



	<p>3. Women’s Athletic Physique Open</p> <p>4. Women’s Model Physique 3 categories</p> <p>    4.1 Women’s Model Physique age below 35 yrs. Open</p> <p>    4.2 Women’s Model Physique age 35 - 49 yrs. Open</p> <p>    4.3 Women’s Model Physique age over 50 yrs. Open</p> <p>5. Men’s Sport Physique 5 categories</p> <p>    5.1 Men’s Sport Physique age below 30 yrs. Open</p> <p>    5.2 Men’s Sport Physique age 30-39 yrs. up to 170 cm.</p> <p>    5.3 Men’s Sport Physique age 30-39 yrs. over 170 cm.</p> <p>    5.4 Men’s Sport Physique age 40-49 yrs. Open</p> <p>    5.5 Men’s Sport Physique age over 50 yrs. Open</p> <p>        *(Up to 175 cm. +0kg. / Up to 180 cm. +2kg. / Over 180 cm. +4kg.)*</p>
<p>Rules and Regulations:</p>	<p>1) The competition Rules and Regulations of ABBF and WBPF will be applied to this championship.</p> <p>2) Attires of the competitors</p> <p>    All competitors participating in this competition must wear appropriate clothing and apparel that comply with the ABBF and WBPF Rules and Regulations. The competition attire, under the rules of ABBF and WBPF must meet the guidelines of having all posing trunks of a solid, non-distracting color which are clean and decent.</p> <p>    <b><u>Men’s Bodybuilding</u></b> – Only Black Bodybuilding Trunk</p> <p>    <b><u>Men’s Athletic Physique</u></b> – Full Swimming Trunk, black colour without pattern only. Bodybuilding Trunk are not allowed.</p> <p>    <b><u>Women’s Athletic Physique</u></b> – Female athletes will wear a bikini in two pieces, wear high heels. Characteristics of bikini that are used are the same as for women bodybuilding category, maybe a little bit of decoration but not too much.</p> <p>    <b><u>Women’s Model Physique</u></b> – Any colors of Two Piece Bikini with High Heels Shoes.</p> <p>    The Bottom of the bikini has to cover 50% of the buttocks.</p> <p>    HIGHT-HEELED SHOES – The soles of the shoes cannot be thicker than 1 cm, the heels can’t be higher than 10 cm. Must have a cover on the front of the shoes and has a heel straps. Platform shoes are prohibited.</p> <p>    <b><u>Men’s Sports Physique</u></b> – Beach pants, the length of the pants is approximately above the knees. No shoes.</p> <p>    For Bodybuilding and Athletic Physique events, the competitors must bring along a music CD (length up to 60 seconds) for posing. If not, the organizer will provide the music for performing.</p>
<p>Prizes:</p>	<p>All type of competition</p> <p>    1<sup>st</sup> Place receive Gold medal and Certificate</p> <p>    2<sup>nd</sup> Place receive Silver medal and Certificate</p> <p>    3<sup>rd</sup> Place receive Bronze medal and Certificate</p> <p>    4<sup>th</sup> Place receive Certificate</p> <p>    5<sup>th</sup> Place receive Certificate</p>
<p>Eligibility:</p>	<p>Thailand Open Masters Games (TOMG), bodybuilding event is for all individual</p>

	athletes																
Entry:	<p>For more information and Registration  Website: <a href="https://tbpa.or.th/downloads/">https://tbpa.or.th/downloads/</a>  Facebook: Thailand Bodybuilding and physique Sports Association  Tel: +662 170 9601, +6692 278 6816</p> <p>Please submit the Application Form, Photo and copy a passport of participants.  Send documents to Google Form link : <a href="https://forms.gle/NRWA8hwtZfcouGLx9">https://forms.gle/NRWA8hwtZfcouGLx9</a>  only. Do not accept application documents by post.  <u><a href="#">Entry Deadline: Wednesday February 7, 2024</a></u></p>																
Registration Conditions:	<p><b>Registration fee for</b>  <b>Thai competitors Baht 300/person.</b>  <b>Foreign competitors USD 30/person.</b>  *Registration fee will be paid upon the registration desk.</p>																
Arbitration:	All the final decision will be made by the Judges Committee and protest will be not accepted.																
Personal Safety Insurance:	All competitors are responsible for their health.																
Tentative Program:	<p><b>Saturday: March 2, 2024</b></p> <table> <tr> <td>09.00 - 10.00</td> <td>Registration</td> </tr> <tr> <td>10.00 - 10.30</td> <td>Rules and Regulations assemble</td> </tr> <tr> <td>10.30 - 12.00</td> <td>Weight in</td> </tr> <tr> <td>12.00 - 13.00</td> <td>Lunch</td> </tr> <tr> <td>12.30 - 13.00</td> <td>Warming up</td> </tr> <tr> <td>13.00 - 16.00</td> <td>Pre judging for the first 9 categories</td> </tr> </table> <ol style="list-style-type: none"> <li>1. Men's Athletic Physique age below 35 yrs. up to 170 cm.</li> <li>2. Men's Athletic Physique age below 35 yrs. over 170 cm.</li> <li>3. Men's Athletic Physique age 35 - 49 yrs. Open</li> <li>4. Men's Athletic Physique age over 50 yrs. Open</li> <li>5. Men's Sport Physique age below 30 yrs. Open</li> <li>6. Men's Sport Physique age 30-39 yrs. up to 170 cm.</li> <li>7. Men's Sport Physique age 30-39 yrs. over 170 cm.</li> <li>8. Men's Sport Physique age 40-49 yrs. Open</li> <li>9. Men's Sport Physique age over 50 yrs. Open</li> </ol> <table> <tr> <td>17.00 - 17.30</td> <td>Opening Ceremony</td> </tr> <tr> <td>17.30 - 20.00</td> <td>Final Round for the first 9 categories</td> </tr> </table> <ol style="list-style-type: none"> <li>1. Men's Athletic Physique age below 35 yrs. up to 170 cm.</li> <li>2. Men's Athletic Physique age below 35 yrs. over 170 cm.</li> <li>3. Men's Athletic Physique age 35 - 49 yrs. Open</li> <li>4. Men's Athletic Physique age over 50 yrs. Open</li> <li>5. Men's Sport Physique age below 30 yrs. Open</li> <li>6. Men's Sport Physique age 30-39 yrs. up to 170 cm.</li> <li>7. Men's Sport Physique age 30-39 yrs. over 170 cm.</li> <li>8. Men's Sport Physique age 40-49 yrs. Open</li> <li>9. Men's Sport Physique age over 50 yrs. Open</li> </ol>	09.00 - 10.00	Registration	10.00 - 10.30	Rules and Regulations assemble	10.30 - 12.00	Weight in	12.00 - 13.00	Lunch	12.30 - 13.00	Warming up	13.00 - 16.00	Pre judging for the first 9 categories	17.00 - 17.30	Opening Ceremony	17.30 - 20.00	Final Round for the first 9 categories
09.00 - 10.00	Registration																
10.00 - 10.30	Rules and Regulations assemble																
10.30 - 12.00	Weight in																
12.00 - 13.00	Lunch																
12.30 - 13.00	Warming up																
13.00 - 16.00	Pre judging for the first 9 categories																
17.00 - 17.30	Opening Ceremony																
17.30 - 20.00	Final Round for the first 9 categories																

**Sunday: March 3, 2024**

- |               |  |
|---------------|--|
| 09.00 - 10.00 | Registration                                     |
| 10.00 - 10.30 | Rules and Regulations assemble                   |
| 10.30 - 12.00 | Weight in  |
| 12.00 - 13.00 | Lunch  |
| 12.30 - 13.00 | Warming up                                       |
| 13.00 - 16.00 | Pre judging for the last 9 categories            |
|               | 1. Men's Bodybuilding age below 30 yrs. Open     |
|               | 2. Men's Bodybuilding age 30 - 39 yrs. Open      |
|               | 3. Men's Bodybuilding age 40 - 49 yrs. Open      |
|               | 4. Men's Bodybuilding age 50 - 59 yrs. Open      |
|               | 5. Men's Bodybuilding age over 60 yrs. Open      |
|               | 6. Women's Model Physique age below 35 yrs. Open |
|               | 7. Women's Model Physique age 35 - 49 yrs. Open  |
|               | 8. Women's Model Physique age over 50 yrs. Open  |
|               | 9. Women's Athletic Physique Open                |
| 17.00 - 20.00 | Final Round for the last 9 categories            |
|               | 1. Men's Bodybuilding age below 30 yrs. Open     |
|               | 2. Men's Bodybuilding age 30 - 39 yrs. Open      |
|               | 3. Men's Bodybuilding age 40 - 49 yrs. Open      |
|               | 4. Men's Bodybuilding age 50 - 59 yrs. Open      |
|               | 5. Men's Bodybuilding age over 60 yrs. Open      |
|               | 6. Women's Model Physique age below 35 yrs. Open |
|               | 7. Women's Model Physique age 35 - 49 yrs. Open  |
|               | 8. Women's Model Physique age over 50 yrs. Open  |
|               | 9. Women's Athletic Physique Open                |