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**Rudy GETTEMAN**

**RULES MEN’S SPORT PHYSIQUE**

**In Men’s Sport Physique the emphasize is placed on an athletic looking physique and a handsome face assessed by comparisons of the four quarter turns designed for physique with less muscular body-mass compared to bodybuilders and athletic physique competitors with more emphasize given to a male sport model overall aesthetic look including a handsome face and overall appearance.**

**Regulations according to categories**

1. Senior Men’s Sport Physique, 4 categories.

**1/Body height up to and include 170 cm**

Body height in centimeter – 100= 0 kg

Example: a competitor of 168 cm must weigh not more than 68 kg

**2/Body height up to and include 175 cm:**

Body height in centimeter - 100 = + 2 kg

Example: a competitor of 172 cm must weigh not more than 74 kg.

**3/Body height up to and include 180 cm:**

Body height in centimeter – 100 = + 4 kg

Example: a competitor of 179 cm must weigh not more than 83 kg.

**4/Body height over 180 cm**

Body height in centimeter – 100 = + 6 kg

Example: a competitor of 183 cm must weigh not more than 89 kg

**Rounds:**

**Men’s sport physique consists of 2rounds as follows.**

**Round 1:**

**The competitors will enter the stage one by one, they will be introduced by number, name and country and may upon their discretion present a few poses ( Bodybuilding Poses are not allowed) during their “T-Walk”.**

**Round 2: Comparisons in the quarter turns.**

The competitors are guided on stage by the onstage expediters in numerical order in a single line. In groups of not more than 5 competitors at a time they will be guided through the four quarter turns. This will give the judges sufficient time to prepare for individual comparisons. Once this preliminary assessment in the quarter turns is completed each judge is given the possibility for call outs of not more than 5 competitors at one time. After the individual comparisons are concluded the onstage expediters will guide the competitors off the stage.

**The judges will score the competitors from the first place to the last place in the same way like in other disciplines.**

**The scoring of the preliminary is the same like in other disciplines.**

**The main emphasize should be given on the total appearance of a symmetrical athletic body and handsome face, judges shall go for the sport model look.**

**Attire.**

**The competitors wear Beach short that reach from the lower abdominals area down to just above the knee. Viewed from the back the beach short have to cover all of the glut area down to just above the knee area. The material, texture and color of the beach short are at the discretion of the competitor. Foot-wear and jewelry are not allowed. Tight fitting lycra shorts are prohibited.**