



Thailand Muscle and Physique Championships 2021

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 in participating “Thailand Muscle and Physique Championships”

Venue

Royal Garden Plaza Pattaya City, Thailand

Date

November 20 - 21, 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's Model Physique Master Age 30 years and above
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 45 years and above
6. Men's Fitness Physique Open
7. Women's Fitness Physique 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. Each contestant can apply only one category.
4. For Bodybuilding and Athletic Physique category, the contestant must bring along a music CD (length up to 60 seconds) for posing. If not, the organizer will provide the music for performing.
5. The contestant must adhere to Thailand Bodybuilding and Physique Sports Association Covid-19 Health and Safety Guidelines

How to Apply

Link: <https://forms.gle/XpQK4Rej1xAq5p7r7>



Deadline 12th November 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 contestant 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 color without pattern only. bodybuilding trunk is not allowed.)

Women's Model Physique – WBPF Rules and Regulations (Any colors of two-piece bikini with high-heeled shoes. The Bottom of the bikini has to cover 50% of the buttocks. Thong is not allowed.)

High-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 strap. Wedge and platform-heeled shoes are prohibited.



Men's Sports Physique – WBPF Rules and Regulations (Over-knee beach pants, no shoes.)

Fitness Physique – Use the competition rules of the Bodybuilding and Fitness Association of Thailand and the World Bodybuilding and Fitness Federation (WBPF).

Men's Fitness Physique

Pre-Judging round: Only black bodybuilding trunk with thick side (15 cm.) allowed

Performance round: Any attires with upper body cover are allowed, taking off the shirt is prohibited.

Women's Fitness Physique - Any colors of two-piece bikini with high-heeled shoes (The Bottom of the bikini has to cover 50% of the buttocks. Thong is not allowed.) Accessories are allowed.

Performance round: Any attires with upper body cover are allowed, taking off the shirt is prohibited.

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



Thailand Muscle and Physique Championships 2021

Royal Garden Plaza Pattaya City, Thailand November 20 - 21, 2021

Tentative Program

20th November 2021

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 <ol style="list-style-type: none">1. Men's Athletic Physique up to 170 cm.2. Men's Athletic Physique up to 175 cm.3. Men's Athletic Physique over 175 cm.-4. Women's Model Physique Master Age 30 years and above5. Men's Sport Physique up to 170 cm.6. Men's Sport Physique up to 175 cm.7. Men's Sport Physique over 175 cm.8. Men's Fitness Physique Open9. Women's Fitness Physique Open
18.00	Opening ceremony
18.30 – 21.00	Final Round for the last 9 categories <ol style="list-style-type: none">1. Men's Athletic Physique up to 170 cm.2. Men's Athletic Physique up to 175 cm.3. Men's Athletic Physique over 175 cm.4. Women's Model Physique Master Age 30 years and above5. Men's Sport Physique up to 170 cm.6. Men's Sport Physique up to 175 cm.7. Men's Sport Physique over 175 cm.8. Men's Fitness Physique Open9. Women's Fitness Physique Open



21st November 2021

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 <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 45 years and above7. 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.
18.00 – 21.00	Final Round 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 45 years and above7. 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

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