

UKUP ULTIMATE MENS'S CLASSIC PHYSIQUE CATEGORY

The Ultimate Men's Classic Physique category is aimed at men with a CLASSIC PHYSIQUE LOOK, (OLD SCHOOL).

Muscular physique, yet athletic, fit and aesthetically pleasing physique.

(You will not be marked down for having tattoos)

Categories:

Ultimate Men's Classic Physique consists of two weight classes.

1. Under 85kg
2. 85kg and over

Attire is Posing Shorts, which must conform to the following criteria:

1. Posing Shorts of any colour, strictly no Bodybuilding trunks or Board shorts allowed
2. No footwear allowed (bare foot).
3. No Jewellery apart from a small earring and Wedding ring

Ultimate Men Classic Physique consists of 2 rounds.

Round 1: will be your 1-minute routine to the music of your choice.

Each competitor shall be called onstage in numerical order to perform a 60 second routine to his own choice of music. Then exiting the stage for the next competitor to perform their routine.

Round 2: Mandatory Quarter Turns and Comparisons.

The entire line-up shall be called onstage, in a single line and in numerical order. All Athletes will be instructed to perform each quarter turn

a. Front Pose

b. quarter Turn to the right

c. quarter turn to the back

d. quarter turn to the right

After the quarter turns have been performed all Athletes will be instructed to do five more poses:

1. **Front double Biceps**
2. **Side chest**
3. **Rear Double Biceps**
4. **Front abdominals and thighs**
5. **Favourite Classic Pose**

After this all Athletes will be instructed to stand at the rear of the stage in a line. Judges may now submit individual requests for comparisons in the Compulsory Poses. All individual comparisons shall be carried out centre-stage. Upon completion of the last comparison, all competitors shall return to the front of the stage to perform a POSE OFF before exiting the stage, to then come back later in the day for the Award Ceremony.

Awards:

Every Athlete will be awarded a Competitor Medal and the top 5 will be called out to receive their Trophy/Medal.

Tattoos will not affect the Judges score.

The Judge should first assess the overall male athletic appearance of the physique. This assessment should begin at the head and extend downwards, taking the whole physique into account. The assessment, beginning with the general impression of the physique, should take into consideration the skin tone. Judges will be looking for fit contestants who display proper shape and symmetry combined with muscularity and overall condition.

Scoring:

Each judge awards each competitor an individual placing, ensuring that no two or more competitors receive the same placing. Scores from each judge are added together to produce the best sub score to calculate the top 5 placing. **Should a tie occur both competitors will have a pose off!**