


	<p>3. Women’s Bodybuilding Open</p> <p>4. Women’s Model Physique 3 categories</p> <p> 4.1 Women’s Model Physique age below 40 yrs. up to 160 cm.</p> <p> 4.2 Women’s Model Physique age below 40 yrs. over 160 cm.</p> <p> 4.3 Women’s Model Physique age over 41 yrs. Open</p> <p>5. Men’s Sport Physique 5 categories</p> <p> 5.1 Men’s Sport Physique age below 35 yrs. up to 170 cm.</p> <p> 5.2 Men’s Sport Physique age below 35 yrs. over 170 cm.</p> <p> 5.3 Men’s Sport Physique age 36-45 yrs. up to 170 cm.</p> <p> 5.4 Men’s Sport Physique age 36-45 yrs. over 170 cm.</p> <p> 5.5 Men’s Sport Physique age over 46 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 Bodybuilding</u> – Female athletes wear a 2-piece bikini, dark color, tight and must have a neat lining, no shoes. The bikini used in the competition by athletes must be in accordance with the association's regulations only. The front and back bikini bottoms must cover half of the hips and the upper bikini must be tight and completely covered. If the bikini is not in accordance with the regulations, it will not be allowed to participate in the competition.</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.</p> <p> 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>

Eligibility:	Thailand Open Masters Games (TOMG), bodybuilding event is for all individual athletes																
Entry:	<p>For more information and Registration Website: https://tbpa.or.th/downloads/ Facebook: Thailand Bodybuilding and physique Sports Association Tel: +662 170 9601, +6692 278 6816 Please submit the Application Form, Photo and copy a passport of participants. Send documents to Google Form link : https://forms.gle/FrjVTMV8iWqVeZfd8 only. Do not accept application documents by post. or scan QR code</p>  <p><u>Entry Deadline: Friday January 17, 2025</u></p>																
Registration Conditions:	<p>Registration fee for Thai competitors Baht 300/person. Foreign competitors USD 30/person.</p>																
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: January 25, 2025</p> <table> <tr> <td>09.00 - 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>Pre judging for the first 9 categories</td> </tr> </table> <ol style="list-style-type: none"> 1. Men's Athletic Physique age below 35 yrs. up to 170 cm. 2. Men's Athletic Physique age below 35 yrs. over 170 cm. 3. Men's Athletic Physique age 36 - 49 yrs. Open 4. Men's Athletic Physique age over 50 yrs. Open 5. Men's Sport Physique age below 35 yrs. up to 170 cm. 6. Men's Sport Physique age below 35 yrs. over 170 cm. 7. Men's Sport Physique age 36-45 yrs. up to 170 cm. 8. Men's Sport Physique age 36-45 yrs. over 170 cm. 9. Men's Sport Physique age over 46 yrs. Open <table> <tr> <td>17.00 - 17.30</td> <td>Opening Ceremony</td> </tr> <tr> <td>17.30 - 20.00</td> <td>Final Round for the first 9 categories</td> </tr> </table> <ol style="list-style-type: none"> 1. Men's Athletic Physique age below 35 yrs. up to 170 cm. 2. Men's Athletic Physique age below 35 yrs. over 170 cm. 3. Men's Athletic Physique age 36 - 49 yrs. Open 4. Men's Athletic Physique age over 50 yrs. Open 5. Men's Sport Physique age below 35 yrs. up to 170 cm. 6. Men's Sport Physique age below 35 yrs. over 170 cm. 7. Men's Sport Physique age 36-45 yrs. up to 170 cm. 8. Men's Sport Physique age 36-45 yrs. over 170 cm. 9. Men's Sport Physique age over 46 yrs. Open 	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	17.00 - 17.30	Opening Ceremony	17.30 - 20.00	Final Round for the first 9 categories
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Sunday: January 26, 2025

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 9 categories

1. Men's Bodybuilding age below 30 yrs. up to 70 Kg.

2. Men's Bodybuilding age below 30 yrs. over 70 Kg.

3. Men's Bodybuilding age 31-49 yrs. up to 70 Kg.

4. Men's Bodybuilding age 31-49 yrs. over 70 Kg.

5. Men's Bodybuilding age over 50 yrs. Open

6. Women's Model Physique age below 40 yrs. up to 160 cm.

7. Women's Model Physique age below 40 yrs. over 160 cm.

8. Women's Model Physique age over 41 yrs. Open

9. Women's Bodybuilding Open

17.00 - 20.00 Final Round for the last 9 categories

1. Men's Bodybuilding age below 30 yrs. up to 70 Kg.

2. Men's Bodybuilding age below 30 yrs. over 70 Kg.

3. Men's Bodybuilding age 31-49 yrs. up to 70 Kg.

4. Men's Bodybuilding age 31-49 yrs. over 70 Kg.

5. Men's Bodybuilding age over 50 yrs. Open

6. Women's Model Physique age below 40 yrs. up to 160 cm.

7. Women's Model Physique age below 40 yrs. over 160 cm.

8. Women's Model Physique age over 41 yrs. Open

9. Women's Bodybuilding Open