



Spirit of Friendships

Sept 13-20, 2020 Bangkok, Thailand

Bodybuilding & Physique Sports Competition

PROSPECTUS - GENERAL DETAILS

Organization:	1 st Thailand Open Masters Games
Host:	Thailand Bodybuilding & Physique Sports Association (TBPA) Thailand Masters Association (TMA)
Date:	Saturday, 19 September to Sunday, 20 September 2020
Venue:	The Nine Center Rama 9, Bangkok
Types of Competition:	<p>Thailand Open Masters Games:</p> <ol style="list-style-type: none"> 1. Men's Bodybuilding 5 categories <ol style="list-style-type: none"> 1.1 Men's Bodybuilding age below 40 yrs. 1.2 Men's Bodybuilding age 40 - 49 yrs. up to 70 kg. 1.3 Men's Bodybuilding age 40 - 49 yrs. over 70 kg. 1.4 Men's Bodybuilding age 50 - 59 yrs. 1.5 Men's Bodybuilding age over 60 yrs. 2. Women's Athletic Physique 2 categories <ol style="list-style-type: none"> 2.1 Women's Athletic Physique age below 35 yrs. 2.2 Women's Athletic Physique age over 35 yrs. 3. Men's Athletic Physique 4 categories <ol style="list-style-type: none"> 3.1 Men's Athletic Physique age below 40 yrs. (up to 170 cm. +4kg. / up to 180 cm. +6kg. / over 180 cm. +8kg.) 3.2 Men's Athletic Physique age 40 - 49 yrs. up to 170 cm. Height – 100 = Weight (+4) 3.3 Men's Athletic Physique age 40 - 49 yrs. over 170 cm. Height – 100 = Weight (+6) 3.4 Men's Athletic Physique age over 50 yrs. (up to 170 cm. +4kg. / up to 180 cm. +6kg. / over 180 cm. +8kg.) 4. Women's Model Physique 3 categories <ol style="list-style-type: none"> 4.1 Women's Model Physique age below 35 yrs. 4.2 Women's Model Physique age over 35 yrs. up to 160 cm.

	<p>4.3 Women’s Model Physique age over 35 yrs. over 160 cm.</p> <p>5. Men’s Sport Physique 4 categories</p> <p>5.1 Men’s Sport Physique age below 40 yrs. (up to 170 cm. +0kg. / up to 180 cm. +2kg. / over 180 cm. +4kg.)</p> <p>5.2 Men’s Sport Physique 40 - 49 yrs. up to 170 cm. Height – 100 = Weight (+0)</p> <p>5.3 Men’s Sport Physique 40 - 49 yrs. over 170 cm. Height – 100 = Weight (+2)</p> <p>5.4 Men’s Sport Physique over 50 yrs. (up to 170 cm. +0kg. / up to 180 cm. +2kg. / over 180 cm. +4kg.)</p> <p>Total of 18 events</p>
<p>Rules and Regulations:</p>	<p>1) The competition Rules and Regulations of Thailand Bodybuilding and Physique Sports Association and WBPF will be applied to this championship.</p> <p>2) Each Participant can attend only one category of the championships</p> <p>Attires of the competitors</p> <p><u>Men’s Bodybuilding</u> – Only Black Bodybuilding Trunk</p> <p><u>Men’s Athletic Physique</u> – Full Swimming Trunk, black colour without pattern only. Bodybuilding Trunk are not allowed.</p> <p><u>Women’s Model Physique</u> – 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.</p> <p><u>Men’s Sports Physique</u> – 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>
<p>Prizes:</p>	<p>All type of competition</p> <p>1st Place receive Gold medal and Certificate</p> <p>2nd Place receive Silver medal and Certificate</p> <p>3rd Place receive Bronze medal and Certificate</p> <p>4th Place receive Certificate</p> <p>5th Place receive Certificate</p>

Eligibility:	Thailand Open Masters Games (TOMG), bodybuilding event is for all individual athletes																
Entry:	<ol style="list-style-type: none"> 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. 2. Send all documents to E-mail: reg.tbpa@gmail.com Or Thailand Bodybuilding and Physique Sports Association Floor 19th , Chalermprakiet Building, Sport Authority of Thailand 286 Ramkhamhaeng Road, Huamark, Bangkok, Thailand 10240 Tel: +662 170 9601, +6692 278 6816 3. Entry Deadline: <u>August 31, 2020</u> 																
Registration Conditions:	<p>Registration fee for all competitors Baht 300/person.</p> <p>*Registration fee will be paid upon the registration desk.</p>																
Arbitration:	All the final decision will be made by the Judges Committee; and protest will be not accepted.																
Tentative Program:	<p>Saturday: September 19, 2020</p> <table> <tr> <td>9.00 – 10.00</td> <td>Registration</td> </tr> <tr> <td>10.00 – 10.30</td> <td>Rules and Regulations assemble</td> </tr> <tr> <td>10.30 – 12.00</td> <td>Weight in</td> </tr> <tr> <td>12.00 – 13.00</td> <td>Lunch</td> </tr> <tr> <td>12.30 – 13.00</td> <td>Warming up</td> </tr> <tr> <td>13.00 – 16.00</td> <td> <p>Pre Judging for the first 9 categories</p> <ol style="list-style-type: none"> 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. </td> </tr> <tr> <td>18.00 – 18.30</td> <td>Opening Ceremony</td> </tr> <tr> <td>18.30 – 21.00</td> <td> <p>Final Round for the first 9 categories</p> <ol style="list-style-type: none"> 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. </td> </tr> </table>	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	<p>Pre Judging for the first 9 categories</p> <ol style="list-style-type: none"> 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. 	18.00 – 18.30	Opening Ceremony	18.30 – 21.00	<p>Final Round for the first 9 categories</p> <ol style="list-style-type: none"> 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.
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Sunday: September 20, 2020

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

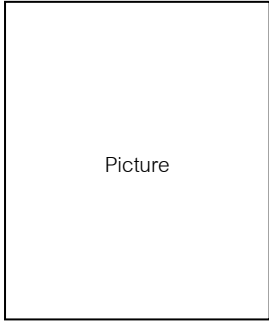
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3. Women's Model Physique age below 35 yrs.
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Application Form

1st Thailand Open Masters Games

September 19 – 20, 2020

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 CodeMobile No..... Fax

Email (Use for register confirmation)

Choose one category for “1st 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.
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- 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
19th Floor Chaloemprakiat Bldg. Ramkanhaeng Road, Bangkok Bangkok 10240
or E-Mail: reg.tbpa@gmail.com Tel.: +662 170 9601, +669 2278 6816