



## **Thailand Muscle and Physique Championships**

**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 2019” 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

February 16-17, 2019

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
- 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 these documents to E-mail : [reg.tbpa@gmail.com](mailto:reg.tbpa@gmail.com)

#### 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](mailto:reg.tbpa@gmail.com) Phone: 02-170-9601

\* Final Entry date: Friday 8<sup>th</sup> February, 2019



### 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)

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!!!!**



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

**Royal Garden Plaza Pattaya, Thailand**

**February 16-17, 2019**

### **Tentative Program**

\*\*\*\*\*

16<sup>th</sup> February 2019

10.00 – 11.00	Registration
11.00 – 12.00	Rules and Regulations assemble
	Weight-in
12.00 -13.00	Lunch
13.30-13.30	Warming Up
13.30-16.00	Pre Judging for the last 8 categories
	1. Men's Bodybuilding up to 65kg
	2. Men's Bodybuilding up to 70kg
	3. Men's Bodybuilding up to 75kg
	4. Men's Bodybuilding up to 80kg
	5. Men's Bodybuilding over 80kg
	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 65kg
	2. Men's Bodybuilding up to 70kg
	3. Men's Bodybuilding up to 75kg
	4. Men's Bodybuilding up to 80kg
	5. Men's Bodybuilding over 80kg
	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.



17<sup>th</sup> February 2019

10.00 – 11.00	Registration
11.00 – 12.00	Rules and Regulations assemble Weight-in
12.00 -13.00	Lunch
13.00-13.30	Warming Up
13.30-16.00	Pre Judging for the first 8 categories <ol style="list-style-type: none"><li>1. Men's Athletic Physique up to 170 cm-100 = Weight+2</li><li>2. Men's Athletic Physique up to 175 cm-100 = Weight+3</li><li>3. Men's Athletic Physique over 175 cm-100 = Weight+4</li><li>4. Men's Bodybuilding Master Age over 45 years.</li><li>5. Women's Model Physique Master Age over 30 years.</li><li>6. Men's Sport Physique up to 170 cm. – 100 = Weight</li><li>7. Men's Sport Physique up to 175 cm. – 100 = Weight</li><li>8. Men's Sport Physique over 175 cm. – 100 = Weight</li></ol>
16.00-18.00	Final Round for the first 8 categories <ol style="list-style-type: none"><li>1. Men's Athletic Physique up to 170 cm-100 = Weight+2</li><li>2. Men's Athletic Physique up to 175 cm-100 = Weight+3</li><li>3. Men's Athletic Physique over 175 cm-100 = Weight+4</li><li>4. Men's Bodybuilding Master Age over 45 years.</li><li>5. Women's Model Physique Master Age over 30 years.</li><li>6. Men's Sport Physique up to 170 cm. – 100 = Weight</li><li>7. Men's Sport Physique up to 175 cm. – 100 = Weight</li><li>8. Men's Sport Physique over 175 cm. – 100 = Weight</li></ol>

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