

PROCEDURE of the check for class assignment in the **PHYSIQUE categories** women and men:

1. Recording body weight and height
2. Measurement of the **skin fold** at the **ABDOMEN** using a standardized calipper



Symbolic photo

If the value falls below the limit value:

- ✓ **Women**, who want to start in a **MODEL-Physique categorie** from **8mm** in the abdomen area
- ✓ **Women**, who want to start in a **SPORT-Physique categorie** from **5mm** in the abdomen area
- ✓ **Men**, who want to start in a **SPORT-Physique categorie** from **5mm** in the abdomen area

3. Optional measurement of the skin fold at a maximum of 3 further points (depending on necessity) in the following ORDER:

a. HIP



Symbolic photo

b. TRICEPS



Symbolic photo

c. KNEE-Inside



Symbolic photo

Subsequently, the average value is determined by **adding** these **measured values** and then **dividing** them by **the NUMBER of measurements** (maximum 4=1 per measuring point).

For example:

$$7\text{mm (Abdomen)} + 9\text{mm (Hip)} + 12\text{mm (Triceps)} + 10\text{mm (Knee-Inside)} = 38 : 4 = \text{Ø } 12\text{mm}$$