

UKUP ULTIMATE MENS'S PHYSIQUE CATEGORY

What we are looking for in all our Men's Physique categories is an, athletic, fit and aesthetically pleasing physique with broad shoulders and a small waist (V-TAPER)

(you will not be marked down for having tattoos)

The Ultimate Men's Physique categories:

Ultimate Men's Physique

Ultimate Men's Physique Masters (FOR ATHLETES AGED 35 AND OVER)

Ultimate Men's Physique Beginner (FOR ATHLETES STILL IN THERE FIRST CALENDAR YEAR OF COMPETING)

Ultimate Men's Physiques Juniors (FOR ATHLETES AGED 16-23)

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

All Ultimate Men's Physique categories consist of one round which include a 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 completed 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 he will pause briefly in a stance of his choice. The competitor will then walk up to front centre stage and perform pose/poses of their choice. The competitor will then walk to the left to perform pose/poses and then walk to stage right to perform their last pose/poses.

There is no specific amount of poses you can perform at each spot, but we suggest 3 of your best poses at the front centre spot and 2 poses on both side spots.

(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



1. After this depending on the number 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.
2. Once the judges are happy, all competitors will be asked to leave the stage. The athletes will than return later 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:

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. 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 after countback, the tied competitors will have a pose off!**