

UKUP ULTIMATE MENS'S PHYSIQUE CATEGORY

Ultimate Men's Physiques category is aimed at men who prefer to develop a less muscular physique than a Bodybuilding physique, yet athletic, fit and aesthetically pleasing physique.

(You will not be marked down for having tattoos)

Classes may be split into different heights depending on the amount of participants

Classes:

1. Ultimate Men's Physique (2 or more height categories)
2. Ultimate Men's Physique Juniors (16-23 years)
3. Ultimate Men's Physique Beginners (still in the first year of ever competing)
4. Ultimate Men's Physique (35+ years)
5. Ultimate Men's Physique (40+ years)

The attire is Board Shorts, which must conform to the following criteria:

1. Material and colour can be of the Athlete's choosing.
2. No tight, Lycra style shorts are allowed.
3. Board shorts shouldn't cover the knees.
4. No footwear allowed (bare foot).
5. No Jewellery apart from a small earring and Wedding ring

T-walk and Mandatory Quarter Turn Comparisons.

Presentation:

1. In numerical order each competitor will enter the stage and perform a T-walk then wait at the back or side of the stage (where instructed).
2. After all competitors have perform their T-walk, all Athletes if possible or in groups of 5/6 will be instructed to stand at the front of the stage in a line to perform the Mandatory Quarter Turns for comparisons.

T-WALK:

The competitors will enter the stage individually. Starting from the back centre of the stage to perform a T-walk. The competitor will walk to the back centre stage where she will pause briefly in a stance of choice. The competitor will then walk up to front centre stage and perform a pose of their choice. The competitor will then walk to the left to perform a pose and then walk to stage right to perform their last pose. (MAKE SURE YOU STRICTLY STICK WITHIN THE MANDATORY POSES APART FROM THE EXEPTION OF THE OPEN-HANDED FRONT AND REAR BICEPT POSES FOR THE T-WALK, ANY OTHER POSES MAY BE MARKED DOWN).

MANDATORY QUARTER TURNS:

- a. Stand facing the front
- b. Quarter Turn to the right
- c. Quarter Turn to face the back of the stage
- d. Quarter Turn to the right
- e. Quarter Turn to face the front



3. After this depending on the amount of competitors in the category, the Athlete's will be instructed to stand at the back of the stage and the judges will call out some Athletes for more comparisons.
4. Once the judges are happy, all competitors will be asked to leave the stage. The athletes will than return later on in the show for the Award ceremony. Every Athlete will be awarded a competitors Medal and the top 5 will be called out to receive their Trophy/Medal, and Prizes.

Judging:

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. Judges are reminded that extreme muscularity should be marked down. Judges will also be looking at the confidence of a competitor and the way he presents himself.

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!**