



1<sup>st</sup> THAILAND OPEN  
MASTERS GAMES

*Spirit of Friendships*

Sept 13-20, 2020 Bangkok, Thailand

# Bodybuilding & Physique Sports Competition

Dear Colleagues,

You are invited to compete in 1<sup>st</sup> Thailand Open Masters Games. This invitation contains important information that should also be brought to the attention of the Team Manager accompanying your players.

## PROSPECTUS - GENERAL DETAILS

Organization:	Thailand Open Masters Games																							
Host:	Thailand Bodybuilding & Physique Sports Association (TBPA) Thailand Masters Association (TMA)  Thailand Bodybuilding & Physique Sports Association (TBPA) Floor 19 <sup>th</sup> , Chalermprakiet Building, Sports Authority of Thailand 286 Ramkhamhaeng Road, Huamark, Bangkok, Bangkok 10240, Thailand Ph: +662 170 9601, +669 2278 6816 Email: tbpathai@hotmail.com Website: <a href="http://www.tbpa.or.th">http://www.tbpa.or.th</a>																							
Date:	Thursday, 17 September to Sunday, 20 September 2020																							
Venue:	The Nine Center Rama 9, Bangkok																							
Event Directors:	<b>Event Director:</b> Mr.Sugree Supawarikul Phone: +662 170 9601 Email: tbpathai@hotmail.com <b>Asst. Event Director:</b> Mr.Salee Swangsuk Phone: +668 1691 0958 Email:																							
Technical Committee:	<b>Chairman:</b> Mr.Boonchai Saetae Phone: +668 9771 0710 Email: boon_chai1@hotmail.com <b>Secretary:</b> Mr.Santi Chankree Phone: +669 4485 8635 Email:																							
Schedule:	<table border="1"> <thead> <tr> <th>Day</th> <th>Progression</th> <th>Detail</th> </tr> </thead> <tbody> <tr> <td>Thursday Sep 17, 2020</td> <td>12:00</td> <td>Arrival</td> </tr> <tr> <td>Friday Sep 18, 2020</td> <td>10:00 – 12:00</td> <td>Technical meeting</td> </tr> <tr> <td></td> <td>15.00 – 18.00</td> <td>Weight and Height</td> </tr> <tr> <td>Saturday Sep 19, 2020</td> <td>9.00 – 18.00</td> <td>Event</td> </tr> <tr> <td>Sunday Sep 20, 2020</td> <td>9.00 – 18.00</td> <td>Event</td> </tr> <tr> <td>Monday Sep 21, 2020</td> <td>9.00 – 12.00</td> <td>Departure</td> </tr> </tbody> </table> <p>• The starting time, rounds to be played, and order of play may be changed at the discretion of Technical Committee.</p>			Day	Progression	Detail	Thursday Sep 17, 2020	12:00	Arrival	Friday Sep 18, 2020	10:00 – 12:00	Technical meeting		15.00 – 18.00	Weight and Height	Saturday Sep 19, 2020	9.00 – 18.00	Event	Sunday Sep 20, 2020	9.00 – 18.00	Event	Monday Sep 21, 2020	9.00 – 12.00	Departure
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	<ul style="list-style-type: none"> <li>• The schedule is subject to confirmation by the Organizing Committee.</li> <li>• All events will be on strict timetable system. Match will be forfeited if the players are not present and are not ready to play at the time for which their match is scheduled.</li> </ul>
<p>Technical Meeting:</p>	<ul style="list-style-type: none"> <li>• The Technical Meeting will be held on <u>Friday September 18, 2020 at 10:00 hours.</u></li> <li>• The venue is <b>The Nine Center Rama 9, Bangkok.</b> It is compulsory for all participants to attend the Technical and Competitors.</li> </ul>
<p>Types of Competition:</p>	<p>Thailand Open Masters Games (Bodybuilding):</p> <ol style="list-style-type: none"> <li>1. Men's Bodybuilding 5 categories <ol style="list-style-type: none"> <li>1.1 Men's Bodybuilding age below 40 yrs.</li> <li>1.2 Men's Bodybuilding age 40 - 49 yrs. up to 70 kg.</li> <li>1.3 Men's Bodybuilding age 40 - 49 yrs. over 70 kg.</li> <li>1.4 Men's Bodybuilding age 50 - 59 yrs.</li> <li>1.5 Men's Bodybuilding age over 60 yrs.</li> </ol> </li> <li>2. Women's Athletic Physique 2 categories <ol style="list-style-type: none"> <li>2.1 Women's Athletic Physique age below 35 yrs.</li> <li>2.2 Women's Athletic Physique age over 35 yrs.</li> </ol> </li> <li>3. Men's Athletic Physique 4 categories <ol style="list-style-type: none"> <li>3.1 Men's Athletic Physique age below 40 yrs. (up to 170 cm. +4kg. / up to 180 cm. +6kg. / over 180 cm. +8kg.)</li> <li>3.2 Men's Athletic Physique age 40 - 49 yrs. up to 170 cm. Height – 100 = Weight (+4)</li> <li>3.3 Men's Athletic Physique age 40 - 49 yrs. over 170 cm. Height – 100 = Weight (+6)</li> <li>3.4 Men's Athletic Physique age over 50 yrs. (up to 170 cm. +4kg. / up to 180 cm. +6kg. / over 180 cm. +8kg.)</li> </ol> </li> <li>4. Women's Model Physique 3 categories <ol style="list-style-type: none"> <li>4.1 Women's Model Physique age below 35 yrs.</li> <li>4.2 Women's Model Physique age over 35 yrs. up to 160 cm.</li> <li>4.3 Women's Model Physique age over 35 yrs. over 160 cm.</li> </ol> </li> <li>5. Men's Sport Physique 4 categories <ol style="list-style-type: none"> <li>5.1 Men's Sport Physique age below 40 yrs. (up to 170 cm. +0kg. / up to 180 cm. +2kg. / over 180 cm. +4kg.)</li> <li>5.2 Men's Sport Physique 40 - 49 yrs. up to 170 cm. Height – 100 = Weight (+0)</li> <li>5.3 Men's Sport Physique 40 - 49 yrs. over 170 cm. Height – 100 = Weight (+2)</li> <li>5.4 Men's Sport Physique over 50 yrs. (up to 170 cm. +0kg. / up to 180 cm. +2kg. / over 180 cm. +4kg.)</li> </ol> </li> </ol> <p>Total of 18 events</p>
<p>Rules and Regulations:</p>	<ol style="list-style-type: none"> <li>1) The competition Rules and Regulations of ABBF and WBPF will be applied to this championship. <ul style="list-style-type: none"> <li>- Technical issues shall be resolved in accordance with Rules and Regulations of the ABBF/ WBPF.</li> </ul> </li> <li>2) Each Participant can attend only one category of the championships</li> </ol>

	<p>3) Attires of the competitors</p> <p>All competitors participating in this competition must wear appropriate clothing and apparel that comply with the ABBF and WBPF Rules and Regulations. The competition attire, under the rules of ABBF and WBPF must meet the guidelines of having all posing trunks of a solid, non-distracting color which are clean and decent.</p> <p><b><u>Men’s Bodybuilding</u></b> – Only Black Bodybuilding Trunk</p> <p><b><u>Men’s Athletic Physique</u></b> – Full Swimming Trunk, black colour without pattern only. Bodybuilding Trunk are not allowed.</p> <p><b><u>Women’s Model Physique</u></b> – Any colors of Two Piece Bikini with High Heels Shoes. The Bottom of the bikini has to cover 50% of the buttocks.</p> <p>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.</p> <p><b><u>Men’s Sports Physique</u></b> – Beach pants, the length of the pants is approximately above the knees. No shoes.</p> <p>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.</p>
Prizes:	<p>All type of competition</p> <p>1<sup>st</sup> Place receive Gold medal and Certificate</p> <p>2<sup>nd</sup> Place receive Silver medal and Certificate</p> <p>3<sup>rd</sup> Place receive Bronze medal and Certificate</p> <p>4<sup>th</sup> Place receive Certificate</p> <p>5<sup>th</sup> Place receive Certificate</p>
Eligibility:	<p>Thailand Open Masters Games (TOMG), bodybuilding event is for all individual athletes</p>
Entry:	<ol style="list-style-type: none"> <li>1. Please submit the Application Form, Registration Fee, Photos and copy of ID card or a copy of passport of participants to the Organizing Committee before entry deadline.</li> <li>2. Send all documents to E-mail: <a href="mailto:reg.tbpa@gmail.com">reg.tbpa@gmail.com</a> Or Thailand Bodybuilding and Physique Sports Association Floor 19<sup>th</sup> , Chalermprakiet Building, Sport Authority of Thailand 286 Ramkhamhaeng Road, Huamark, Bangkok, Thailand 10240 Tel: +662 170 9601, +6692 278 6816</li> <li>3. Entry Deadline: <u>August 31, 2020</u></li> </ol>
Registration Conditions:	<p>Registration fee for all competitors Baht 300/person.</p> <p>*Registration fee will be paid upon the registration desk.</p>
Arbitration:	<p>All the final decision will be made by the Judges Committee; and protest will be not accepted.</p>
Personal Safety Insurance:	<p>Personal Health and any form of injury will be at own risk. The organizer is not liable for any untoward incident. However, we will assist whatever we can.</p>

Tentative Program:

**Thursday: September 17, 2020**

Arrival of the Executive Committee, Delegate and Athletes.

12.00 pm Check-in to the Hotel  
07.00 pm Dinner for officials and athletes at the Hotel

**Friday: September 18, 2020**

07.00 am Breakfast for officials and athletes at the Hotel  
10.00 am **Technical Meeting and Judges Meeting**  
12.00 pm Lunch  
03.00 pm **Weight-in of all Body Weight Categories and Height Measurements and Checking of Age Groups**  
07.00 pm Dinner for officials and athletes at the Hotel

**Saturday: September 19, 2020**

06.30 am Breakfast for officials and athletes at the Hotel  
09.00 am **Pre Judging for the first 9 categories**  
1. Men's Bodybuilding age below 40 yrs.  
2. Men's Bodybuilding age 40 - 49 yrs. up to 70 kg.  
3. Men's Bodybuilding age 40 - 49 yrs. over 70 kg.  
4. Men's Bodybuilding age 50 - 59 yrs.  
5. Men's Bodybuilding age over 60 yrs.  
6. Men's Athletic Physique age below 40 yrs.  
7. Men's Athletic Physique age 40 - 49 yrs. up to 170 cm.  
8. Men's Athletic Physique age 40 - 49 yrs. over 170 cm.  
9. Men's Athletic Physique age over 50 yrs.  
12.00 pm Lunch  
01.00 pm **Final Round for the first 9 categories**  
1. Men's Bodybuilding age below 40 yrs.  
2. Men's Bodybuilding age 40 - 49 yrs. up to 70 kg.  
3. Men's Bodybuilding age 40 - 49 yrs. over 70 kg.  
4. Men's Bodybuilding age 50 - 59 yrs.  
5. Men's Bodybuilding age over 60 yrs.  
6. Men's Athletic Physique age below 40 yrs.  
7. Men's Athletic Physique age 40 - 49 yrs. up to 170 cm.  
8. Men's Athletic Physique age 40 - 49 yrs. over 170 cm.  
9. Men's Athletic Physique age over 50 yrs.  
07.00 pm Dinner

**Sunday: September 20, 2020**

06.30 am Breakfast  
09.00 am **Pre Judging for the last 9 categories**  
1. Women's Athletic Physique age below 35 yrs.  
2. Women's Athletic Physique age over 35 yrs.  
3. Women's Model Physique age below 35 yrs.  
4. Women's Model Physique age over 35 yrs. up to 160cm.  
5. Women's Model Physique age over 35 yrs. over 160 cm.  
6. Men's Sport Physique age below 40 yrs.  
7. Men's Sport Physique 40 - 49 yrs. up to 170 cm.  
8. Men's Sport Physique 40 - 49 yrs. over 170 cm.  
9. Men's Sport Physique over 50 yrs.  
12.00 pm Lunch

01.00 pm

**Final Round for the last 9 categories**

1. Women's Athletic Physique age below 35 yrs.
2. Women's Athletic Physique age over 35 yrs.
3. Women's Model Physique age below 35 yrs.
4. Women's Model Physique age over 35 yrs. up to 160cm.
5. Women's Model Physique age over 35 yrs. over 160 cm.
6. Men's Sport Physique age below 40 yrs.
7. Men's Sport Physique 40 - 49 yrs. up to 170 cm.
8. Men's Sport Physique 40 - 49 yrs. over 170 cm.
9. Men's Sport Physique over 50 yrs.

07.00 pm

Farewell party

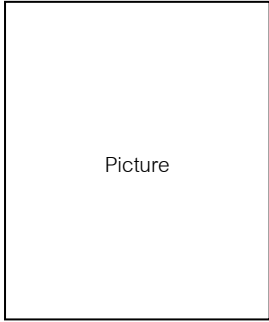
**Monday: September 21, 2020**

06.30 am

Breakfast for officials and athletes at the Hotel

12.00 pm

Departure



## Application Form

### 1<sup>st</sup> Thailand Open Masters Games

September 17 – 20, 2020 (Bodybuilding)

Thailand Bodybuilding and Physique Sports Association



*Spirit of Friendships*  
Sept 13-20, 2020 Bangkok, Thailand

Firstname.....Lastname.....

Date of Birth.....Nationality.....

Contact address (In Thailand).....

.....Province.....

Post Code .....Mobile No..... Fax .....

Email ..... (Use for register confirmation)

Choose one category for “1<sup>st</sup> Thailand Open Masters Games”

- 1. Men’s Bodybuilding age below 40 yrs.
- 2. Men’s Bodybuilding age 40 - 49 yrs. up to 70 kg.
- 3. Men’s Bodybuilding age 40 - 49 yrs. over 70 kg.
- 4. Men’s Bodybuilding age 50 - 59 yrs.
- 5. Men’s Bodybuilding age over 60 yrs.
- 6. Women’s Athletic Physique age below 35 yrs.
- 7. Women’s Athletic Physique age over 35 yrs.
- 8. Men’s Athletic Physique age below 40 yrs.
- 9. Men’s Athletic Physique age 40 - 49 yrs. up to 170 cm.
- 10. Men’s Athletic Physique age 40 - 49 yrs. over 170 cm.
- 11. Men’s Athletic Physique age over 50 yrs.
- 12. Women’s Model Physique age below 35 yrs.
- 13. Women’s Model Physique age over 35 yrs. up to 160 cm.
- 14. Women’s Model Physique age over 35 yrs. over 160 cm.
- 15. Men’s Sport Physique age below 40 yrs.

- 16. Men's Sport Physique 40 - 49 yrs. up to 170 cm.
- 17. Men's Sport Physique 40 - 49 yrs. over 170 cm.
- 18. Men's Sport Physique over 50 yrs.

**\* The competitor must submit the passport copy to identify yourself.**

Due date for the registration : August 31, 2020

(Signature).....

(.....)

Please submit the application form with passport copy to  
Thailand Bodybuilding and Physique Sports Association 286 Sport Authority of Thailand  
19<sup>th</sup> Floor Chaloemprakit Bldg. Ramkanhaeng Road, Bangkok Bangkok 10240  
or E-Mail: [reg.tbpa@gmail.com](mailto:reg.tbpa@gmail.com) Tel.: +662 170 9601, +669 2278 6816