

# Bodybuilding & Physique Sports Competition Details

2<sup>nd</sup> THAILAND OPEN  
MASTERS GAMES



*Spirit of Friendships*

<b>Organization:</b>	Sports Authority of Thailand (SAT) Thai Masters Association (TMA) Thailand Bodybuilding and Physique Sports Association (TBPA)
<b>Event:</b>	2 <sup>nd</sup> Thailand Open Masters Games
<b>Date:</b>	Saturday, 15 to Sunday, 16 January 2022
<b>Venue:</b>	Fl. 3 Central Festival Hatyai, Songkhla
<b>Types of competition:</b>	<p>Thailand Open Masters Games (Bodybuilding): 18 events</p> <p><b>1. Men's Bodybuilding 5 categories</b></p> <p>1.1 Men's Bodybuilding age 31 - 40 yrs. Open          1.2 Men's Bodybuilding age 41 - 45 yrs. Open          1.3 Men's Bodybuilding age 46 - 50 yrs. Open          1.4 Men's Bodybuilding age 51 - 55 yrs. Open          1.5 Men's Bodybuilding age over 56 yrs. Open</p> <p><b>2. Men's Athletic Physique 3 categories</b></p> <p>2.1 Men's Athletic Physique age 35 - 40 yrs. Open          (Up to 170 cm. +2kg. /Up to 175cm. +4kg. /Up to 180 cm. +6kg. /          Over 180 cm. +8kg.)</p> <p>2.2 Men's Athletic Physique age 41 - 50 yrs. Open          (Up to 170 cm. +2kg. /Up to 175cm. +4kg. /Up to 180 cm. +6kg. /          Over 180 cm. +8kg.)</p> <p>2.3 Men's Athletic Physique age over 51 yrs. Open          (Up to 170 cm. +2kg. /Up to 175cm. +4kg. /Up to 180 cm. +6kg. /          Over 180 cm. +8kg.)</p> <p><b>3. Women's Athletic Physique age over 30 yrs. Open</b></p> <p><b>4. Women's Model Physique 5 categories</b></p> <p>4.1 Women's Model Physique age 30 - 35 yrs. Open          4.2 Women's Model Physique age 36 - 40 yrs. Open          4.3 Women's Model Physique age 41 - 45 yrs. Open          4.3 Women's Model Physique age 46 - 50 yrs. Open          4.3 Women's Model Physique age over 51 yrs. Open</p>

	<p><b>5. Men’s Sport Physique 4 categories</b></p> <p>5.1 Men’s Sport Physique age 35-40 yrs. Open (Up to 175 cm. +0kg. / Up to 180 cm. +2kg. / Over 180 cm. +4kg.)</p> <p>5.2 Men’s Sport Physique age 41-45 yrs. Open (Up to 175 cm. +0kg. / Up to 180 cm. +2kg. / Over 180 cm. +4kg.)</p> <p>5.3 Men’s Sport Physique age 46-50 yrs. Open (Up to 175 cm. +0kg. / Up to 180 cm. +2kg. / Over 180 cm. +4kg.)</p> <p>5.4 Men’s Sport Physique age over 51 yrs. Open (Up to 175 cm. +0kg. / Up to 180 cm. +2kg. / Over 180 cm. +4kg.)</p>
<p><b>Rules and Regulations:</b></p>	<p>The competition Rules and Regulations of TBPA, ABBF and WBPF will be applied to this championship.</p> <p><b>Attires of the competitors</b></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 color 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. 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 Men’s Bodybuilding and Men’s 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><b>Eligibility:</b></p>	<p>Each Participant can attend only one category of the championships</p>
<p><b>Prizes:</b></p>	<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>

<b>Entry:</b>	<b>Information and entry form:</b> <a href="https://forms.gle/VTNSgj6S4riPJ9Jb6">https://forms.gle/VTNSgj6S4riPJ9Jb6</a> Website: <a href="http://www.tbpa.or.th">www.tbpa.or.th</a> Facebook: Thailand Bodybuilding & Physique Sports Association Complete entry Form with a copy of ID card or a copy of passport with a photo. <b>Entry Deadline:</b> <u>Wednesday January 5, 2022</u>																
<b>Registration Conditions:</b>	Registration fee for all competitors Baht 300/person. *Registration fee will be paid upon the registration desk.																
<b>Arbitration:</b>	All the final decision will be made by the Judges Committee; and protest will be not accepted.																
<b>Tentative Program:</b>	<p><b>Saturday: January 15, 2022</b></p> <table border="0"> <tr> <td style="padding-right: 20px;">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> <b>Prejudging for the first 9 categories</b>            1. Men’s Bodybuilding age 31 - 40 yrs. Open            2. Men’s Bodybuilding age 41 - 45 yrs. Open            3. Men’s Bodybuilding age 46 - 50 yrs. Open            4. Men’s Bodybuilding age 51 - 55 yrs. Open            5. Men’s Bodybuilding age over 56 yrs. Open            6. Men’s Athletic Physique age 35 - 40 yrs. Open            7. Men’s Athletic Physique age 41 - 50 yrs. Open            8. Men’s Athletic Physique age over 51 yrs. Open            9. Women’s Athletic Physique age over 30 yrs. Open         </td> </tr> <tr> <td>18.00 – 18.30</td> <td>Opening Ceremony</td> </tr> <tr> <td>18.30 – 21.00</td> <td> <b>Final Round for the first 9 categories</b>            1. Men’s Bodybuilding age 31 - 40 yrs. Open            2. Men’s Bodybuilding age 41 - 45 yrs. Open            3. Men’s Bodybuilding age 46 - 50 yrs. Open            4. Men’s Bodybuilding age 51 - 55 yrs. Open            5. Men’s Bodybuilding age over 56 yrs. Open            6. Men’s Athletic Physique age 35 - 40 yrs. Open            7. Men’s Athletic Physique age 41 - 50 yrs. Open            8. Men’s Athletic Physique age over 51 yrs. Open            9. Women’s Athletic Physique age over 30 yrs. Open         </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	<b>Prejudging for the first 9 categories</b> 1. Men’s Bodybuilding age 31 - 40 yrs. Open 2. Men’s Bodybuilding age 41 - 45 yrs. Open 3. Men’s Bodybuilding age 46 - 50 yrs. Open 4. Men’s Bodybuilding age 51 - 55 yrs. Open 5. Men’s Bodybuilding age over 56 yrs. Open 6. Men’s Athletic Physique age 35 - 40 yrs. Open 7. Men’s Athletic Physique age 41 - 50 yrs. Open 8. Men’s Athletic Physique age over 51 yrs. Open 9. Women’s Athletic Physique age over 30 yrs. Open	18.00 – 18.30	Opening Ceremony	18.30 – 21.00	<b>Final Round for the first 9 categories</b> 1. Men’s Bodybuilding age 31 - 40 yrs. Open 2. Men’s Bodybuilding age 41 - 45 yrs. Open 3. Men’s Bodybuilding age 46 - 50 yrs. Open 4. Men’s Bodybuilding age 51 - 55 yrs. Open 5. Men’s Bodybuilding age over 56 yrs. Open 6. Men’s Athletic Physique age 35 - 40 yrs. Open 7. Men’s Athletic Physique age 41 - 50 yrs. Open 8. Men’s Athletic Physique age over 51 yrs. Open 9. Women’s Athletic Physique age over 30 yrs. Open
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	<b>Prejudging for the first 9 categories</b> 1. Men’s Bodybuilding age 31 - 40 yrs. Open 2. Men’s Bodybuilding age 41 - 45 yrs. Open 3. Men’s Bodybuilding age 46 - 50 yrs. Open 4. Men’s Bodybuilding age 51 - 55 yrs. Open 5. Men’s Bodybuilding age over 56 yrs. Open 6. Men’s Athletic Physique age 35 - 40 yrs. Open 7. Men’s Athletic Physique age 41 - 50 yrs. Open 8. Men’s Athletic Physique age over 51 yrs. Open 9. Women’s Athletic Physique age over 30 yrs. Open																
18.00 – 18.30	Opening Ceremony																
18.30 – 21.00	<b>Final Round for the first 9 categories</b> 1. Men’s Bodybuilding age 31 - 40 yrs. Open 2. Men’s Bodybuilding age 41 - 45 yrs. Open 3. Men’s Bodybuilding age 46 - 50 yrs. Open 4. Men’s Bodybuilding age 51 - 55 yrs. Open 5. Men’s Bodybuilding age over 56 yrs. Open 6. Men’s Athletic Physique age 35 - 40 yrs. Open 7. Men’s Athletic Physique age 41 - 50 yrs. Open 8. Men’s Athletic Physique age over 51 yrs. Open 9. Women’s Athletic Physique age over 30 yrs. Open																

**Sunday: January 16, 2022**

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 **Prejudging for the first 9 categories**

1. Women's Model Physique age 30 - 35 yrs. Open
2. Women's Model Physique age 36 - 40 yrs. Open
3. Women's Model Physique age 41 - 45 yrs. Open
4. Women's Model Physique age 46 - 50 yrs. Open
5. Women's Model Physique age over 51 yrs. Open
6. Men's Sport Physique age 35-40 yrs. Open
7. Men's Sport Physique age 41-45 yrs. Open
8. Men's Sport Physique age 46-50 yrs. Open
9. Men's Sport Physique age over 51 yrs. Open

18.00 – 21.00 **Final Round for the first 9 categories**

1. Women's Model Physique age 30 - 35 yrs. Open
2. Women's Model Physique age 36 - 40 yrs. Open
3. Women's Model Physique age 41 - 45 yrs. Open
4. Women's Model Physique age 46 - 50 yrs. Open
5. Women's Model Physique age over 51 yrs. Open
6. Men's Sport Physique age 35-40 yrs. Open
7. Men's Sport Physique age 41-45 yrs. Open
8. Men's Sport Physique age 46-50 yrs. Open
9. Men's Sport Physique age over 51 yrs. Open