



National Nail Competition

4th & 5th October 2009. RDS, Simmonscourt, Dublin



COMPETITION ENTRY DEADLINE – 11th September 2009

Rules and Regulations - PEDICURE

1. Contestants are given one and a quarter hours (75 minutes) to complete a full pedicure on both feet.
2. Your model must NOT wear previously applied tips, nail extensions or overlays of any type on their toenails.
3. Your model must NOT wear any jewellery (such as toe rings or ankle bracelets).
4. Your model must NOT wear any polish (including base coat) before the competition starts.
5. Do NOT use an electrical foot spa due to electrical Health and Safety reasons. A large soak bowl is allowed.
6. Chiroprody tools (such as razors), base or top coats, electric files and UV lamps must NOT be used in this category.
7. Oil and associated products ARE allowed in this category.
8. Contestants will be floor judged throughout the competition and points will be given on their pedicure routine including preparation, shaping, cuticle work and massage technique.
9. You may include an exfoliation treatment.
10. Due to the time allowed, a foot mask/paraffin treatment is not recommended.
11. Your pedicure must include a foot and lower leg massage, lasting from 3-5 minutes per lower leg/foot.
12. Models are allowed to wear toe separators, flip flops or pedi-slippers. These can be removed by the model at the judging booth.
13. The five toenails on the models right foot are to be polished with two coats of matt red polish.
14. The five toenails on the models left foot are to be polished with a French polish, consisting of two French colours such as pink and white.
15. The underside of the toenails must not be painted and must be clear of any debris/dust/polish.
16. Contestants will be floor judged throughout the competition on their pedicure technique and all floor judging rules will apply. Points will be given for a good pedicure and massage technique.
17. All floor judging rules will apply. Many competitors lose points as they do not bring full eye protection, a completed client card and a metal bin with a metal lid and a plastic liner.
18. It is compulsory for all products, jars and bottles on the table to be labelled.
19. An official photographer from Expo Events may photograph your work and they reserve the right to use the photographs for promotional use.

Guidance - PEDICURE

- You may wish to bring your own pedicure stool or a small stool with you as only two chairs will be provided.
- Choose a good model. They should be calm and relaxed, help you with timing and keep you motivated.
- Suggest to your model that they have a book or magazine to read after the competition has ended, as there is a 15 minute "polish drying time" allowed before judging can commence.
- Your model should have healthy, pink nail beds and good cuticles and skin. Preferably someone who looks after their feet and toenails. Avoid any contra indications and skin imperfections.

- Your model should wear loose comfortable clothing such as shorts or cropped trousers.
- Think about timing each stage so that you can keep to the time limit allowed. You must allow plenty of time for your polish application.
- Follow all floor judging rules to achieve higher marks.
- Points will be given for a good pedicure and massage technique.
- Ensure you have enough products to hand. Use a water spray and tissue / towel to remove debris and dust.
- Your massage should consist of various movements such as effleurage and petrissage. It should be continuous and free flowing but firm.
- Ensure that all your models toenails are identical shapes and lengths prior to your polish application.
- Toe separators are a good idea to allow easy polish application.
- Red polish must be matt and not a pearl or shimmer.
- Polish ought to be close to the cuticle but not touch it. Push back the cuticles, paint the toenail and then pull the skin back to look like a tight fit.
- The smile line should be a crisp sharp line and must be consistent whether they are deep or soft.
- Ensure that no polish is on the surrounding skin. Points are often lost for white polish seen on the skin under the free edge.
- Practice with your polishes to check they are good quality.
- Look at magazines and pictures of past winners and compare their results with your own.
- Preparation is vital to your performance on the day. Write a full list of everything you will need as you practice so that nothing is forgotten.
- Don't forget items such as spare towels; a large foot soak bowl, tissues and a large flask for warm water. Please do not use an electrical footspa due to Health and Safety.