendor will be on-site during the championship to apply a final coating.

Athletes must NOT bring in any self-applied and self-spray products to use in the backstage. Athletes found using self-spray products or other self-applied products anywhere on the venue premises, whether in public areas outside or in the backstage area will be disqualified. Breaking this ban demonstrates premeditation and planning by an athlete, and so the athlete's applications to future FM League championships will also be jeopardized.

Athletes can opt not to do tanning of any sort, but this is not advisable as the stage lights will wash out a lot of definition.

Helpers, Coaches, Family backstage

A complete ban on backstage helpers will come into force starting in 2016. The shift to 100% spray tanning means helpers are not needed. Helpers have consistently proven to be a hindrance to backstage operations, a source of unnecessary congestion, unresponsive to crew instructions, and often disruptive to the execution of the championship.

As such, helpers, coaches, family members, etc. are banned across ALL championships. Any athlete that knowingly facilitates or acquiesces to such unauthorized individual(s) being in backstage and other restricted areas will be immediately disqualified, and the athlete's applications to future FM League championships will be jeopardized. Furthermore, any such unauthorized individual(s) trespassing in the backstage area will be banned both as an athlete and as a spectator from future FM League events.

Backstage Lock-Down

A number of measures will be implemented to strengthen security as we plan for ever-larger championships. We have studied overseas championships that have 500 or even 1,000 athletes, and are adopting certain best practices.

In 2016, there will be a total lock-down of the backstage across all championships. Once they have entered (usually around 9:00am), athletes cannot exit the backstage area until they have finished competing and checked out. Once they exit, athletes will not be allowed back in. In other words, athletes enter once in the morning and exit once when finished.

The moment athletes exit they lose their status as a participating athlete and are considered to have left/withdrawn. They also forfeit any security deposit if they did not check out yet. If such athletes left any personal belongings in the backstage area, they either have to get an athlete friend to bring it to the door or wait until the end of the championship when they will be escorted in. A security team will enforce the rules and patrol the backstage areas.

Note that this means that athletes who want to take photos with their family and friends outside must wait until after they check out. So photo taking will have to wait until the end.

Food and Smokers

Due to the backstage lock-down, athletes must make sure to bring enough food to last through the whole championship. Whatever you plan to bring, double it. If you run out of food you will crash. Arrangements will be made for athletes who are smokers. There will be scheduled hourly smoking breaks when athletes are escorted to a smoking area and back.

Personal Belongings

At all championships there is no place for athletes to secure their belongings. As such, we recommend bringing only what you need (except for food: bring plenty of food so that you do not run out), a numeric padlock and a bag that can be locked. Do not ask our crew for any help in securing or locating your belongings.

Passports

Overseas athletes are required to produce their passports (except Malaysians who should bring and show their MyKad while leaving their passports safely back in the hotel) at registration on the morning of the championship. Our staff can take passports for safekeeping and return it to athletes at the end. Note that this service ONLY applies to passports. Athletes who have shown their passport for verification already at the mandatory briefing session can bring a photocopy of their passport for registration on the morning of the championship.

No Cameras

The ban on cameras and recording equipment will continue to be applied across all championships, in the auditorium and backstage. The only photography allowed by audience members and athletes is using handheld phones (without any lens attachments) no larger than 160mm x 80mm x 9mm. Bag checks will be in place at the entrance of the auditorium at all championships. Athletes must not bring into the backstage any cameras and recording equipment.

Age Criteria

All championships will change to strict age-based-only cut-offs for eligibility for restricted categories. This means that an athlete's educational status (whether he is a student) is not relevant. The eligibility for the Teens/Juniors classes will be strictly according to the athlete's age on the date of the championship.

Singapore Citizenship Requirements

The main division in the two Nationals events are restricted to Singapore citizens only. This ensures that the winner of the two main FM League national titles remain Singaporeans. These divisions are Men's Bodybuilding in Bodybuilding Singapore's Nationals, and MPA in SFMS – Nationals. All other divisions offered at Nationals will be open to all.

Non-Singapore citizens who want to enter these two main divisions must enter into the regional event (*Mr. Singapore International* and *AFMS – Singapore*) held on the same day as the Nationals. It is possible for a Singaporean citizen to win both the *SFMS – Nationals* MPA Overall title and the *AFMS – Singapore* MPA Overall title. For a non-Singaporean citizen, he can only win the *AFMS – Singapore* MPA Overall title. Similarly, it is possible for a Singaporean citizen to win both the *Mr. Singapore* and *Mr. Singapore International* title.

Asia Fitness Model Search

AFMS will expand to several countries in the region over the next few years, completing a regional circuit. An AFMS event will be held annually in each of the designated countries/areas/cities. For the foreseeable future, AFMS will only feature MPA. All AFMS events have no citizenship or residency requirements.

Online Applications and Deadlines

Online applications for each championship will open about five to six months prior and close about two months prior to the championship. Athletes should be well underway with diet and preparations by about two months out and there is no reason for last-minute application requests.

Division/Category Changes

Any changes to Divisions or Categories must be made at the mandatory Athlete Briefing held about a month prior to the championship. Athletes must also pay a separate non-refundable fee for each and every category they apply to enter. If later they wish to change to another division/category, they must pay a non-refundable change fee. If they decide to change back to the original, they have to pay the non-refundable change fee again. (Athletes cannot control the class they are in. Their class is determined based on their height or weight, according to the cutoffs of the division and category they have entered.)

Height Measurements and Weigh-In

For Bodybuilding Singapore events, Weigh-In takes place 1-2 days prior to the championship. Athletes must wear their competition outfits during the weigh-in. This is so that officials can make sure the outfit is appropriate and meets the criteria. There is also a mandatory Athlete Briefing held about a month prior to the championship.

For SFMS events, the Height Measurement takes place at the mandatory Athlete Briefing for local athletes held about a month prior to the championship. Athletes must wear their competition outfits during the weigh-in. This is so that officials can make sure the outfit is appropriate and meets the criteria. Women will be informed if this requirement is relaxed for their division for any individual championship.

Athlete Questions

Too many athletes fail to read our instructions and information sheets. We take great pains to make sure the information released is complete, accurate, and succinct. But we still receive an enormous volume of email questions in the weeks leading up to the championship and also a large number of questions on the day of the championship. The total number of man-hours spent answering questions that have already been answered in our materials is astounding.

Any questions should be raised at the mandatory Athlete Briefing held about a month prior to the championship, or the briefing on the morning of the championship itself. Outside of these forums, athletes should read the available materials.

On the day of the championship there will be a designated official to answer any athlete questions. All other officials will direct you back to the designated official, who will be a member of the backstage crew.