



# 2009 MULTI ASIAN BODYBUILDING AND FITNESS CHAMPIONSHIPS

14-19 October 2009, Pattaya City Thailand

## INFORMATION, RULES AND REGULATIONS

### 1. Date – Venue and Official Hotels

**DATES: 14-19 October, 2009 – Pattaya City, Thailand**  
**VENUE OF COMPETITION : ALANGKARN THEATER**  
**HOTEL: Eastern Grand Hotel**

### 2. Registration Fees

**US\$45.00 per person per day, the total amount is US\$225 for each person for the duration of 5 nights to stay in a twin bedded sharing room. This fee includes hotel accommodation, 3 meals per day, shuttle from airport to hotel and to competition venue and ABBF 50<sup>th</sup> Anniversary celebration party.**

### 3 Payments

**No Credit Cards Only Cash payment in US Dollars will be accepted for registration fees and for other expenses including at shopping centers.**

### 4. Entry Rules

- a) Countries with less than three (3) competitors, only one (1) official will allowed.**
- b) Countries with three (3) to six (6) competitors, two (2) officials will be allowed.**
- c) Countries with seven (7) and more competitors, three(3) officials will be allowed.**
- d) Countries with women's competitors shall send one (1) more extra official as a Coach /Team Manager or cum Judge.**

**Exceeding number of officials as per 4 (a), 4 (b),4 (c) and 4 (d) shall be considered as "supporters or extra delegates".**

- e) Officials or any other guests requesting a single room have to pay the difference levied by the Organizer based on the Supporters Rates published herein.**

### 5. Extra Delegates, Officials and Supporters:

**All extra delegates, officials and supporters are required to pay as follows for accommodation at the Eastern Grand Hotel:**

**SINGLE ROOM – US\$1000.00 Cash per person**

**TWIN SHARING ROOM (2 pax in one room) – US\$600.00 per person (Cash)**

**The above charges include airport transfers, welcome and farewell parties, 5 nights hotel accommodation including three (3) meals per day, tickets to the pre-judging and finals together with ABBF 50<sup>th</sup> Anniversary celebration party.**



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## **6. ABBF Executive Committee**

ABBF Executive Committee Members and Standing Committee members are exempted from paying the Registration fees, including Patrons and Honorary Life Members.

## **7. Early arrivals and late departures:**

Any team or officials arriving early or departing late are required to pay for the extra days. Per night for a single room per person is US\$100.00 (Cash) at the Eastern Grand Hotel excluding meals.

## **8. Entry Forms:**

- a) Preliminary Entry Forms must be submitted before 15th June, 2009
- b) Final Entry Forms must be submitted on or before 15th August, 2009  
The Preliminary and Final Entry forms should be sent directly to:

**ATTN: MR. SUGREE SUPAWARIKUL**

**Secretary of the Organizing Committees  
THAILAND BODYBUILDING ASSOCIATION  
ROOM 244, ZONE W, RAJAMANKALA NATIONAL STADIUM,  
SPORTS AUTHORITY OF THAILAND, RAMKAMHAENG ROAD,  
HUAMARK, BANGKAPI,  
BANGKOK 10240, THAILAND  
TEL: (668)1-819-5003  
FAX: (662) 369-2282  
E-MAIL: [thaibody@hotmail.com](mailto:thaibody@hotmail.com)**

You are kindly requested to c.c. one copy to the ABBF Secretariat either by fax or email at: Fax: 65-67479846 or Email: [abbfasia@yahoo.com.sg](mailto:abbfasia@yahoo.com.sg) and to the Executive Director of the ABBF Admin: Ms. Christina Kam at fax number 603 - 2141 0888 or email to: [abbf.adm@hotmail.com](mailto:abbf.adm@hotmail.com)

## **9. Doping**

Doping will be conducted under the WADA rules

## **10. National Anthem / National Flag:**

- a) You must bring along two (2) national flags of your country. The flags must be manufactured of dense silk and must measure no more than 2.5 meters x 1.4 meters
- b) You must also provide your National Anthem (shortened version) on CD. Video Tape no acceptable.



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## 11. Posing Music

Posing music must be on CD only and produced with good quality. The music must be at the start of the CD and must be the only music on the CD. Each competitor must affix his name on the CD for easy identification. **MAKE SURE THAT VULGAR WORDS ARE NOT CONTAINED IN THE LYRICS.**

## 12. Airport

The arrival airport is the Suvarnabhumi International Airport. The Organizing Committee will pick you up at this airport on arrival and transport you to the Official Hotel. It is very important that every National Federation or Official provide to the Organizing Committee complete arrival details of its team, including the number of people in its delegation.

## 13. Flight Reconfirmation

To reconfirm your flights to and from Bangkok, please contact the Secretariat within 24 hours before and after your arrival.

## 14. Events and Categories: All together 31 categories:

- 26th Asian Women's Bodybuilding Championships 4 categories  
Weight 46 kg, 49 kg, 52 kg and above 52 kg.
- 11th Asian Women's Fitness Championships 3 categories  
Height 160 cm, 164 cm and above 164 cm
- 6th Asian Women's Body Fitness Championships 3 categories  
Height 160 cm, 164 cm and above 164 cm
- 3rd Asian Men's Fitness Championships 2 categories  
Height 170 cm and above 170 cm
- 22nd Asian Men's Junior Bodybuilding Championships 3 categories  
Weight 65 kg, weight 75 kg and above 75 kg
- 11th Asian Men's Master Bodybuilding Championships 3 categories  
Age 41-49, age 50-55 and age above 55
- 10th South East Asian Bodybuilding Championships 6 categories  
(Only for the countries in South East Asian Regional only)  
Weight 60, 65, 70, 75, 80 and 90 kg
- 50th Anniversary of ABBF bodybuilding Championships 3 categories  
Weight 60, 70, 80 kg  
And Body Classic Championships 3 categories  
Height 165 cm (weight+0kg) height 170 cm (weight+2kg)  
Height above 170 cm (weight+4kg)

**ABBF 50th Anniversary Invitational INTERNATIONAL Championships**  
**(Open Category) which open to the any country in the World**

### Prize award:

- 1st place Winner get the prize of US\$5000
- 2nd place Winner get the prize of US\$2500
- 3rd place Winner get the prize of US\$1500
- 4th place Winner get the prize of US\$500



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**5th place Winner get the prize of US\$500**

**6th place Winner get the prize of US\$500**

**REMARK: Each National Federation may send up to a maximum of fifteen (15) athletes to the men's events and ten (10) women's athletes in the women's event with no more than two (2) in the same category. For the South East Asian countries can send other six (6) men athletes to the 10<sup>th</sup> SEA championships.**

## **15. Training Facility:**

**There will be a gym and fitness room at the Hotel.**

## **16. Photos for ID Cards**

**All participants (DELEGATES, COMPETITORS, EXECUTIVE MEMBERS AND SUPPORTERS), must send one recent passport size photo as an attachment together with the Entry Forms or by e-mail attachment with all their particulars clearly stated. This is for issuance of Identity Cards. FAILING TO PROVIDE the photo, you will be charged US\$20 for the I.D. photo if taken in Pattaya City.**

## **16. VISA**

**Please check with your travel agents or Ministry of Foreign Affairs if Visa is required to enter into Thailand. If you need assistance from the host country, please let us know two months (60 days) in advance. LAST MINUTE REQUEST WILL BE IMPOSSIBLE FOR THE ORGANIZER TO ASSIST YOU.**

## **17. MISCELLANEOUS AND ANY OTHER MATTERS**

**Any other points that are not stated in this Information sheet and of the Rules and Regulation, please refer to the ABBF Constitution and Rules which shall apply.**



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## The Tentative program

<b>October 14, 2009</b> <b>Evening</b>	<b>Arrivals of Delegates and Athletes</b> <b>Dinner</b>
<b>October 15, 09</b> <b>Morning</b> <b>Afternoon</b> <b>Evening</b>	<b>Team Managers and Judges meeting</b> <b>Weigh In and Height Measurement</b> <b>Welcome Party for Delegates</b>
<b>October 16, 2009</b> <b>Morning</b> <b>Afternoon</b>	<b>SEA Championships pre judging Round</b> <b>SEA Championships Final Round</b>
<b>October 17, 2009</b> <b>Morning</b> <b>Afternoon</b>	<b>Asian WM Championships Prejudging Round</b> <b>Asian WM Championships Final Round</b>
<b>October 18, 2009</b> <b>Morning</b>  <b>Afternoon</b> <b>Evening</b>	<b>50th Anniversary Championships</b> <b>Prejudging Round</b> <b>Final Round</b> <b>ABBF 50th Anniversary Cerebration</b>
<b>October 19, 2009</b>	<b>Departure of Delegates and Athletes</b>



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## PRELIMINARY ENTRY FORM

**In order to assist in the planning and organization of these Championships, please complete the Preliminary Entry Form and return it to the Organizing Committee AS SOON AS POSSIBLE BUT NOT LATER THAN 15<sup>TH</sup> JUNE 2009.**

### PLEASE PRINT CLEARLY

<b>FEDERATION NAME:</b> _____
<b>FEDERATION CONTACT PERSON:</b> _____
<b>FAX NUMBER:</b> _____ <b>E-MAIL:</b> _____
<b>Our Federation is Planning to participate in the 2009 Multi Asian Bodybuilding and Fitness Championships in Pattaya City, Thailand during October 14-19, 2009.</b>
<b>Please indicate "YES" or "NO".</b> Yes _____ No _____
<b>NUMBER OF DELEGATES:</b> _____ <b>NUMBER OF ATHLETES:</b> _____
<b>NUMBER OF EXTRA DELEGATE AND SUPPORTERS:</b> _____

**All the details of the events and categories together with the participants information are published in the INFORMATION, RULES AND REGULATIONS accordingly.**

**PLEASE RETURN THE PRELIMINARY ENTRY FORM, INDICATING YOUR INTENT TO PARTICIPATE OR NOT, NO LATER THAN 15<sup>TH</sup> JUNE 2009, TO:**

Send the Preliminary Entry Form to:

Please copy all correspondence to:

Thailand Bodybuilding Association  
Room 244, Zone W,  
Rajamankala National Stadium,  
Ramkamhaeng Road, Huamark,  
Bangkapi, Bangkok 10240  
Thailand.  
Tel: (66)8-1-819-5003  
Fax: (66)2-369-2282  
Email: [thaibody@hotmail.com](mailto:thaibody@hotmail.com)

Attn: Datuk Paul Chua  
ABBF Secretary General  
35 Tannery Road,  
#04-01 Ruby Industrial Complex,  
Tannery Block, Singapore 347740  
Tel: (65) 6748-6970  
Fax: (65) 6747-9846  
Email: [abffasia@yahoo.com.sg](mailto:abffasia@yahoo.com.sg)

Attn: Ms. Christina Kam  
ABBF Executive Director  
Box 292, G/F., Lot B7,  
Block B, KL Plaza,  
179, Jalan Bukit Bintang,  
55100 KL, Malaysia  
Tel : 603 - 2148 7199  
Fax : 603 - 2141 0888  
Email: [abff.adm@hotmail.com](mailto:abff.adm@hotmail.com)



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## FINAL ENTRY FORM

**In order to assist in the planning and organization of these Championships, please complete the Final Entry Form and return it to the Organizing Committee AS SOON AS POSSIBLE BUT NOT LATER THAN 15<sup>TH</sup> AUGUST 2009.**

### PLEASE PRINT CLEARLY

FEDERATION NAME: _____ FAX: _____ EMAIL: _____ 1 <sup>ST</sup> DELEGATE: _____ 2 <sup>ND</sup> DELEGATE: _____ *PLEASE INDICATE THE NAME AS WRITTEN IN THE PASSPORT AND THE PASSPORT NUMBER
<u>26<sup>TH</sup> WOMEN'S BODYBUILDING</u> Competitor <46 kg _____ Competitor <49 kg _____ Competitor <52 kg _____ Competitor >+ 52 kg _____ *PLEASE INDICATE THE NAME AS WRITTEN IN THE PASSPORT AND THE PASSPORT NUMBER
<u>11<sup>TH</sup> WOMEN'S FITNESS</u> Competitor up to 160 cm _____ Competitor up to 164 cm _____ Competitor above 164 cm _____ *PLEASE INDICATE THE NAME AS WRITTEN IN THE PASSPORT AND THE PASSPORT NUMBER
<u>6<sup>TH</sup> WOMEN'S BODY FITNESS</u> Competitor up to 160 cm _____ Competitor up to 164 cm _____ Competitor above 164 cm _____ *PLEASE INDICATE THE NAME AS WRITTEN IN THE PASSPORT AND THE PASSPORT NUMBER
<u>3<sup>RD</sup> MEN'S FITNESS</u> Competitor up to 170 cm _____ Competitor above 170 cm _____ *PLEASE INDICATE THE NAME AS WRITTEN IN THE PASSPORT AND THE PASSPORT NUMBER
<u>22<sup>ND</sup> MEN'S JUNIOR BODYBUILDING</u> Competitor <65 kg _____ Competitor <75 kg _____ Competitor >+75 kg _____ *PLEASE INDICATE THE NAME AS WRITTEN IN THE PASSPORT AND THE PASSPORT NUMBER
<u>11<sup>TH</sup> MEN'S MASTER BODYBUILDING</u> Competitor age 41-49 _____ Competitor age 50-55 _____ Competitor age >+55 _____ *PLEASE INDICATE THE NAME AS WRITTEN IN THE PASSPORT AND THE PASSPORT NUMBER



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## 10<sup>th</sup> SEA CHAMPIONSHIPS MEN'S BODYBUILDING

Competitor <60 kg \_\_\_\_\_ Competitor <65 kg \_\_\_\_\_

Competitor <70 kg \_\_\_\_\_ Competitor <75 kg \_\_\_\_\_

Competitor <80 kg \_\_\_\_\_ Competitor <90 kg \_\_\_\_\_

\*PLEASE INDICATE THE NAME AS WRITTEN IN THE PASSPORT AND THE PASSPORT NUMBER

## 50<sup>th</sup> ANNIVERSARY CHAMPIONSHIPS MEN'S BODYBUILDING

Competitor <60 kg \_\_\_\_\_ Competitor <70 kg \_\_\_\_\_

Competitor <80 kg \_\_\_\_\_ **Competitor Open** \_\_\_\_\_

\*PLEASE INDICATE THE NAME AS WRITTEN IN THE PASSPORT AND THE PASSPORT NUMBER

## 50<sup>th</sup> ANNIVERSARY CHAMPIONSHIPS MEN'S BODY CLASSIC

Competitor Height 165 cm (weight + 0kg) \_\_\_\_\_

Competitor Height 170 cm (weight + 2kg) \_\_\_\_\_

Competitor Height <+170 cm (weight + 4kg) \_\_\_\_\_

\*PLEASE INDICATE THE NAME AS WRITTEN IN THE PASSPORT AND THE PASSPORT NUMBER

NUMBER OF EXTRA DELEGATES & SUPPORTERS: \_\_\_\_\_

ARRIVAL DATE & TIME: \_\_\_\_\_ AIRLINE & FLIGHT \_\_\_\_\_

DEPARTURE DATE & TIME \_\_\_\_\_ AIRLINE & FLIGHT \_\_\_\_\_

**PLEASE RETURN THE FINAL ENTRY FORM, INDICATING THE ACTUAL NAMES OF YOUR TEAM MEMBERS, NO LATER THAN 15<sup>TH</sup> AUGUST 2009, TO:**

Send the Final Entry Form to:

Please copy all correspondence to:

Thailand Bodybuilding Association  
Room 244, Zone W,  
Rajamankala National Stadium,  
Ramkamhaeng Road, Huamark,  
Bangkapi, Bangkok 10240  
Thailand.  
Tel: (66)8-1-819-5003  
Fax: (66)2-369-2282  
Email: [thaibody@hotmail.com](mailto:thaibody@hotmail.com)

Attn: Datuk Paul Chua  
ABBF Secretary General  
35 Tannery Road,  
#04-01 Ruby Industrial Complex,  
Tannery Block, Singapore 347740  
Tel: (65) 6748-6970  
Fax: (65) 6747-9846  
Email: [abffasia@yahoo.com.sg](mailto:abffasia@yahoo.com.sg)

Attn: Ms. Christina Kam  
ABBF Executive Director  
Box 292, G/F., Lot B7,  
Block B, KL Plaza,  
179, Jalan Bukit Bintang,  
55100 KL, Malaysia  
Tel : 603 - 2148 7199  
Fax : 603 - 2141 0888  
Email: [abff.adm@hotmail.com](mailto:abff.adm@hotmail.com)