

UKUP ULTIMATE MENS'S CLASSIC BODYBUILDING CATEGORY

The Ultimate men's Classic Bodybuildingcategory is aimed at men with the, CLASSIC BODYBUILDERS LOOK, (OLD SCHOOL). Bodybuilding physique, yet athletic, fit and aesthetically pleasing physique. (you will not be marked down for having tattoos)

Categories:

In Ultimate Men's Classic Bodybuilding there are no weight restrictions. We have 2 height categories, under 178cm and a 178cm and over Category.

Attire:

The attire is Swimming Trunks, which must conform to the following criteria:

1. Lycra Trunks of any colour (no G-strings)
2. No footwear allowed (bare foot).
3. No Jewellery apart from a small earring and Wedding ring

Ultimate Men Classic Bodybuilding 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 routine to his own choice of music; the length of which shall be up to a maximum of 60 seconds. Then exiting the stage so the next competitor to preform there 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 preform each quarter turn **(please see pics on our Posing Prep page)**

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 seven more poses:

1. front lat spread

Stand with your feet close together, one foot in front of the other. Position the inside of your back foot toward the heel of your leading foot. Bend your elbows at 90 degrees with palms down and anchor your thumbs behind your waist on top of your hips, fists clenched. Spread your lats by pulling your shoulder blades away from your spine while pushing your fists against your sides, keeping your shoulders down.

2. Front double Biceps

3. Rear lat spread

Turn your back to the judges with feet approximately shoulder-width apart. Angle your toes slightly to the sides and put one foot a half step back toward the judges. Plant the back foot toes firmly on the floor with the heel raised and knees slightly bent. Bend your elbows 90 degrees with your palms down and fists against your sides, thumbs anchored on your hips. Widen your back as much as possible by pulling elbows forward and spreading shoulder blades apart.

4. Rear Double Biceps

5. Side chest

Put your best side to the judges, feet 4 to 6 inches apart. Straighten your back leg and plant your front toes. Lift your front heel and bend your front leg approximately 30 degrees. Release half the air from your lungs and expand your chest. Bend your front arm 90 degrees with your palm facing up in a loose fist.

Reach your back arm across your abdomen to grasp the opposite wrist with the back palm facing down. Push the arm against your body, and your front upper arm firmly against your ribs. This pose shows pectoral development.

6. Side triceps

Face the judges, feet 4 to 6 inches apart. Straighten your back leg, and plant your front toes firmly. Lift your front heel and bend your front leg about 30 degrees. Extend your front arm down your side, reach across the small of your back with your back arm to grasp the front wrist. Keep the back palm toward the rear and front upper arm firmly against your side. Exhale fully and flex your triceps, deltoids, abs and legs.

7. Front abdominals and thighs

Face the judges with your stronger leg approximately one foot in front of the other. Point the front toes forward and angle back toes out to the side. Flex quadriceps and spread your calves. With your hands behind your neck, interlock your fingers. Point elbows up and stand straight. Flex your biceps, chest and abdominal muscles firmly. Experiment angling your legs in slightly differently to emphasize different leg muscles.

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.

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.

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!**