



BEAUTIES OF 5 CONTINENTS™
MISTER 5 CONTINENTS™



"Beauty dedicated to World Peace."
INTERNATIONAL PAGEANT

VIRTUAL ONLINE PAGEANT SUBMISSION INSTRUCTIONS

Submissions Required for Virtual Competition on or before July 15, 2025:

- Swimsuit Model Award: picture OR video
- Best Evening Gown/Tuxedo Award: video
- Best Talent Award (if you have one): video
- Best Speaker Award (interview): video
- Best Sport Award: video
- Photogenic Award: 6 pictures
- Top Model Award (Judged from all videos & pictures submissions)
- World's Most Beautiful Face Award (Judged from all videos & pictures submissions)
- Best Hair & Makeup Award (Judged from all videos & pictures submissions)
- Social Media Genius Award (Collected by judges from your social media)
- Music Video Acting Award (song is provided with instructions)

SWIMSUIT MODEL AWARD (PHOTO OR VIDEO)

Submission: Maximum 1-minute video.

Guidelines: Get creative with your photoshoot or video location. Your walk should include:

- Walking toward the camera.
- Striking a pose (both sides) when your full body is visible.
- Walking back and posing before exiting.

The swimsuit competition is a key segment of the B5C/Mr5C pageant, as most of our prospective delegates value health and fitness.

- Female contestants: Wear a two-piece or one-piece swimsuit with high heels. Swimsuits may be traditional or follow fashion trends, provided they include a short top and short bottom or activewear with a similar cut.
- Male contestants: Wear swim trunks.

Accessories such as scarves and jewelry are welcome. If you have a valid reason for exemption, you may apply without points penalty.

🏆 Awards: 1st, 2nd & 3rd place.



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BEST EVENING GOWN/TUXEDO AWARD (VIDEO) – MANDATORY

Submission: Maximum 1-minute video.

Guidelines: Choose an elegant location such as a hotel lobby, upscale restaurant, or historic building. Your walk should include:

- Walking toward the camera.
- Striking a pose (both sides) when your full body is visible.
- Walking back and posing before exiting.

Your gown or tuxedo may be your own or provided by a sponsor. You may mention the designer's name in your video and on social media.

🏆 Awards: 1st, 2nd & 3rd place.

BEST TALENT AWARD (VIDEO) – OPTIONAL

Submission: Maximum 3-minute solo performance (one partner or assistant allowed).

Guidelines: Showcase your talent—singing, playing an instrument, dancing, martial arts, or any unique performance. Your score will be based on:

- Skill
- Costume/appearance
- Performance quality
- Overall impression

🏆 Awards: 1st, 2nd & 3rd place.

BEST SPEAKER AWARD (INTERVIEW VIDEO) – MANDATORY

Submission: Two separate videos, each 1-minute max.

Attire & Location: Cocktail dress or suit & tie, be creative in choosing a location.

Questions:

1. "How will you use your platform in your life?"
2. "How was your experience as a finalist?"

🏆 Awards: 1st, 2nd & 3rd place.



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BEST SPORT AWARD (VIDEO) – MANDATORY

Submission: Maximum 1-minute video showcasing your favorite sport or activity.

Judging Criteria: Creativity, agility, endurance, and flexibility.

🏆 Awards: 1st, 2nd & 3rd place.

PHOTOGENIC AWARD (6 PICTURES) – MANDATORY

Submission: Six high-resolution photos.

Requirements:

- Wear the B5C/Mr5C sash (B5C/Mr5C logos do not replace the sash, photos without sash will be disqualified).
- Focus on creativity, style, makeup, hair, lighting, and background.

🏆 Awards: 1st, 2nd & 3rd place.

TOP MODEL AWARD

No additional submission required.

Judging Criteria: Confidence and catwalk, based on previous submissions.

🏆 Awards: 1st, 2nd & 3rd place.

WORLD'S MOST BEAUTIFUL FACE AWARD

No additional submission required.

Judging Criteria: Based on previous submissions, awarded to the contestant with the most beautiful face.

🏆 Awards: 1st, 2nd & 3rd place.

BEST HAIR & MAKEUP AWARD

No additional submission required.

Judging Criteria: Based on previous submissions, awarded to the contestant with the best hair and makeup.

🏆 Awards: 1st, 2nd & 3rd place.



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SOCIAL MEDIA GENIUS AWARD – MANDATORY

As soon as your pageant spot is secured with a deposit, you must announce your Global Ambassador title on social media (Facebook, Instagram, etc.).

Requirements:

- Daily posts featuring you wearing your sash.
- If posting multiple pictures, the first image must include the sash.
- Engagement will be judged based on quality, professionalism, likes, and interactions with fans.
- You must like and share all B5C/Mr5C promotional posts on your social media.

This competition accounts for 20% of the overall score. Please note that this award is separate from the People's Choice Title.

🏆 Awards: 1st, 2nd & 3rd place.

MUSIC VIDEO ACTING AWARD – OPTIONAL

Submission: Record yourself singing the official song provided by B5C/Mr5C.

B5C/Mr5C will create a music video montage featuring all contestants, but your voice will not be included.

Requirements:

- Have fun and be creative! This is your moment to be a music star!
- Wear your favorite outfit with your sash.
- The final video will be live-streamed globally. The whole World will watch you.

MUSIC VIDEO SONG and example: Please listen to the song and video example of submission below and follow instruction on how to make the music video submission.

🎵 [Dua Lipa - Levitating Featuring DaBaby \(Official Music Video\)](#)



B5C Mailing Address: 13750 100 Ave, Box 4008, Surrey, British Columbia V3T0L3 Canada
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Guidelines:

Before filming, ensure you understand both your role in the video and how the final product will be assembled.

The judges will evaluate:


- Creativity
- Project organization
- Appearance & grooming
- Physical flexibility
- Personality & stage presence
- Catwalk skills

Performance Instructions:

- Play the song on any device; audio quality is not important as the final product will use the original song.
- Lip-sync the lyrics and perform confidently—your voice will not be included in the final cut.
- Focus on **acting, presentation, wardrobe, makeup, venue, and lighting**—these are key factors that will impact your score.
- You may perform solo or with a group, similar to the original music video.
- For the male singer’s section, you can either continue dancing or invite a male friend to perform alongside you.
- This video may be used as a **marketing tool** to promote you and could attract media or talent agencies.

Submission Requirements:

- Upload your completed video to your OneDrive Folder in MP4 format (or your device’s native format).
- The video must contain your voice and the full uninterrupted song to ensure proper syncing with the final audio.
- Do not submit separate clips—your entire video must be recorded in one file.
- You must wear your sash throughout the video. Submissions without a sash will not be accepted.
- You can film with a professional high-definition camera or a high-quality smartphone camera.

 Awards: 1st, 2nd & 3rd place.

HOW TO SUBMIT

All required materials must be uploaded to your personalized OneDrive folder. A link to your folder will be sent to you via email.

Submission Guidelines:

- File Naming Format: Each file (photo or video) must be named using the following format:
[First Name] [Last Name] – [Submission Name]
Example: Krintin Thomas – Talent
- Notification: After uploading your files, please notify us at info@beautiesof5continents.com

Thank you, and good luck! 

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