

## Bodybuilding & Physique Sports Competition

## **PROSPECTUS - GENERAL DETAILS**

Organization:	Theiland Open Masters Cames			
Organization:	Thailand Open Masters Games			
	Sports Authority of Thailand (SAT)			
Host:	Thailand Masters Association (TMA)			
	Thailand Bodybuilding & Physique Sports Association (TBPA)			
Event Directors:	Event Director: Mr.Sugree Supawarikul			
	Phone: Email: tbpathai@hotmail.com			
	Asst. Event Director: Mr.Salee Swangsuk			
	Phone: Email:			
Technical Committee:	Chairman: Mr.Boonchai Saetae			
	Phone: +668 9771 0710 Email: boon_chai1@hotmail.com			
	Secretary: Mr.Santi Chankree			
	Phone:	Email:		
Date:	January 25 – 26, 2025			
Venue:	Central Pinklao Bangkok			
Schedule:	Day	Progression	Detail	
	January 24, 2025	09.00 - 18.00	Technical and Judges meeting	
	January 25, 2025	09.00 - 20.00	Event	
	January 26, 2025	09.00 - 20.00	Event	
	-	-	-	
	The time may be changed at the discretion of Technical Committee.			
Technical Meeting:	<ul> <li>The Technical Meeting will be held on <u>Friday January 24, 2025 at 09:00</u></li> </ul>			
	Bangkok Province			
Types of Competition:	Thailand Open Masters Games (Bodybuilding): 18 events			
	1. Men's Bodybuilding 5 categories			
		1.1 Men's Bodybuilding age below 30 yrs. up to 70 Kg.		
	1.2 Men's Bodybuilding age below 30 yrs. over 70 Kg.			
	1.3 Men's Bodybuilding age 31-49 yrs. up to 70 Kg.			
	1.4 Men's Bodybuilding age 31-49 yrs. over 70 Kg.			
	1.5 Men's Bodybuilding age over 50 yrs. Open			
		2. Men's Athletic Physique 4 categories		
		-	vrs. up to 170 cm.	
		<ul><li>2.1 Men's Athletic Physique age below 35 yrs. up to 170 cm.</li><li>2.2 Men's Athletic Physique age below 35 yrs. over 170 cm.</li></ul>		
	2.3 Men's Athletic Physique age 36 - 49 yrs. Open			
	2.4 Men's Athletic Physique age over 50 yrs. Open			
	*(Up to 170 cm. +2kg. / Up to 175cm. +4kg. / Up to 180 cm. +6kg. /			
	Over to 180 cm			
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	3. Women's Bodybuilding Open			
	4. Women's Model Physique 3 categories			
	4.1 Women's Model Physique age below 40 yrs. up to 160 cm.			
	4.2 Women's Model Physique age below 40 yrs. over 160 cm.			
	<ul><li>4.3 Women's Model Physique age over 41 yrs. Open</li><li>5. Men's Sport Physique 5 categories</li></ul>			
	5.1 Men's Sport Physique age below 35 yrs. up to 170 cm.			
	5.2 Men's Sport Physique age below 35 yrs. over 170 cm.			
	5.3 Men's Sport Physique age 36-45 yrs. up to 170 cm.			
	5.4 Men's Sport Physique age 36-45 yrs. over 170 cm.			
	5.5 Men's Sport Physique age over 46 yrs. Open			
	*(Up to 175 cm. +0kg. / Up to 180 cm. +2kg. / Over 180 cm. +4kg.)*			
Rules and	1) The competition Rules and Regulations of ABBF and WBPF will be applied to			
Regulations:	<ul> <li>this championship.</li> <li>2) Attires of the competitors</li> </ul>			
	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.			
	<u>Men's Bodybuilding</u> – Only Black Bodybuilding Trunk			
	Man's Athletic Dhusique - Full Suimming Truck black sale without attend			
	<u>Men's Athletic Physique</u> – Full Swimming Trunk, black colour without pattern only Bodybuilding Trunk are not allowed			
	only. Bodybuilding Trunk are not allowed.			
	Women's Bodybuilding – 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.			
	Women's Medel Physique Any selers of Two Diese Divisionith Use Uses			
	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.			
	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.			
	Men's Sports Physique – Beach pants, the length of the pants is			
	approximately above the knees. No shoes.			
	For Dodybuilding and Athlatic Dhysique system the compatitude quest			
	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.			
Prizes:	All type of competition			
	1 <sup>st</sup> Place receive Gold medal and Certificate			
	2 <sup>nd</sup> Place receive Silver medal and Certificate			
	3 <sup>rd</sup> Place receive Bronze medal and Certificate			
	4 <sup>th</sup> Place receive Certificate			
	5 <sup>th</sup> Place receive Certificate			

Eligibility:	Thailand Open Masters Games (TOMG), bodybuilding event is for all individual		
	athletes		
Entry:		ion 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		
	Entry Deadline: Friday January 17, 2025		
Registration	Registration fee for		
Conditions:	Thai competitors Baht 300/person.		
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	Foreign competitors USD 30/person. *Registration fee will be paid upon the registration desk.		
Arbitration:			
Arbitration.	All the final decision will be made by the Judges Committee and protest will be not accepted.		
Personal Safety		e responsible for their health.	
Insurance:			
Tentative Program:	Saturday: January 25, 2025		
Ŭ	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	
		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	
	17.00 - 17.30	Opening Ceremony	
	17.30 - 20.00	Final Round for the first 9 categories	
		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	

Sun	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	