



# **BODY BUILDING**

- Age limit for the event is 20 years. Anyone over 20 years will not be eligible to compete.
- The competition is sub divided into 4 categories;
  1. Body posing
  2. Pushups
  3. Squats
  4. Bench-press
- Body posing includes upper body posing only (chest, back, arms, shoulders and abs).
- Body posing, pushups, bench-press, squats account to 70%, 10%, 10%, 10% of the total weightage respectively.
- Participants should bring their own gel and oil for tanning purpose along with personal towels.
- It is recommended that the participants wear black trousers or shorts while competing.
- Only one person will be allowed in the room to accompany/assist the participant.
- Contestants are advised to be on time to get warmed up.
- Incomplete or improper pushups and squats will not be counted; therefore, they must be executed properly.
- Violation of the rules and regulations or disrespect of another participant will lead to immediate disqualification.