



## Thailand Payap Classic 2020

By Thailand Bodybuilding and Physique Sports Association

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### Venue

CentralFestival Chiangmai, Thailand

### Date

December 19<sup>th</sup> – 20<sup>th</sup>, 2020

### Event and Categories

#### 1. Men's Bodybuilding 5 categories

- 1.1 Age below 20 yrs.
- 1.2 Age below 40 yrs. up to 70 kg.
- 1.3 Age below 40 yrs. up to 75 kg.
- 1.4 Age below 40 yrs. over 75 kg.
- 1.5 Master age over 40 yrs.

#### 2. Men's Sport Physique 5 categories

- 2.1 Age below 18 yrs.  
(up to 170 cm.+0 kg. / up to 180 cm.+2 kg. / over 180 cm. +4 kg.)
- 2.2 Age below 24 yrs.  
(up to 170 cm.+0 kg. / up to 180 cm.+2 kg. / over 180 cm. +4 kg.)
- 2.3 Age below 30 yrs.  
(up to 170 cm.+0 kg. / up to 180 cm.+2 kg. / over 180 cm. +4 kg.)
- 2.4 Age below 40 yrs.  
(up to 170 cm.+0 kg. / up to 180 cm.+2 kg. / over 180 cm. +4 kg.)
- 2.5 Age over 40 yrs.  
(up to 170 cm.+0 kg. / up to 180 cm.+2 kg. / over 180 cm. +4 kg.)

#### 3. Men's Athletic Physique 2 categories

- 3.1 Height up to 170 Cm.  
(Height – 100 = Weight + 4 kg.)
- 3.2 Height over 170 Cm.  
(Height – 100 = Weight + 6 kg. / over 180 cm. +8 kg.)

4. Women's Model Physique 4 categories

4.1 Age below 18 yrs.

4.2 Age below 30 yrs.

4.3 Age over 30 yrs.

5. Women's Athletic Physique Open

6. Men's Fitness Physique Open

7. 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](mailto: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: December 11, 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.

(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)

**Women's Athletic Physique** - category Apply the competition rules of Thailand Bodybuilding and Physique Sport Association (TBPA) and World Bodybuilding and Physique Sport Federation (WBPF). - Female athletes will wear a bikini in two pieces, wear high heels. Characteristics of bikini that are used are the same as for women bodybuilding category, maybe a little bit of decoration but not too much.

**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-HEELLED 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.

**Remark!!!** Women's Model Physique age under 18 Yrs category, the competitors have to wear the Sport Bra and Short pants with Sport shoes.

**Men's Sports Physique** – Any short pants, no shoes.



สมาคมยกน้ำหนักสมัครเล่น  
Thailand Payap Classic 2020

Tentative Program

Thailand Payap Classic 2020

December 19<sup>th</sup> – 20<sup>th</sup>, 2020 at Central Festival Chiangmai, Thailand

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19<sup>th</sup> December 2020

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 Men's Sport Physique age below 18 yrs. Men's Athletic Physique up to 170 Cm. Men's Athletic Physique over 170 Cm. Men's Fitness Physique Open Women's Fitness Physique Open Men's Sport Physique age below 24 yrs. Men's Sport Physique age below 30 yrs. Men's Sport Physique age below 40 yrs. Men's Sport Physique age over 40 yrs.
18.00 – 21.00	Final Round for the first 9 categories Men's Sport Physique age below 18 yrs. Men's Athletic Physique up to 170 Cm. Men's Athletic Physique over 170 Cm. Men's Fitness Physique Open Women's Fitness Physique Open Men's Sport Physique age below 24 yrs. Men's Sport Physique age below 30 yrs. Men's Sport Physique age below 40 yrs. Men's Sport Physique age over 40 yrs.

20<sup>th</sup> December 2020

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 - 13.30

Opening Ceremony

13.30 - 16.00

Pre judging for the last 9 categories

Men's Bodybuilding age below 20 yrs.

Men's Bodybuilding age below 40 yrs. up to 70 kg.

Men's Bodybuilding age below 40 yrs. up to 75 kg.

Men's Bodybuilding age below 40 yrs. over 75 kg.

Men's Bodybuilding master age over 40 yrs.

Women's Model Physique age below 18 yrs.

Women's Model Physique age below 30 yrs.

Women's Model Physique age over 30 yrs.

Women's Athletic Physique Open

18.00 - 21.00

Final Round for the last 9 categories

Men's Bodybuilding age below 20 yrs.

Men's Bodybuilding age below 40 yrs. up to 70 kg.

Men's Bodybuilding age below 40 yrs. up to 75 kg.

Men's Bodybuilding age below 40 yrs. over 75 kg.

Men's Bodybuilding master age over 40 yrs.

Women's Model Physique age below 18 yrs.

Women's Model Physique age below 30 yrs.

Women's Model Physique age over 30 yrs.

Women's Athletic Physique Open