



## **Thailand Muscle and Physique Championships 2022**

### **Thailand Bodybuilding and Physique Sports Association**

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#### **Principle**

For the purpose of living a healthy life, exercise is one of the necessary factors for everyone together with a well-formed body composed of strong muscle. Bodybuilding and Physique Sports is one of the most effective ways to develop the physical ability by increasing muscle mass, to gain the exquisite image of whole body for both men and women and the attraction from other people.

With the great achievement of the former campaign, leading to build up a new generation of athletes under the new campaign named “Thailand Muscle and Physique Championships 2022” for a person who use Weight Training method for bodybuilding and balancing the body frame.

#### **Objective**

1. To introduce exercise and bodybuilding methods for everyone under the concept of “Workout fun for all”
2. To encourage target groups for participating in weight training with accessible equipment in daily lives.
3. To develop potential participants to be bodybuilder and physique sports athletes ahead.
4. To acquire knowledge and improve athletes to the great success.

#### **Target**

1. Thailand Bodybuilding and Physique Sports Association members for sending participants
2. People who have an interest in participating “Thailand Muscle and Physique Championships”

#### **Venue**

Central Chonburi, Chonburi Province Thailand

#### **Date**

September 17 - 18, 2022

#### **Event and Categories**

1. Men’s Bodybuilding 6 categories
  - 1.1 Age below 21 yrs.
  - 1.2 Weight up to 65 Kg.
  - 1.3 Weight up to 75 Kg.



- 1.4 Weight up to 85 Kg.
- 1.5 Weight over 85 Kg.
- 1.6 Master age over 50 yrs.
2. Men's Sport Physique 3 categories
  - 2.1 Height up to 170 Cm.  
(Height - 100 = Weight )
  - 2.2 Height up to 175 Cm.  
(Height - 100 = Weight )
  - 2.3 Height over 175 Cm.  
(Height - 100 = Weight + 2 Kg. ) / Height over 180 Cm. - 100+ 4 Kg.
3. Men's Athletic Physique 3 categories
  - 3.1 Height up to 170 Cm.  
(Height - 100 = Weight + 2 Kg. )
  - 3.2 Height up to 175 Cm.  
(Height - 100 = Weight + 4 Kg. )
  - 3.3 Height over 175 Cm.  
(Height - 100 = Weight + 6 Kg. ) / Height over 180 Cm. - 100 + 8 Kg.
4. Women's Model Physique 3 categories
  - 4.1 Height up to 160 Cm.
  - 4.2 Height up to 164 Cm.
  - 4.3 Height over 164 Cm.
5. Women's Bodybuilding Open
6. Women's Athletic Physique Open
7. Women's Sport Physique Open
8. Men's Fitness Physique Open
9. Women's Fitness Physique Open



### **Prize and awards**

1st Place receive Trophy, Certificate with 10,000 Baht prize

2nd Place receive Trophy, Certificate with 8,000 Baht prize

3rd Place receive Trophy, Certificate with 6,000 Baht prize

4th Place receive Trophy, Certificate with 4,000 Baht prize

5th Place receive Trophy, Certificate with 2,000 Baht prize

### **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 contestant can apply only one category.
4. For Bodybuilding and Athletic Physique category, the contestant must bring along a music CD (length up to 60 seconds) for posing. If not, the organizer will provide the 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/KgNj8WST4Mczw4Ab9>**

**\* Final Entry date: 12 September, 2022 \***

### **Contact us**

Thailand Bodybuilding and Physique Sports Association at the inbox Facebook page and

Email: reg.tbpa@gmail.com Phone: 092-278-6816



## **Rules and Regulations**

1. The competition Rules and Regulations of TBPA, 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-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.

**All the final decision will be made by the Judges Committee; any protest will be not accepted**



## Thailand Muscle and Physique Championships 2022

Central Chonburi, Chonburi Province, Thailand September 17 - 18, 2022

### Tentative Program

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17<sup>th</sup> September 2022

09.00 - 10.00	Registration
10.00 - 10.30	Rules and Regulations assemble
10.30 - 12.00	Weight in
12.00 - 13.00	Lunch
13.00 - 14.00	Warming up
14.00 - 17.00	Pre judging for the first 10 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 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. Women's Bodybuilding Open Women's Athletic Physique Open
18.00 - 18.30	Opening Ceremony
18.30 - 22.00	Final Round for the first 10 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 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. Women's Bodybuilding Open Women's Athletic Physique Open



18<sup>th</sup> September 2022

09.00 - 10.00	Registration
10.00 - 10.30	Rules and Regulations assemble
10.30 - 12.00	Weight in
12.00 - 13.00	Lunch
13.00 - 14.00	Warming up
14.00 - 17.00	Pre judging for the last 10 categories Men's Bodybuilding age below 21 yrs. Men's Bodybuilding up to 65 Kg. Men's Bodybuilding up to 75 Kg. Men's Bodybuilding up to 85 Kg. Men's Bodybuilding over 85 Kg. Men's Bodybuilding master age over 50 yrs. 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 Sport Physique Open
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