

Men's/ Women's Physique(Priyanshu Ghosh-7001317577, Mr. Amitav Singh 9641399755, Mr Rajesh Pradhan7384603123)

1.Up to & Incl.171cm(Weight Category- 50-55KG, 55-60KG, 60-65KG, 65-70KG, 70-75KG, 75-80KG, 80-85KG,

85-90KG

2. Over 172cm(OPEN )

Women's Physique -1. Up to & Incl.161cm(Weight Category- 50-55KG, 55-60KG, 60-65KG, 65-70KG, 70-75KG

3. Over 162 (Open Category)

Men's Physique Rules

Participants perform two rounds of quarter turns in the line up, wearing board shorts of their choice.

(Round 2- Final Round) begins with a top 5 individual onstage presentation of each competitor with music(30 SEC).

Women's Physique Category Rules:

In round 1 - competitor physique and muscularity are assessed during quarter turns and four

compulsory poses and the down are performed in the line up.

In round 2(Final Round)- a 30-second posing routine to the music of competitor's choice

Note- No accommodation,tanning and attire will be provided by the management.

Each competitor must wear a single color trunk/bikini which are clean & decent. White & transparent trunks are

forbidden.

Green rooms will be provided by the college.

All competitors & officials must arrive 2 hrs prior to the schedule for weighting & Pre Judging.

Posing trunks/bikini must be worn at the time of Weigh-in.

Note- ANY MISHAP, INJURY OR DAMAGE BEFORE, DURING, THE TRAVELING OR AFTER THE CONTEST

WILL BE THE SOLE RESPONSIBILITY OF THE PARTICIPANT'S, ORGANIZER WILL NOT HOLD

RESPONSIBILITY FOR ANY LOSSES, INJURY, THEFT ETC.

INSPIRIA IS ALWAYS COMMITTED TO ENHANCE DOPE FREE SPORTS.