



Mr. Udghosh

- There will be just a single category (open) for all the participants.
- Contestants will be asked to walk in board shorts (shorts must be just above the knee in length and can be one inch below the belly button.)
- Competitors will enter the stage without a shirt and barefoot.
- No lewd acts allowed for example the moon pose.
- Competitors will walk to the center of the stage alone and perform quarter (1/4) turns with optional pose of hand on hip or in pocket, finish facing the judges as directed then proceed to the side of the stage.
- The competitors will be brought back out in a group and directed to do quarter turns. Judges will have the opportunity to compare competitors against each other in quarter turns.
- There will be 7 compulsory poses:
 - Front Double Biceps.
 - Front Lateral Spread.
 - Side Chest.
 - Side Triceps.
 - Rear Double Biceps.
 - Rear Lateral Spread.
 - Abdominal & Thigh.
- Top three players will be awarded.
- Winner of the competition will be awarded the title 'Mr.Udghosh'.

