



Thailand Muscle and Physique Championships 2020

By

Thailand Bodybuilding and Physique Sports Association

Principle

For the purpose of living a healthy life, exercise is one of the necessary factors for everyone together with a well formed body composed of strong muscle. Bodybuilding and Physique Sports is one of the most effective ways to develop the physical ability by increasing muscle mass, to gain the exquisite image of whole body for both men and women and the attraction from other people.

With the great achievement of the former campaign, leading to build up a new generation of athletes under the new campaign named “Thailand Muscle and Physique Championships 2020” for a person who use Weight Training method for bodybuilding and balancing the body frame.

Objective

1. To introduce exercise and bodybuilding methods for everyone under the concept of “Workout fun for all”
2. To encourage target groups for participating in weight training with accessible equipment in daily lives.
3. To develop potential participants to be bodybuilder and physique sports athletes ahead.
4. To acquire knowledge and improve athletes to the great success.

Target

1. Thailand Bodybuilding and Physique Sports Association members for sending participants
2. People who have an interest for participating in “Thailand Muscle and Physique Championships”



Venue

Royal Garden Plaza Pattaya, Thailand

Date

March 28 - 29, 2020

Event and Categories

1. Women Model Physique 3 categories
 - 1.1. Height up to 160 CM.
 - 1.2. Height up to 164 CM.
 - 1.3. Height over 164 CM.
2. Men Sport Physique 3 categories
 - 2.1. Height up to 170 CM. – 100 = Body weight
 - 2.2. Height up to 175 CM. – 100 = Body weight
 - 2.3. Height over 175 CM. – 100 = Body weight
3. Men Athletic Physique 3 categories
 - 3.1. Height up to 170 CM. -100 + 2 KG = Body weight
 - 3.2. Height up to 175 CM. -100 + 3 KG = Body weight
 - 3.3. Height over 175 CM. – 100 +4 KG = Body weight
4. Women Model Physique Master age over 30 years
5. Men Bodybuilding 6 categories
 - 5.1. Weight up to 65 KG
 - 5.2. Weight up to 70 KG
 - 5.3. Weight up to 75 KG
 - 5.4. Weight up to 80 KG
 - 5.5 Weight over 80 KG
 - 5.6 Master age over 45 years

Prize and awards

- 1st Place receive Trophy, Certificate with 10,000 Baht prize
2nd Place receive Trophy, Certificate with 8,000 Baht prize
3rd Place receive Trophy, Certificate with 6,000 Baht prize



4th Place receive Trophy, Certificate with 4,000 Baht prize

5th Place receive Trophy, Certificate with 2,000 Baht prize

Requirements

1. Have a good health condition and willing to follow the rules and regulation of the competition
2. Any nationalities are accepted
3. 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.

How to Apply

Method 1. Complete

- Application Form with the registration fee of Baht 1,000 (One Thousand Baht)
- A copy of ID card or a copy of passport
- 2 inches photo.

Send all these documents to Thailand Bodybuilding and Physique Sports Association

Method 2. Submit all there document to E-mail : reg.tbpa@gmail.com

Contact us

Thailand Bodybuilding and Physique Sports Association

Floor 19th, Chalermprakiet Building, Sports Authority of Thailand

286 Ramkhamhaeng Road, Huamark, Bangkok,

Bangkok 10240 Thailand

Email: reg.tbpa@gmail.com Phone : 02-170-9601

*** Final Entry date: Monday 16th March, 2020**



Rules and Regulations

1. The competition Rules and Regulation of WBPF will be applied to this championship
2. Each Participant can attend only one category of the championships

Attires of the competitors

Men's Bodybuilding – WBPF Rules and Regulations (Only Black Bodybuilding Trunk allowed)

Men's Athletic Physique – WBPF Rules and Regulations

(Full Swimming Short only Bodybuilding Trunk are not allowed)

Women's Model Physique – WBPF Rules and Regulations

(Any colors of Two Piece Bikini with High Heels Shoes)

The Bottom of the bikini has to cover 50% of the buttocks. Thong is forbidden.

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. Glass and Platfrom shoes are prohibited

Men's Sports Physique – WBPF Rules and Regulations

First Round : Full swimming Short

Final Round : Any short pants, no shoes

All the final decision will be made by the Judges Committee; any protest will be not accepted!!!!



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March 28 - 29, 2020

Tentative Program

28th March 2020

09.00 - 10.00	Registration
10.00 - 10.30	Rules and Regulations assemble
10.30 - 12.30	Weight-in
	Lunch
12.30 - 13.00	Warming Up
13.00 - 16.00	Pre Judging for the last 8 categories
	1. Men's Bodybuilding up to 65 kg
	2. Men's Bodybuilding up to 70 kg
	3. Men's Bodybuilding up to 75 kg
	4. Men's Bodybuilding up to 80 kg
	5. Men's Bodybuilding over 80 kg
	6. Women's Model Physique up to 160 cm.
	7. Women's Model Physique up to 164 cm.
	8. Women's Model Physique over 164 cm.
16.00 - 18.00	Final Round for the last 8 categories
	1. Men's Bodybuilding up to 65 kg
	2. Men's Bodybuilding up to 70 kg
	3. Men's Bodybuilding up to 75 kg
	4. Men's Bodybuilding up to 80 kg
	5. Men's Bodybuilding over 80 kg
	6. Women's Model Physique up to 160 cm.
	7. Women's Model Physique up to 164 cm.
	8. Women's Model Physique over 164 cm.



29th March 2020

09.00 - 10.00	Registration
10.00 - 10.30	Rules and Regulations assemble
	Weight-in
10.30 - 12.00	Lunch
12.30 - 13.00	Warming Up
13.00 - 16.00	Pre Judging for the first 8 categories
	<ol style="list-style-type: none">1. Men's Athletic Physique up to 170 cm.-100 = Weight+22. Men's Athletic Physique up to 175 cm.-100 = Weight+33. Men's Athletic Physique over 175 cm.-100 = Weight+44. Men's Bodybuilding Master Age over 45 years5. Women's Model Physique Master Age over 30 years6. Men's Sport Physique up to 170 cm. – 100 = Weight7. Men's Sport Physique up to 175 cm. – 100 = Weight8. Men's Sport Physique over 175 cm. – 100 = Weight
16.00 - 18.00	Final Round for the first 8 categories
	<ol style="list-style-type: none">1. Men's Athletic Physique up to 170 cm.-100 = Weight+22. Men's Athletic Physique up to 175 cm.-100 = Weight+33. Men's Athletic Physique over 175 cm.-100 = Weight+44. Men's Bodybuilding Master Age over 45 years5. Women's Model Physique Master Age over 30 years6. Men's Sport Physique up to 170 cm. – 100 = Weight7. Men's Sport Physique up to 175 cm. – 100 = Weight8. Men's Sport Physique over 175 cm. – 100 = Weight

Remark!!! Prize Giving will be presented in the Final Round of each competition days