

Bodybuilding & Physique Sports Competition Details



Organization:	Sports Authority of Thailand (SAT) Thai Masters Association (TMA) Thailand Bodybuilding and Physique Sports Association (TBPA)
Event:	2 nd Thailand Open Masters Games
Date:	Saturday, 15 to Sunday, 16 January 2022
Venue:	Fl.3 rd Central Festival Hatyai, Songkhla
Types of competition:	<p>Thailand Open Masters Games (Bodybuilding): 23 events</p> <p>1. Men's Bodybuilding 6 categories</p> <ul style="list-style-type: none"> 1.1 Men's Bodybuilding age below 31 yrs. Open 1.2 Men's Bodybuilding age 31 - 40 yrs. Open 1.3 Men's Bodybuilding age 41 - 45 yrs. Open 1.4 Men's Bodybuilding age 46 - 50 yrs. Open 1.5 Men's Bodybuilding age 51 - 55 yrs. Open 1.6 Men's Bodybuilding age over 56 yrs. Open <p>2. Men's Athletic Physique 4 categories</p> <ul style="list-style-type: none"> 2.1 Men's Athletic Physique age below 35 yrs. Open (Up to 170 cm. +2kg. /Up to 175cm. +4kg. /Up to 180 cm. +6kg. / Over 180 cm. +8kg.) 2.2 Men's Athletic Physique age 35 - 40 yrs. Open (Up to 170 cm. +2kg. /Up to 175cm. +4kg. /Up to 180 cm. +6kg. / Over 180 cm. +8kg.) 2.3 Men's Athletic Physique age 41 - 50 yrs. Open (Up to 170 cm. +2kg. /Up to 175cm. +4kg. /Up to 180 cm. +6kg. / Over 180 cm. +8kg.) 2.4 Men's Athletic Physique age over 51 yrs. Open (Up to 170 cm. +2kg. /Up to 175cm. +4kg. /Up to 180 cm. +6kg. / Over 180 cm. +8kg.) <p>3. Women's Athletic Physique 2 categories</p> <ul style="list-style-type: none"> 2.1 Men's Athletic Physique age below 30 yrs. Open 2.2 Women's Athletic Physique age over 30 yrs. Open

4. Women’s Model Physique 6 categories

- 4.1 Women’s Model Physique age below 30 yrs. Open
- 4.2 Women’s Model Physique age 30 - 35 yrs. Open
- 4.3 Women’s Model Physique age 36 - 40 yrs. Open
- 4.4 Women’s Model Physique age 41 - 45 yrs. Open
- 4.5 Women’s Model Physique age 46 - 50 yrs. Open
- 4.6 Women’s Model Physique age over 51 yrs. Open

5. Men’s Sport Physique 5 categories

- 5.1 Men’s Sport Physique age below 35 yrs. Open
(Up to 175 cm. +0kg. / Up to 180 cm. +2kg. / Over 180 cm. +4kg.)
- 5.2 Men’s Sport Physique age 35-40 yrs. Open
(Up to 175 cm. +0kg. / Up to 180 cm. +2kg. / Over 180 cm. +4kg.)
- 5.3 Men’s Sport Physique age 41-45 yrs. Open
(Up to 175 cm. +0kg. / Up to 180 cm. +2kg. / Over 180 cm. +4kg.)
- 5.4 Men’s Sport Physique age 46-50 yrs. Open
(Up to 175 cm. +0kg. / Up to 180 cm. +2kg. / Over 180 cm. +4kg.)
- 5.5 Men’s Sport Physique age over 51 yrs. Open
(Up to 175 cm. +0kg. / Up to 180 cm. +2kg. / Over 180 cm. +4kg.)

Rules and Regulations:

The competition Rules and Regulations of TBPA, ABBF and WBPF will be applied to this championship.

Attires of the competitors

Men’s Bodybuilding – Only Black Bodybuilding Trunk

Men’s Athletic Physique – Full Swimming Trunk, black color without pattern only. Bodybuilding Trunk are not allowed.

Women’s Model Physique – Any colors of Two Piece Bikini with High Heels Shoes. The Bottom of the bikini has to cover 50% of the buttocks.

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.

Men’s Sports Physique – Beach pants, the length of the pants is approximately above the knees. No shoes.

	For Men's Bodybuilding and Men's 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.
Eligibility:	Each Participant can attend only one category of the championships
Prizes:	All type of competition 1 st Place receive Gold medal and Certificate 2 nd Place receive Silver medal and Certificate 3 rd Place receive Bronze medal and Certificate 4 th Place receive Certificate 5 th Place receive Certificate
Entry:	Entry form: https://forms.gle/EePbDEn9zscAExcK8 Information: www.tbpa.or.th or Facebook: Thailand Bodybuilding & Physique Sports Association Complete entry Form with a copy of ID card or a copy of passport with a photo. Entry Deadline: <u>Wednesday January 5, 2022</u>
Registration Conditions:	Registration fee for all competitors Baht 300/person. *Registration fee will be paid upon the registration desk.
Arbitration:	All the final decision will be made by the Judges Committee; and protest will be not accepted.
Tentative Program:	Saturday: January 15, 2022 9.00 – 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 Prejudging for the first 12 categories 1. Men's Athletic Physique age below 35 yrs. Open 2. Men's Athletic Physique age 35 - 40 yrs. Open 3. Men's Athletic Physique age 41 - 50 yrs. Open 4. Men's Athletic Physique age over 51 yrs. Open 5. Women's Model Physique age below 30 yrs. Open 6. Women's Model Physique age 30 - 35 yrs. Open 7. Women's Model Physique age 36 - 40 yrs. Open 8. Women's Model Physique age 41 - 45 yrs. Open 9. Women's Model Physique age 46 - 50 yrs. Open 10. Women's Model Physique age over 51 yrs. Open 11. Women's Athletic Physique age below 30 yrs. Open

18.00 – 18.30

12. Women's Athletic Physique age over 30 yrs. Open
Opening Ceremony

18.30– 21.00

Final Round for the first 12 categories

1. Men's Athletic Physique age below 35 yrs. Open
2. Men's Athletic Physique age 35 - 40 yrs. Open
3. Men's Athletic Physique age 41 - 50 yrs. Open
4. Men's Athletic Physique age over 51 yrs. Open
5. Women's Model Physique age below 30 yrs. Open
6. Women's Model Physique age 30 - 35 yrs. Open
7. Women's Model Physique age 36 - 40 yrs. Open
8. Women's Model Physique age 41 - 45 yrs. Open
9. Women's Model Physique age 46 - 50 yrs. Open
10. Women's Model Physique age over 51 yrs. Open
11. Women's Athletic Physique age below 30 yrs. Open
12. Women's Athletic Physique age over 30 yrs. Open

Sunday: January 16, 2022

9.00 – 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

Prejudging for the first 11 categories

1. Men's Bodybuilding age below 31 yrs. Open
2. Men's Bodybuilding age 31 - 40 yrs. Open
3. Men's Bodybuilding age 41 - 45 yrs. Open
4. Men's Bodybuilding age 46 - 50 yrs. Open
5. Men's Bodybuilding age 51 - 55 yrs. Open
6. Men's Bodybuilding age over 56 yrs. Open
7. Men's Sport Physique age below 35 yrs. Open
8. Men's Sport Physique age 35-40 yrs. Open
9. Men's Sport Physique age 41-45 yrs. Open
10. Men's Sport Physique age 46-50 yrs. Open
11. Men's Sport Physique age over 51 yrs. Open

18.00 – 21.00

Final Round for the first 11 categories

1. Men's Bodybuilding age below 31 yrs. Open
2. Men's Bodybuilding age 31 - 40 yrs. Open
3. Men's Bodybuilding age 41 - 45 yrs. Open
4. Men's Bodybuilding age 46 - 50 yrs. Open
5. Men's Bodybuilding age 51 - 55 yrs. Open
6. Men's Bodybuilding age over 56 yrs. Open
7. Men's Sport Physique age below 35 yrs. Open
8. Men's Sport Physique age 35-40 yrs. Open
9. Men's Sport Physique age 41-45 yrs. Open
10. Men's Sport Physique age 46-50 yrs. Open
11. Men's Sport Physique age over 51 yrs. Open