

Competition 4	
Competition Name	MR. CAMPUS - Body Show
Tagline	“Built with Discipline. Presented with Pride”
Description	MR. CAMPUS is a celebration of strength, symmetry, and dedication, where college athletes showcase the results of hard work and discipline. Across weight categories, participants step forward with confidence, displaying physique, posture, and stage presence. It’s more than muscle — it’s commitment, control, and character under the spotlight.
Rules / Guidelines	<ul style="list-style-type: none"> ● The competition is open only to college students ● All participants must bring and present a valid College ID card ● All participants must report at least 2 hours before the competition for registration, weigh-in, and instructions ● Competitors must wear standard shorts(Boxer) ● Participants must be properly groomed ● Bodybuilding tan/color is allowed and recommended for stage appearance(no golden tan allowed) ● Excess oil application is not allowed ● Participants should be prepared to perform an individual posing routine if required <p>Each participant should bring their own:</p> <ul style="list-style-type: none"> ○ Posing boxer [stretch fit] ○ Bodybuilding tan/color ○ Towel ○ Slippers or flip-flops ○ Water bottle ○ Resistance bands or light pump-up equipment (optional) ○ Robe or cover-up for backstage use (optional) <ul style="list-style-type: none"> ● Participants must follow all instructions given by event officials ● Any form of unsportsmanlike behavior may result in disqualification ● Judges’ decisions will be final ● By weight Class: <ul style="list-style-type: none"> ○ 50kg - 60kg ○ 60kg - 70kg ○ 70kg – 80kg