

# Mr. & Ms. Yolo County Fair Bodybuilding Contest

This fan-favorite event is a celebration of dedication, discipline, and the incredible strength of our local athletes. Whether you're a seasoned competitor or looking to step on stage for the first time, this is your moment to shine in front of a supportive, high-energy crowd at the Yolo County Fair.

## **1** Event Details:

- **Date:** Saturday, August 15, 2026
- **Time:** 4:30 PM – 7:00 PM
- **Location:** Community Stage, Yolo County Fairgrounds, Woodland, CA

## **GENERAL RULES:**

1. For all rounds:
  - i. Male competitors must wear trunks of a solid, non-distracting color, made from cloth fabric, which are clean and decent. Metallic material, such as gold or silver, or shiny rubberized material, may not be used to make up the trunks. The use of padding anywhere in the trunks is prohibited. The trunks and/or the competitor's body may not contain any commercial advertising and/or endorsements.
  - ii. Female competitors must wear two-piece suits that may be of any color, pattern, and style. Suit should cover at least 30% of the glutes and should crisscross over the lower back, with the straps hooked into the bottoms. Suits should be in good taste; no thongs/T-back bottoms will be permitted. The suit and/or the competitor's body may not contain any commercial advertising and/or endorsements.
2. Competitors will compete shirtless and barefoot.
3. No physical items, including, but not limited to, breast pasties, breast covers, nipple covers, or otherwise, may cover any part of the chest or torso.

4. The competitor's number must be securely attached to either side of the trunks at Judging and Finals.
5. During the Judging, competitors cannot wear footwear, watches, bangles, pendants, chains, bracelets (wrist or ankle), ornamentation, or artificial aids to the physique.
6. The use of props during the Judging or Finals is prohibited.
7. The use of vulgar, profane, and/or offensive language in the posing music is prohibited.
8. The excessive application of oils, moisturizers, skin creams, tanning creams, and like products is prohibited and may be used only in moderation. The application of tanning products must produce a natural tone so as to give the appearance of a natural tan. Products that produce an unnaturally colored tone, with an orange, yellow, red, green, or gold hue, are prohibited. Bronzing agents that produce a metallic look are also prohibited.
9. Competitors are prohibited from presenting themselves in any sort of a vulgar, obscene, profane, indecent, lewd, lascivious, repugnant, shocking, or offensive manner, as determined by the event promoter and/or one or more of the event judges in their sole and absolute discretion.
10. Competitors unequivocally agree to accept the decisions of event promoters and/or event judges in this regard. If a competitor is not willing to unequivocally agree to accept the decisions of event promoters and/or event judges in this regard, the competitor should not register to compete in any events.
11. If any of the above rules are not followed, the competitor will not be allowed to compete, and no refunds will be issued.

### 3. CONTEST FORMAT (JUDGING):

1. Each competitor shall walk to center stage, individually and in numerical order, and shall automatically perform the mandatory poses.
2. Each competitor shall have a maximum of 60 seconds to complete the mandatory poses.

3. The mandatory poses are:

- Front Double Biceps
- Front Lat Spread
- Side Chest
- Back Double Biceps
- Back Lat Spread
- Side Triceps
- Abdominals and Thighs
- Most Muscular

4. After the mandatory poses are performed, the competitor shall line up on the left or right stage diagonal line.

5. The head judge shall call the competitors, in small groups and in numerical order, to center stage to perform the quarter turns and mandatory poses.

6. The head judge shall then call out specific competitors to perform the quarter turns and mandatory poses. During the call-outs, judges shall have the opportunity to compare competitors against each other.

7. Judges shall score competitors according to the “total package”, which is a balance of size, symmetry, and muscularity.

4. CONTEST FORMAT (FINALS):

1. Each competitor shall be called onstage, individually and in numerical order, to perform a posing routine to music of the competitor's choice.

2. Each competitor shall have a maximum of 60 seconds to complete the posing routine.

3. Depending on the number of competitors, the head judge and promoter may decide that only the top finalists shall perform their posing routine.

4. If a confirmation round is required, the competitors shall be called onstage and, under the direction of the head judge, compared in groups while performing the mandatory poses.

5. For the overall title only, the top finalists shall take part in a 60-second posedown to music of the promoter's choice.

#### 5. SCORING:

1. The Judging is scored 100%. The Finals are scored only if a judged confirmation round is required.
2. Ties are broken using the Relative Placement method.

#### 6. ADDITIONAL RULES:

1. Posing suits for men must be a standard men's swimsuit with at least one-half rear coverage.
2. Competitors must not alter the fit of the posing suit by hiking it up in the back, or by pulling up the sides during Front and Rear Lat Spreads.
3. Posing music - TBD
4. During the Judging and Finals, competitors may wear a wedding band.
5. Prescription eyewear (except sun glasses) is permitted.
6. The following is prohibited while onstage:
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  - Chewing gum;
  - "Moon pose" (any competitor performing this pose will be disqualified);
  - Lying on the stage; and or bumping and/or shoving (involved competitors will be disqualified).

#### **BACKSTAGE**

- The only people permitted in the backstage area are competitors, event coordinators, media, fair staff and/or 40<sup>th</sup> DAA board of directors.