



**Thailand Southern Bodybuilding Championships 2022**

by

**Thailand Bodybuilding and Physique Sports Association**

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Venue

Central Suratthani, Suratthani Province, Thailand

Date

November 5<sup>th</sup> – 6<sup>th</sup>, 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.

1.4 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

### 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/4MD6RMhT5bKGAXY38>

**\* Final Entry date: 30 October, 2022**

## 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.



Tentative Program

Thailand Southern Bodybuilding Championships 2022

November 5<sup>th</sup> – 6<sup>th</sup>, 2022 at Central Suratthani, Suratthani Province Thailand

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5<sup>th</sup> November 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
12.30 - 13.00	Warming up
13.00 - 16.00	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
17.00 - 17.30	Opening Ceremony
17.30 - 21.00	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



6<sup>th</sup> November 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
12.30 - 13.00	Warming up
13.00 - 16.00	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
17.00 - 21.00	Final Round 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