



## **Thailand Muscle and Physique Championships**

**By**

**Thailand Bodybuilding and Physique Sports Association**

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### 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” 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.

### 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”
3. To acquire knowledge and improve athletes to the great success.

### Venue

Central Festival Samui, Koh Samui, Thailand

### Date

February 18-19, 2017

### Event and Categories

1. Women Model Physique 3 categories



- 1.1. Height up to 160 CM.
- 1.2. Height up to 165 CM.
- 1.3. Height over 165 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 35 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 Baht 10,000 prize  
2nd Place receive Trophy, Certificate with Baht 8,000 prize  
3rd Place receive Trophy, Certificate with Baht 6,000 prize  
4th Place receive Trophy, Certificate with Baht 4,000 prize  
5th Place receive Trophy, Certificate with Baht 2,000 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 please bring along a music CD (length up to 60 seconds) for posing. If not, the organizer will use their own music for performing.



### How to Apply

1. Complete Application Form with a copy of ID card or a copy of passport with a 2 inches photo. Send all these documents to Thailand Bodybuilding and Physique Sports Association
2. Or registration through the online system

### Contact us

Thailand Bodybuilding and Physique Sports Association  
Floor 19<sup>th</sup>, 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 13<sup>th</sup> February, 2017

### Rules and Regulations

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

### Attires of the competitors

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

Men's Athletic Physique – TBPA Rules and Regulations  
(Full Swimming Short not Bodybuilding Trunk allowed)

Women's Model Physique – TBPA Rules and Regulations  
(Any colors of Two Piece Bikini with High Heels Shoes)



Men's Sports Physique – TBPA Rules and Regulations

(Any short pants, no shoes)

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



## **Thailand Muscle and Physique Sports Championships**

### **Tentative Program**

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18<sup>th</sup> February 2017

14.00 -15.00	Registration
15.00-16.00	Rules and Regulations assemble
16.00 -17.30	Warming Up
17.30	Pre Judging for the first 8 categories MEN'S BODYBUILDING up to 65 KG MEN'S BODYBUILDING up to 70 KG MEN'S ATHLETIC PHYSIQUE 3 categories Height up to 170 CM.-100 + 2 KG = Body weight Height up to 175 CM.-100 + 3 KG = Body weight Height over 175 CM. – 100 +4 KG = Body weight WOMEN'S MODEL PHYSIQUE 3 categories Height up to 160 CM. Height up to 165 CM. Height over 165 CM.
20.00	Final Round for the first 8 categories MEN'S BODYBUILDING up to 65 KG MEN'S BODYBUILDING up to 70 KG MEN'S ATHLETIC PHYSIQUE 3 categories Height up to 170 CM.-100 + 2 KG = Body weight Height up to 175 CM.-100 + 3 KG = Body weight Height over 175 CM. – 100 +4 KG = Body weight WOMEN'S MODEL PHYSIQUE 3 รุ่น Height up to 160 CM. Height up to 165 CM. Height over 165 CM.



19<sup>th</sup> February 2017

14.00 – 15.00	Registration
15.00 -16.00	Rules and Regulations assemble
16.00-17.30	Warming Up
17.30	Pre Judging for the last 8 categories MEN'S BODYBUILDING up to 75 KG MEN'S BODYBUILDING up to 80 KG MEN'S BODYBUILDING over 80 KG MEN'S BODYBUILDING Master age over 45 years WOMEN'S MODEL PHYSIQUE Master age over 35 YEARS MEN'S SPORTS MODEL PHYSIQUE 3 categories Height up to 170 CM. – 100 = Body weight Height up to 175 CM. – 100 = Body weight Height over 175 CM. – 100 = Body weight
20.00	Final Round for the last 8 categories MEN'S BODYBUILDING up to 75 KG MEN'S BODYBUILDING up to 80 KG MEN'S BODYBUILDING over 80 KG MEN'S BODYBUILDING Master age over 45 years WOMEN'S MODEL PHYSIQUE Master age over 35 YEARS MEN'S SPORTS MODEL PHYSIQUE 3 categories Height up to 170 CM. – 100 = Body weight Height up to 175 CM. – 100 = Body weight Height over 175 CM. – 100 = Body weigh

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