



## **Thailand International Elite Physique Championships 2020**

**by**

**Thailand Bodybuilding and Physique Sports Association**

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### Venue

Central Festival Samui, Koh Samui, Thailand

### Date

November 21<sup>st</sup> – 22<sup>nd</sup>, 2020

### Event and Categories

1. Women's Model Physique 3 categories

Height up to 160 Cm.

Height up to 164 Cm.

Height over 164 Cm.

2. Men's Sport Physique 3 categories

Height up to 170 Cm.

(Height – 100 = Weight )

Height up to 175 Cm.

(Height – 100 = Weight + 1 Kg.)

Height over 175 Cm.

(Height – 100 = Weight + 2 Kg. / Height over 180 Cm. + 4 Kg.)

3. Men's Athletic Physique 3 categories

Height up to 170 Cm.

(Height – 100 = Weight + 2 Kg. )

Height up to 175 Cm.

(Height – 100 = Weight + 4 Kg. )

Height over 175 Cm.

(Height – 100 = Weight + 6 Kg. )

4. Women's Athletic Physique Open

5. Men's Bodybuilding 6 categories

Weight up to 65 Kg.

Weight up to 70 Kg.

Weight up to 75 Kg.

Weight up to 80 Kg.

Weight over 80 Kg.

Master age over 45 years

7. Men's Fitness Physique Open

8. Women's Fitness Physique Open

### 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 please bring along a music CD (length up to 60 seconds) for posing. If not, the organizer will use their own music for performing.

### How to Apply

Complete Application Form with a copy of ID card or a copy of passport with a 2 inches photo. Send all these documents to.

1. Email : Reg.tbpa@gmail.com
2. Or Thailand Bodybuilding and Physique Sports Association Floor 19<sup>th</sup>  
286 Chalermprakiet Building, Sports Authority of Thailand Ramkhamhaeng  
Road, Huamark, Bangkok, Bangkok 10240 Thailand  
Phone: 02-170-9601, 082-2786816

**\* Final Entry date: November 12, 2020**

### Rules and Regulations

1. The competition Rules and Regulation of TBPA will be applied to this Championship
2. Each Participant can attend only one category of the championships

#### **1. Competition Rules:**

- 1) The competition Rules and Regulations of ABBF and WBPF will be applied to this championship.

- Technical issues shall be resolved in accordance with Rules and Regulations of the ABBF/ WBPF.

2) Each Participant can attend only one category of the championships

3) Attires of the competitors

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.

**Men's Bodybuilding** – Only Black Bodybuilding Trunk

**Men's Athletic Physique** – Full Swimming Trunk, black colour without pattern only. Bodybuilding Trunk are not allowed.

**Women's Model Physique**-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** – Any short 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.



21<sup>st</sup> November 2020

13.00 - 14.00	Registration
14.00 - 14.30	Rules and Regulations assemble
14.30 - 16.00	Weight in
16.00 - 16.30	Warming up
16.30 - 18.00	Pre judging for the first 9 categories Men's Fitness Physique Open Women's Fitness Physique Open Women's Athletic Physique Open Men's Athletic Physique up to 170 Cm. Men's Athletic Physique up to 175 Cm. Men's Athletic Physique Over 175 Cm. Men's Sport Physique up to 170 Cm. Men's Sport Physique up to 175 Cm. Men's Sport Physique Over 175 Cm.
18.00 - 18.30	Opening Ceremony
18.30 - 20.30	Final Round for the first 9 categories Men's Fitness Physique Open Women's Fitness Physique Open Women's Athletic Physique Open Men's Athletic Physique up to 170 Cm. Men's Athletic Physique up to 175 Cm. Men's Athletic Physique Over 175 Cm. Men's Sport Physique up to 170 Cm. Men's Sport Physique up to 175 Cm. Men's Sport Physique Over 175 Cm.

22<sup>nd</sup> November 2020

13.00 - 14.00	Registration
14.00 - 14.30	Rules and Regulations assemble
14.30 - 16.00	Weight in
16.00 - 16.30	Warming up
16.30 - 18.00	Pre judging for the first 9 categories Men's Bodybuilding up to 65 Kg. Men's Bodybuilding up to 70 Kg. Men's Bodybuilding up to 75 Kg. Men's Bodybuilding up to 80 Kg. Men's Bodybuilding over 80 Kg. Men's Bodybuilding Master age over 45 years Women's Model Physique to 160 Cm. Women's Model Physique to 164 Cm. Women's Model Physique Over 164 Cm.
18.00 - 20.30	Final Round for the last 9 categories Men's Bodybuilding up to 65 Kg. Men's Bodybuilding up to 70 Kg. Men's Bodybuilding up to 75 Kg. Men's Bodybuilding up to 80 Kg. Men's Bodybuilding over 80 Kg. Men's Bodybuilding Master age over 45 years Women's Model Physique to 160 Cm. Women's Model Physique to 164 Cm. Women's Model Physique Over 164 Cm.