



Thailand Southern Bodybuilding Championships 2021

by

Thailand Bodybuilding and Physique Sports Association

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Venue

Phuket province

Date

December 22<sup>nd</sup> - 27<sup>th</sup> 2021

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)
  - Height over 175 Cm.
  - (Height - 100 = Weight + 2 Kg. /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. /over 180 CM. + 8 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 45 years and above

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. Each competitor can apply only one category.
4. 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.
5. The contestant must adhere to Thailand Bodybuilding and Physique Sports Association Covid-19 Health and Safety Guidelines

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.

Google Form Link : <https://forms.gle/MvyFgMHarCwdKWx48>

**\*\*\* Final Entry date December 19<sup>th</sup>, 2021 \*\*\***

## Rules and Regulations

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 Short 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.

**Fitness Physique** – Use the competition rules of the Bodybuilding and Fitness Association of Thailand and the World Bodybuilding and Fitness Federation (WBPF).



## Thailand Southern Bodybuilding Championships 2021

### Tentative Program

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25<sup>th</sup> December 2021

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 Athletic Physique up to 170 Cm. Men's Athletic Physique up to 175 Cm. Men's Athletic Physique Over 175 Cm. Men's Bodybuilding Master age 45 years and above Men's Fitness Physique Open Women's Fitness Physique Open 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 - 21.00	Final Round for the first 9 categories 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 Bodybuilding Master age 45 years and above Men's Fitness Physique Open Women's Fitness Physique Open Men's Sport Physique up to 170 Cm. Men's Sport Physique up to 175 Cm. Men's Sport Physique Over 175 Cm

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## Thailand Southern Bodybuilding Championships

26<sup>th</sup> December 2021

09.00 - 10.00	Registration
10.00 - 10.30	Rules and Regulations assemble
10.30 - 12.00	Weight in
12.30 - 13.00	Lunch
12.30 - 13.00	Warming up
13.00 - 16.00	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. Women's Model Physique up to 160 Cm. Women's Model Physique up to 164 Cm. Women's Model Physique Over 164 Cm. Women's Athletic Physique Open
18.00 - 21.00	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. Women's Model Physique up to 160 Cm. Women's Model Physique up to 164 Cm. Women's Model Physique Over 164 Cm. Women's Athletic Physique Open