



Thailand Muscle and Physique Championships 2021

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 2021” 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

Pattaya City, Thailand

Date

June 12 - 13, 2021



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 + 2 = Body weight
(over 180 CM. + 4 KG.)
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 + 4 KG = Body weight
 - 3.3. Height over 175 CM. – 100 + 6 KG = Body weight
(over 180 CM. + 8 KG.)
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
6. Model Physique Transgender Open

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

Complete

- Application Form
- A copy of ID card or a copy of passport
- 2 inches photo.

Send all these documents to E-mail : reg.tbpa@gmail.com only

(Application documents are not accepted by post.)

For more information, please contact our inbox facebook page.

<https://www.facebook.com/tbpa.or.th>

Before 4th June 2021

Contact us

Thailand Bodybuilding and Physique Sports Association at the inbox Facebook page and

email : reg.tbpa@gmail.com Phone : 092-278-6816

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 Trunk, black colour without pattern 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 Platform shoes are prohibited.)

Men's Sports Physique – WBPF Rules and Regulations

Beach pants, no shoes. 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.

Model Physique Transgender – WBPF Rules and Regulations

Beach pants, no shoes. 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.

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



Thailand Muscle and Physique Sports Championships 2021

Pattaya City, Thailand June 12 - 13, 2021

Tentative Program

12th June 2021

| | |
|---------------|---|
| 09.00 – 10.00 | Registration |
| 10.30 – 12.00 | Rules and Regulations assemble |
| | Weight-in |
| 12.00 – 13.00 | Lunch |
| 12.30 – 13.00 | Warming Up |
| 13.00 – 16.00 | Pre Judging for the last 8 categories |
| | 1. Men's Athletic Physique up to 170 cm.-100 = Weight+2 |
| | 2. Men's Athletic Physique up to 175 cm.-100 = Weight+4 |
| | 3. Men's Athletic Physique over 175 cm.-100 = Weight+6 |
| | 4. Women's Model Physique Master Age over 30 years |
| | 5. Model Physique Transgender Open |
| | 6. Men's Sport Physique up to 170 cm. – 100 = Weight |
| | 7. Men's Sport Physique up to 175 cm. – 100 = Weight |
| | 8. Men's Sport Physique over 175 cm. – 100 +2 = Weight |
| 18.00 – 21.00 | Final Round for the last 8 categories |
| | 1. Men's Athletic Physique up to 170 cm.-100 = Weight+2 |
| | 2. Men's Athletic Physique up to 175 cm.-100 = Weight+4 |
| | 3. Men's Athletic Physique over 175 cm.-100 = Weight+6 |
| | 4. Women's Model Physique Master Age over 30 years |
| | 5. Model Physique Transgender Open |
| | 6. Men's Sport Physique up to 170 cm. – 100 = Weight |
| | 7. Men's Sport Physique up to 175 cm. – 100 = Weight |
| | 8. Men's Sport Physique over 175 cm. – 100 +2 = Weight |



13th June 2021

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|---------------|---|
| 09.00 – 10.00 | Registration |
| 10.30 – 12.00 | Rules and Regulations assemble Weight-in |
| 12.00 – 13.00 | Lunch |
| 12.30 – 13.00 | Warming Up |
| 13.00 – 16.00 | Pre Judging for the first 9 categories <ol style="list-style-type: none">1. Men's Bodybuilding up to 65 kg2. Men's Bodybuilding up to 70 kg3. Men's Bodybuilding up to 75 kg4. Men's Bodybuilding up to 80 kg5. Men's Bodybuilding over 80 kg6. Men's Bodybuilding Master Age over 45 years7. Women's Model Physique up to 160 cm.8. Women's Model Physique up to 164 cm.9. Women's Model Physique over 164 cm. |
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Remark!!! Prize Giving will be presented in the Final Round of each competition days