



Bodybuilding

Dear Colleagues,

You are invited to compete in 3rd Thailand Open Masters Games. This invitation contains important information that should also be brought to the attention of the Team Manager accompanying your players.

PROSPECTUS - GENERAL DETAILS

Organization:	Thailand Open Masters Games
Host:	Thailand Bodybuilding & Physique Sports Association (TBPA) Thailand Masters Association (TMA) Thailand Bodybuilding & Physique Sports Association (TBPA) Floor 19 th , Chalermprakiet Building, Sports Authority of Thailand 286 Ramkhamhaeng Road, Huamark, Bangkok, Bangkok 10240, Thailand Ph: +662 170 9601, +669 2278 6816 Email: tbpathai@hotmail.com Website: http://www.tbpa.or.th
Date:	11-12 February 2023
Venue:	Pacific Park, Si Racha, Chonburi Province
Types of Competition:	Thailand Open Masters Games (Bodybuilding): 18 events <ol style="list-style-type: none"> 1. Men's Bodybuilding 5 categories <ol style="list-style-type: none"> 1.1 Men's Bodybuilding age 35 - 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 2. Men's Athletic Physique 3 categories <ol style="list-style-type: none"> 2.1 Men's Athletic Physique age 35 - 40 yrs. Open 2.2 Men's Athletic Physique age 41 - 50 yrs. Open 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. / Up to 180 cm. +8kg.)* 3. Women's Athletic Physique age over 30 yrs. Open 4. Women's Model Physique 5 categories <ol style="list-style-type: none"> 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 4.4 Women's Model Physique age 46 - 50 yrs. Open

	<p>4.5 Women’s Model Physique age over 51 yrs. Open</p> <p>5. Men’s Sport Physique 4 categories</p> <p>5.1 Men’s Sport Physique age 35-40 yrs. Open</p> <p>5.2 Men’s Sport Physique age 41-45 yrs. Open</p> <p>5.3 Men’s Sport Physique age 46-50 yrs. Open</p> <p>5.4 Men’s Sport Physique age over 51 yrs. Open</p> <p>*(Up to 175 cm. +0kg. / Up to 180 cm. +2kg. / Over 180 cm. +4kg.)*</p>
<p>Rules and Regulations:</p>	<p>1) The competition Rules and Regulations of ABBF and WBPF will be applied to this championship.</p> <p>2) Attires of the competitors</p> <p>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.</p> <p><u>Men’s Bodybuilding</u> – Only Black Bodybuilding Trunk</p> <p><u>Men’s Athletic Physique</u> – Full Swimming Trunk, black colour without pattern only. Bodybuilding Trunk are not allowed.</p> <p><u>Women’s Model Physique</u> – 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><u>Men’s Sports Physique</u> – Beach pants, the length of the pants is approximately above the knees. No shoes.</p> <p>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.</p>
<p>Prizes:</p>	<p>All type of competition</p> <p>1st Place receive Gold medal and Certificate</p> <p>2nd Place receive Silver medal and Certificate</p> <p>3rd Place receive Bronze medal and Certificate</p> <p>4th Place receive Certificate</p> <p>5th Place receive Certificate</p>
<p>Eligibility:</p>	<p>Thailand Open Masters Games (TOMG), bodybuilding event is for all individual athletes</p>
<p>Entry:</p>	<p>1. Please submit the Application Form, Photo and copy a passport of participants to the Organizing Committee before entry deadline.</p> <p>2. Send documents to: Google Form https://forms.gle/2M9CzRWiPYfkVvNY9 only. Do not accept application documents by post.</p> <p>3. Entry Deadline: Tuesday January 10, 2023</p>
<p>Registration</p>	<p>Registration fee for</p>

Conditions:	Thai competitors Baht 300/person. Foreign competitors USD 30/person. *Registration fee will be paid upon the registration desk.
Arbitration:	All the final decision will be made by the Judges Committee and protest will be not accepted.
Personal Safety Insurance:	All competitors are responsible for their health.
Tentative Program:	<p>Saturday: February 11, 2023</p> <p>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 Prejudging for the first 9 categories</p> <ol style="list-style-type: none"> 1. Men’s Bodybuilding age 35 - 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 <p>17.00 – 17.30 Opening Ceremony 17.30 – 20.00 Final Round for the first 9 categories</p> <ol style="list-style-type: none"> 1. Men’s Bodybuilding age 35 - 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 <p>Sunday: February 12, 2023</p> <p>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 Prejudging for the first 9 categories</p> <ol style="list-style-type: none"> 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

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