

**RULES**  
**Athletes**



Effective 21/09/2020

Rev 01-2022

These rules replace any previous ones.

Made by **WABBA INTERNATIONAL**

**EXECUTIVE and TECHNICAL COMMITTEE**

# GENERAL RULES

## PREAMBLE

WABBA INTERNATIONAL is a Bodybuilding and Fitness Organization and therefore all the judging criteria are focused on the athletic aspects of the male and female physiques. All competitors are commonly called *athletes*, which means that the athletic component of the human body aesthetics plays a major role during the competitions. Criteria will vary according to the categories, but the main focus of WABBA INTERNATIONAL is to promote a culture of physical aesthetics based on athletic and muscular bodies.

## ENTERING INTERNATIONAL COMPETITIONS

- All athletes entering an International Competition can do so after being selected by the National Organization affiliated with WABBA INTERNATIONAL of their Country of residence. If an athlete lives in a Nation where there is no affiliated Organization, a permission by WABBA INTERNATIONAL technical committee is required to compete.

- In order to compete all athletes will have to pay the registration fee.

- Athletes can compete with a National team other than that of their Country of residence only in one of these circumstances:

- 1) There is no affiliated Organization in their Country, or
- 2) They have the written consent by the President or Delegate of the affiliated Organization of their Country of residence.

- The Presidents, Vice Presidents and Delegates of all affiliated Organizations cannot compete in any WABBA INTERNATIONAL official competition.

## REGISTRATION AT INTERNATIONAL COMPETITIONS

- During the registration process, athletes competing in categories with height or weight divisions will have their height and/or weight checked. A scale and a height measuring tool will be available *outside* the registration room to allow all the athletes to check their weight and height *before* registration. Once inside the registration room, only one measurement will be taken and there will be no possibility to come back later for a second measurement.

- A table with height/weight ratios and a copy of the rules will be available for the athletes either inside and outside the registration room.

- Women can give a first indication of the category they wish to enter but the final category they will be allowed to compete in will be decided by a selected group of judges at *line-up*, before the beginning of the competition of each category. If a lady is not considered fit for a given category, she can be moved *up* to the correct category for her physical characteristics. For this reason the women categories will compete in ascending order (in terms of muscularity), starting with the Miss Model all the way up to Miss Body.

- The Nations must go to the registration with the full team of athletes, after paying all the fees. At registration, each athlete must have his/her passport or National ID and, for the categories where it is applicable, the music for the routine (CD with a SINGLE track or pen drive).

- The Nations must send the team registration sheet with all the competitors data no later than two weeks before the competition. All details must be given, including the categories for each athlete (presumed).

## DOUBLE CATEGORIES

-for the man Participation in any desired category is allowed without limitations in number, with the only constraint being the return to any parameters relating to weight and height. For the woman the double category is allowed only to the JUNIOR and OVER competitors in their respective classes.

## OTHER RULES

- No tanning creams are allowed. Only self tanning products like Pro Tan or Jan Tana (just to name a few) are permitted. The Organizers of all International Competitions will do their best to provide a tanning service to the competitors (for a price). **IMPORTANT: any athlete using a tanning creme will be disqualified and will not be allowed to go onstage.**

# AMATEUR CATEGORIES

## MAN BODYBUILDING

MAN BB JUNIOR 21  
MAN BB JUNIOR 24  
MAN BB X-SHORT – up to 165 cm  
MAN BB SHORT – up to 170 cm  
MAN BB MEDIUM – up to 175 cm  
MAN BB TALL – up to 180 cm  
MAN BB XTALL – over 180 cm  
MAN BB OVER 40 – Up to 80 kg  
MAN BB OVER 40 – Over 80 kg  
MAN BB OVER 50

## MAN CLASSIC BODYBUILDING

MAN BB CLASSIC Up to 175 cm - (+ 10%)  
MAN BB CLASSIC Over 175 cm - (+ 10%)

## MAN ATHLETIC BODYBUILDING

MAN BB ATHLETIC EASY – (-5%)  
MAN BB ATHLETIC Up to 175 cm – (+ 5%)  
MAN BB ATHLETIC Over 175 cm – (+ 5%)  
MAN BB ATHLETIC OVER 40 – (+ 5%)

## MAN PHYSIQUE

MAN PHYSIQUE JUNIOR 21 – (+ 15%)  
MAN PHYSIQUE JUNIOR 24 – (+ 15%)  
MAN PHYSIQUE – (0%)  
MAN PHYSIQUE – (+ 5%)  
MAN PHYSIQUE – (+ 10%)  
MAN PHYSIQUE – (+ 15%)  
MAN PHYSIQUE OVER 40 – (+ 15%)  
MAN PHYSIQUE OVER 45 – (+ 15%)

## MISS BIKINI MODEL

MISS BIKINI MODEL JUNIOR 21  
MISS BIKINI MODEL Up to 163 cm  
MISS BIKINI MODEL Over 163 cm  
MISS BIKINI MODEL OVER 35

## MISS BIKINI

MISS BIKINI JUNIOR 24  
MISS BIKINI Up to 163 cm  
MISS BIKINI Over 163 cm  
MISS BIKINI OVER 35  
MISS BIKINI OVER 40  
MISS BIKINI OVER 45

## MISS SHAPE

MISS SHAPE Up to 163 cm  
MISS SHAPE Over 163 cm  
MISS SHAPE OVER 35  
MISS SHAPE OVER 40

## MISS WELLNESS

Single category

## MISS FITNESS

Single category

## MISS BODY

Single category

## DISABLED

With Standing capability  
On weelchair

# PRO CATEGORIES

## MAN BODYBUILDING PRO-CLASS

Access to this category is granted to the winners of an International competition of the past, plus the winners of the actual competition where the PRO-CLASS contest is being held. The PRO-CLASS category must be present at the two major international competitions (World Championship and Mr/Ms Universe).

## MAN PHYSIQUE PRO-CLASS

Access to this category is granted to the winners of an International competition of the past, plus the winners of the actual competition where the PRO-CLASS contest is being held. The PRO-CLASS category must be present at the two major international competitions (World Championship and Mr/Ms Universe).

## MISS BIKINI PRO-CLASS

Access to this category is granted to the winners of an International competition of the past, plus the winners of the actual competition where the PRO-CLASS contest is being held in the Miss Model and Miss Bikini categories. The Miss BIKINI PRO-CLASS category must be present at the two major international competitions (World Championship and Mr/Ms Universe).

# NOTE

## AGE CLASS

JUNIOR 21 – All athletes born in 2001 and after (as of 2022)

JUNIOR 24 – All athletes born in 1998 and after (as of 2022)

OVER 35 (35 years old the contest day)

OVER 40 (40 years old the contest day)

OVER 45 (45 years old the contest day)

OVER 50 (50 years old the contest day)

**The age limit to compete with WABBA INTERNATIONAL is 65 years for all categories.**

## WEIGHT TOLLERANCE

maximum weight = (height – 100) subtracting or adding the relative percentage

# MEN BODYBUILDING

## MEN ATHLETIC BODYBUILDING

Athletes are judged on three main criteria:

### **SYMMETRY**

The skeletal structure and the proportions of the development of the various muscles.

### **MUSCULAR DEVELOPMENT**

Pure muscular volume and mass.

### **DEFINITION**

The lack of body fat, vascularity and the separation of the various muscles.

### **MANDATORY POSES – SYMMETRY**

The following poses will be called in the order listed below. During this phase the athletes must keep a slight muscular contraction while maintaining the requested position, in order to allow the judges to fully evaluate all competitors.

1. **FRONT RELAXED**
2. **RIGHT SIDE RELAXED WITH BOTH FEET ON THE GROUND**
3. **BACK RELAXED**
4. **LEFT SIDE RELAXED WITH BOTH FEET ON THE GROUND**

### **MANDATORY POSES – MUSCULAR DEVELOPMENT and DEFINITION**

The evaluation of muscular development and quality needs seven mandatory poses:

1. **FRONT CHEST EXPANSION**
2. **FRONT DOUBLE BICEPS**
3. **SIDE CHEST**
4. **SIDE TRICEPS**
5. **BACK EXPANSION**
6. **BACK DOUBLE BICEPS**
7. **ABDOMINALS AND THIGHS**

**FREE POSING ROUTINE (with music): 1 minute**



# MEN CLASSIC BODYBUILDING

Athletes are judged on three main criteria:

## **SYMMETRY**

The skeletal structure and the proportions of the development of the various muscles.

## **MUSCULAR DEVELOPMENT**

Pure muscular volume and mass

## **DEFINITION**

The lack of body fat, vascularity and the separation of the various muscles.

## **MANDATORY POSES – SYMMETRY**

The following poses will be called in the order listed below. During this phase the athletes must keep a slight muscular contraction while maintaining the requested position, in order to allow the judges to fully evaluate all competitors.

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2. **RIGHT SIDE RELAXED WITH BOTH FEET ON THE GROUND**
3. **BACK RELAXED**
4. **LEFT SIDE RELAXED WITH BOTH FEET ON THE GROUND**

## **MANDATORY POSES – MUSCULAR DEVELOPMENT and DEFINITION**

The evaluation of muscular development and quality needs seven mandatory poses:

1. **FRONT DOUBLE BICEPS**
2. **SIDE CHEST**
3. **BACK DOUBLE BICEPS**
4. **ABDOMINALS AND THIGHS**
5. **BEST FREE POSE**

**FREE POSING ROUTINE (with music): 1 minute**





# MEN PHYSIQUE

This category is aimed at all athletes displaying beauty and elegance in their physiques. The fundamental factors in the judging of the athletes of this category are beauty, structural elegance and physical grace. Athletes display a more muscular physique with more definition. Structural elegance and body proportions still play a major role.

## PHYSIQUE SYMMETRY

Elegance and structural symmetry, lack of structural defects. Proportions between upper and lower body and display of a V-Shaped physique.

## MUSCULAR DEVELOPMENT AND DEFINITION

Athletes must display low bodyfat, proportion in the development of the muscle groups.

## AESTHETICS AND POISE

This aspects consider general beauty of the body, face and care in the details of the grooming (skin, hair). Elegance during the T-walk and masculine attitude without posing.

## POSING SUIT

Knee length beach shorts, not tight fitting, of any colour and shape.

## ACCESSORIES

There are no limitations, provided they do not impede the athlete evaluation by the judges.

## POSING

The athlete will be asked to show all four sides (front, back, left and right side) in a relaxed position. All bodybuilding style poses are not allowed in this category



# MISS BIKINI MODEL

This category is aimed at all girls, athletes or models, displaying beauty and elegance in their physiques. The fundamental factors in the judging of the athletes of this category are beauty, structural elegance and physical grace.

## AESTHETICS

50% of the total Score. This aspect considers general beauty of the body, face and care in the details of the grooming (skin, hair).

## PHYSIQUE

30% of the total Score. Elegance and structural symmetry, lack of structural defects. Proportions between upper and lower body.

## MUSCULARITY

This is less important than the general physical structure. Athletes must display low bodyfat but an excessive definition is not allowed.

## POISE

20% of the total Score. Elegance during the T-walk and feminine attitude, without posing.

## Posing suite

Bikini of any colour and shape. High heels are mandatory.

## Accessories

There are no limitations, provided they do not impede the athlete evaluation by the judges.





# MISS BIKINI

Athletes competing in this category have a slightly more muscular physique than the Miss Model Beauty, but beauty is still the predominant feature sought. The ladies must display a proportioned, feminine, elegant and athletic physique.

## AESTHETICS

20% of the total Score. This aspect considers general beauty of the body, face and care in the details of the grooming (skin, hair).

## PHYSIQUE

30% of the total Score. Elegance and structural symmetry, lack of structural defects. Proportions between upper and lower body.

## MUSCULARITY

30% of the total Score. The athlete must show a low bodyfat percentage, right proportions in the development of upper and lower body, round muscles and an overall athletic appearance. Abs must be slightly visible with no vascularity and excessive definition is not allowed.

## POISE

20% of the total Score. Elegance during the T-walk and very feminine attitude, without posing.

## Posing suite

Bikini of any colour and shape. High heels are mandatory.

## Accessories

There are no limitations, provided they do not impede the athlete evaluation by the judges.



# MISS WELLNESS

Intermediate category between Bikini and Shape. Athletes competing in this category should have an athletic physique, aesthetically pleasant and without imperfections. Ladies are not supposed to show muscle separation but must show a higher grade of muscularity than the Bikini Category.

## **SYMMETRY**

Horizontal plane proportions (hips/shoulders width) must privilege more muscles on glutes, thighs and calves.

## **MUSCULARITY**

Ladies should show a good muscular development (especially on the lower body). An excellent V-shape is appreciated while muscle roundness must be evident.

## **DEFINITION**

The overall look must be fit, similar to the Bikini category and therefore not excessively thin. Muscle definition and separation should not be excessive.

## **POISE**

Elegance during the T-walk and the athlete's femininity on the rear of the stage is an important judging criterion.

## **Posing suite**

Attire will be a 2 piece bikini of any colour and shape. High heels are mandatory.

## **Accessories**

There are no limitations on the accessories, provided they do not impede the athlete evaluation by the judges.

## **MANDATORY POSES**

There are only two mandatory poses for this category: a front pose and a rear pose, with one hand on the hip. Apart from these, athletes must assume a natural, casual and relaxed attitude.



# MISS SHAPE

Athletes competing in this category should have a muscular physique, but must still display beauty. The face cannot be emaciated and the overall figure cannot be too virilized.

## **SYMMETRY**

Proportions between upper and lower body and V-shape are important.

## **MUSCULARITY**

The athlete must show a higher grade of muscularity than the Bikini Category, without bodyfat, in particular on thighs and glutes. Definition of the back is also important without excessive vascularization or definition.

## **DEFINITION**

Excessive definition, vascularity and an emaciated face are not allowed.

Athletes must take care of all the details and put emphasis on the athlete's femininity.

## **Posing suite**

Bikini of any colour and shape. High heels are mandatory.

## **Accessories**

There are no limitations, provided they do not impede the athlete evaluation by the judges.

## **MANDATORY POSES – SYMMETRY, MUSCULARITY AND DEFINITION**

Poses will be called in the following order. Athletes must exert a slight muscular contraction.

1. FRONT RELAXED
2. RIGHT SIDE RELAXED
3. BACK RELAXED
4. LEFT SIDE RELAXED



# MISS FITNESS

Athletes competing in this category should display a good muscular development, but must still be feminine.

## **SYMMETRY**

Proportions between upper and lower body, V-shape and lateral SYMMETRY are important.

## **MUSCULARITY**

The athlete must show a high degree of muscularity, without being highly developed as the Ms Body. Muscles must be round and well separated, vascularity is allowed.

## **DEFINITION**

Athletes must display a high level of definition, with a very low bodyfat percentage. Vascularity is allowed but the face should not be emaciated or masculine.

Athletes must take care of all the details and put emphasis on the athlete's femininity.

## **Posing suite**

Bikini of any colour and shape. High heels are mandatory.

## **Accessories**

There are no limitations, provided they do not impede the athlete evaluation by the judges.

## **MANDATORY POSES – SYMMETRY**

Poses will be called in the following order. Athletes must exert a slight muscular contraction.

1. FRONT RELAXED
2. RIGHT SIDE RELAXED
3. BACK RELAXED
4. LEFT SIDE RELAXED

## **MANDATORY POSES – MUSCULARITY AND DEFINITION**

In order to evaluate muscular development and definition, the following poses will be called:

1. FRONT CHEST EXPANSION
2. FRONT DOUBLE BICEPS
3. BACK EXPANSION
4. BACK DOUBLE BICEPS
5. ABDOMINALS AND THIGHS

**FREE POSING ROUTINE (with music): 1 minute**





# MISS BODY

Athletes are judged on three main criteria:

## **SYMMETRY**

The skeletal structure and the proportions of the development of the various

## **MUSCULAR DEVELOPMENT**

Pure muscular volume and mass

## **DEFINITION**

The lack of body fat, vascularity and the separation of the various muscles.

The competition suite can be of any colour or style and competitors of this category cannot wear shoes. During the mandatory poses all fashion accessories and jewelry is allowed, given that they do not interfere with the judges evaluation of the physical characteristics of the athletes (for example, accessories that hide part of the body).

**During the free routine, any clothing and accessory is allowed.**

## **MANDATORY POSES – SYMMETRY**

The following poses will be called in the order listed below. During this phase the athletes must keep a slight muscular contraction while maintaining the requested position, in order to allow the judges to fully evaluate all competitors.

1. **FRONT RELAXED**
2. **RIGHT SIDE RELAXED WITH BOTH FEET ON THE GROUND**
3. **BACK RELAXED**
4. **LEFT SIDE RELAXED WITH BOTH FEET ON THE GROUND**

## **MANDATORY POSES – MUSCULAR DEVELOPMENT and DEFINITION**

The evaluation of muscular development and quality needs seven mandatory poses:

1. **FRONT CHEST EXPANSION**
2. **FRONT DOUBLE BICEPS**
3. **SIDE CHEST**
4. **SIDE TRICEPS**
5. **BACK EXPANSION**
6. **BACK DOUBLE BICEPS**
7. **ABDOMINALS AND THIGHS**

**FREE POSING ROUTINE (with music): 1 minute**





# DISABLED-STANDING CAPABILITY

## MANDATORY POSES – SYMMETRY

The following poses will be called in the order listed below. During this phase the athletes must keep a slight muscular contraction while maintaining the requested position, in order to allow the judges to fully evaluate all competitors.

- 1 FRONT
- 2 RIGHT SIDE
- 3 BACK
- 4 LEFT SIDE

## MANDATORY POSES – MUSCULAR DEVELOPMENT and DEFINITION

The evaluation of muscular development and quality needs seven mandatory poses:

- 1 FRONT CHEST EXPANSION
- 2 FRONT DOUBLE BICEPS
- 3 SIDE CHEST
- 4 SIDE TRICEPS
- 5 BACK EXPANSION
- 6 BACK DOUBLE BICEPS
- 7 ABDOMINALS

FREE POSING ROUTINE (with music): 1 minute



# DISABLED- ON WHEEL CHAIR

## MANDATORY POSES – SYMMETRY

The following poses will be called in the order listed below. During this phase the athletes must keep a slight muscular contraction while maintaining the requested position, in order to allow the judges to fully evaluate all competitors.

- 5 FRONT
- 6 RIGHT SIDE
- 7 BACK
- 8 LEFT SIDE

## MANDATORY POSES – MUSCULAR DEVELOPMENT and DEFINITION

The evaluation of muscular development and quality needs seven mandatory poses:

- 8 FRONT CHEST EXPANSION
- 9 FRONT DOUBLE BICEPS
- 10 SIDE CHEST
- 11 SIDE TRICEPS
- 12 BACK EXPANSION
- 13 BACK DOUBLE BICEPS
- 14 ABDOMINALS

FREE POSING ROUTINE (with music): 1 minute



## GENERAL NOTES

### HOW TO DECIDE WHICH IS THE RIGHT CATEGORY FOR YOU.

#### APPLICABLE TO THE FOLLOWING CATEGORIES: MISS MODEL – MISS BIKINI – MISS WELLNESS – MISS SHAPE – MISS FITNESS – MISS BODY

The athlete chooses the category he/she thinks is best for him/her. Before the beginning of the competition, the technical committee will decide if the athlete's choice is aligned with the judging criteria and, if necessary, will move athletes from one category to another. This is necessary to make the athletes fit in the correct category, preventing people to compete in the wrong environment.

### FREE ROUTINE

For the athletes competing in the categories MEN PHYSIQUE – MISS MODEL – MISS BIKINI – MISS WELLNESS – MISS SHAPE there is **NO free routine**.

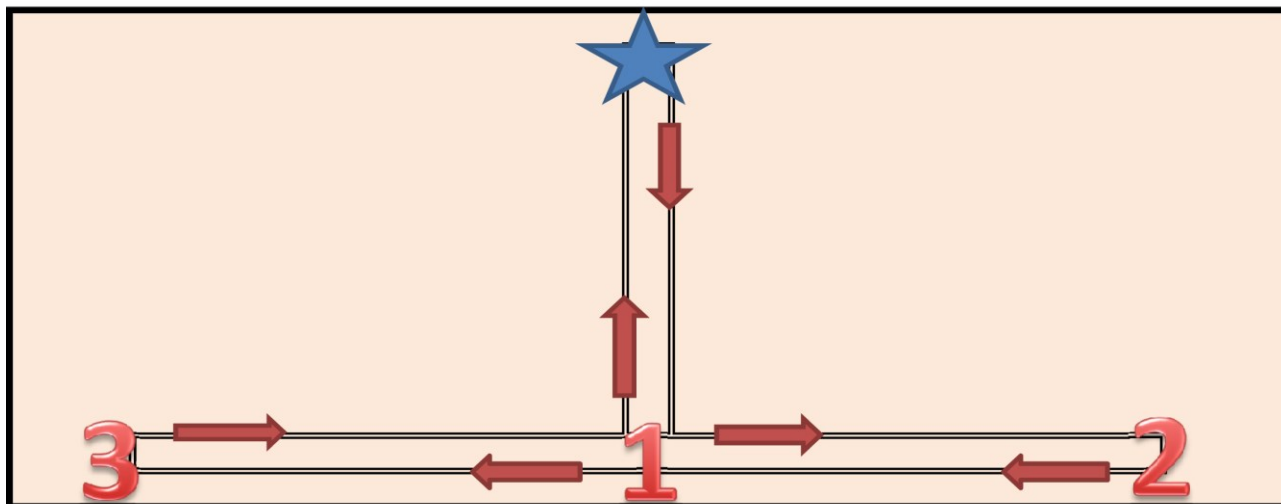
### COMPETITION TAN / COLOUR

WABBA INTERNATIONAL prohibits the use of any tanning cream or colouring that cover the athletes skin and are dirty. It is absolutely forbidden to apply any colour in the backstage, only the use of baby oil is allowed.

The **ONLY** colouring allowed are self tanning products like Pro-tan and Jan tana or similar products.

### T-WALKING for the categories MAN PHYSIQUE – MISS MODEL – MISS BIKINI (see picture)

During this phase the athlete starts walking in the position corresponding to the star, go to the center of the stage (place 1), stop and look at the public for a few seconds. Then turn left and walk to the end of the stage (place 2), stop and then go to the other end of the stage (place 3). Then go back to place 1 and back to the starting point.





**HEIGHT\WEIGHT TABLE -5%**

HEIGHT (cm)	MAX WEIGHT (kg)
155	52,25
155,5	52,73
156	53,2
156,5	53,68
157	54,15
157,5	54,63
158	55,1
158,5	55,58
159	56,05
159,5	56,53
160	57
160,5	57,48
161	57,95
161,5	58,43
162	58,9
162,5	59,38
163	59,85
163,5	60,33
164	60,8
164,5	61,28
165	61,75
165,5	62,23
166	62,7
166,5	63,18
167	63,65
167,5	64,13
168	64,6
168,5	65,08
169	65,55
169,5	66,03
170	66,5
170,5	66,98
171	67,45
171,5	67,93
172	68,4
172,5	68,88

HEIGHT (cm)	MAX WEIGHT (kg)
173	69,35
173,5	69,83
174	70,3
174,5	70,78
175	71,25
175,5	71,73
176	72,2
176,5	72,68
177	73,15
177,5	73,63
178	74,1
178,5	74,58
179	75,05
179,5	75,53
180	76
180,5	76,48
181	76,95
181,5	77,43
182	77,9
182,5	78,38
183	78,85
183,5	79,33
184	79,8
184,5	80,28
185	80,75
185,5	81,23
186	81,7
186,5	82,18
187	82,65
187,5	83,13
188	83,6
188,5	84,08
189	84,55
189,5	85,03
190	85,5
190,5	85,98



**HEIGHT\WEIGHT TABLE 0%**

HEIGHT (cm)	MAX WEIGHT (kg)
155	55
155,5	55,5
156	56
156,5	56,5
157	57
157,5	57,5
158	58
158,5	58,5
159	59
159,5	59,5
160	60
160,5	60,5
161	61
161,5	61,5
162	62
162,5	62,5
163	63
163,5	63,5
164	64
164,5	64,5
165	65
165,5	65,5
166	66
166,5	66,5
167	67
167,5	67,5
168	68
168,5	68,5
169	69
169,5	69,5
170	70
170,5	70,5
171	71
171,5	71,5
172	72
172,5	72,5

HEIGHT (cm)	MAX WEIGHT (kg)
173	73
173,5	73,5
174	74
174,5	74,5
175	75
175,5	75,5
176	76
176,5	76,5
177	77
177,5	77,5
178	78
178,5	78,5
179	79
179,5	79,5
180	80
180,5	80,5
181	81
181,5	81,5
182	82
182,5	82,5
183	83
183,5	83,5
184	84
184,5	84,5
185	85
185,5	85,5
186	86
186,5	86,5
187	87
187,5	87,5
188	88
188,5	88,5
189	89
189,5	89,5
190	90
190,5	90,5





**HEIGHT\WEIGHT TABLE +5%**

HEIGHT (cm)	MAX WEIGHT (kg)
155	57,75
155,5	58,28
156	58,8
156,5	59,33
157	59,85
157,5	60,38
158	60,9
158,5	61,43
159	61,95
159,5	62,48
160	63
160,5	63,53
161	64,05
161,5	64,58
162	65,1
162,5	65,63
163	66,15
163,5	66,68
164	67,2
164,5	67,73
165	68,25
165,5	68,78
166	69,3
166,5	69,83
167	70,35
167,5	70,88
168	71,4
168,5	71,93
169	72,45
169,5	72,98
170	73,5
170,5	74,03
171	74,55
171,5	75,08
172	75,6
172,5	76,13

HEIGHT (cm)	MAX WEIGHT (kg)
173	76,65
173,5	77,18
174	77,7
174,5	78,23
175	78,75
175,5	79,28
176	79,8
176,5	80,33
177	80,85
177,5	81,38
178	81,9
178,5	82,43
179	82,95
179,5	83,48
180	84
180,5	84,53
181	85,05
181,5	85,58
182	86,1
182,5	86,63
183	87,15
183,5	87,68
184	88,2
184,5	88,73
185	89,25
185,5	89,78
186	90,3
186,5	90,83
187	91,35
187,5	91,88
188	92,4
188,5	92,93
189	93,45
189,5	93,98
190	94,5
190,5	95,03



**HEIGHT\WEIGHT TABLE +10%**

HEIGHT (cm)	MAX WEIGHT (kg)
155	60,5
155,5	61,05
156	61,6
156,5	62,15
157	62,7
157,5	63,25
158	63,8
158,5	64,35
159	64,9
159,5	65,45
160	66
160,5	66,55
161	67,1
161,5	67,65
162	68,2
162,5	68,75
163	69,3
163,5	69,85
164	70,4
164,5	70,95
165	71,5
165,5	72,05
166	72,6
166,5	73,15
167	73,7
167,5	74,25
168	74,8
168,5	75,35
169	75,9
169,5	76,45
170	77
170,5	77,55
171	78,1
171,5	78,65
172	79,2
172,5	79,75

HEIGHT (cm)	MAX WEIGHT (kg)
173	80,3
173,5	80,85
174	81,4
174,5	81,95
175	82,5
175,5	83,05
176	83,6
176,5	84,15
177	84,7
177,5	85,25
178	85,8
178,5	86,35
179	86,9
179,5	87,45
180	88
180,5	88,55
181	89,1
181,5	89,65
182	90,2
182,5	90,75
183	91,3
183,5	91,85
184	92,4
184,5	92,95
185	93,5
185,5	94,05
186	94,6
186,5	95,15
187	95,7
187,5	96,25
188	96,8
188,5	97,35
189	97,9
189,5	98,45
190	99
190,5	99,55



### HEIGHT\WEIGHT TABLE +15%

HEIGHT (cm)	MAX WEIGHT (kg)
155	63,25
155,5	63,83
156	64,40
156,5	64,98
157	65,55
157,5	66,13
158	66,70
158,5	67,28
159	67,85
159,5	68,43
160	69,00
160,5	69,58
161	70,15
161,5	70,73
162	71,30
162,5	71,88
163	72,45
163,5	73,03
164	73,60
164,5	74,18
165	74,75
165,5	75,33
166	75,90
166,5	76,48
167	77,05
167,5	77,63
168	78,20
168,5	78,78
169	79,35
169,5	79,93
170	80,50
170,5	81,08
171	81,65
171,5	82,23
172	82,80
172,5	83,38

HEIGHT (cm)	MAX WEIGHT (kg)
173	83,95
173,5	84,53
174	85,10
174,5	85,68
175	86,25
175,5	86,83
176	87,40
176,5	87,98
177	88,55
177,5	89,13
178	89,70
178,5	90,28
179	90,85
179,5	91,43
180	92,00
180,5	92,58
181	93,15
181,5	93,73
182	94,30
182,5	94,88
183	95,45
183,5	96,03
184	96,60
184,5	97,18
185	97,75
185,5	98,33
186	98,90
186,5	99,48
187	100,05
187,5	100,63
188	101,20
188,5	101,78
189	102,35
189,5	102,93
190	103,50
190,5	104,08