



12TH SOUTH ASIAN BODYBUILDING & PHYSIQUE SPORTS CHAMPIONSHIPS 2019

DATE : 18-21 JULY, 2019; VENUE : KATHMANDU, NEPAL

Official Invitation

INVITATION LETTER FOR THE 12th SOUTH ASIAN BODYBUILDING & PHYSIQUE SPORTS CHAMPIONSHIPS – 2019, Kathmandu, Nepal

The Nepal BodyBuilding and Fitness Association (NBBFA) is pleased to inform you that, the South Asian Body Building and Fitness Federation (SABBF) has given us the honour of hosting the following championship in the city of Kathmandu, Nepal. The said championship is sanctioned by the Asian Bodybuilding & Physique Sports Federation (ABBF). The said championship is held on from 18-21 July, 2019.

The 12th South Asian Men's Bodybuilding Championships with nine (09) body weight categories: 55kg (Fly), 60kg (Lt. Fly.), 65kg (Bantam), 70kg (Light), 75kg (Welter), 80kg (Lt. Middle), 85kg (Middle), 90kg (Lt. Heavy) Plus 90kg (Heavy), Men's Body Building Overall Champion, Junior Men's Body Building (Under 21 year age), Men's fitness (Open Category), Men's Athletic physique (Three Categories), Men's Sports Physique (Two Categories), Women Model physique (Open Category), Women Athletic Physique (Open category).

During this period, the Congress, Executive Committee Meeting, Judges' and Team Managers' Meetings will take place simultaneously. Our Association will provide full accommodation for the duration of (3) three nights (4 days) including Breakfast, Lunch and Dinner.

The competition venue for the Pre-judging and finals will be held at Nepal Academy Hall, Kamaladi, Kathmandu (walking distance from hotel). We enclose herewith the Rules and Regulations which will apply for these competitions and also the Preliminary and Final Entry Forms including the Programme for your kind perusal.

For the application of Visa, you may kindly produce this invitation letter to the Nepal Embassy in your country.

We look forward to your participation making these events a great success and please be assured that we will do our best to make your stay comfortable and pleasant in Kathmandu, Nepal.

With best regards,

Rajesh Babu Shrestha
President (NBBFA)

Prashant Apte
President (SABBF)

Chetan M Pathare
Secretary General (SABBF)

NEPAL BODYBUILDING & FITNESS ASSOCIATION

National Sports Council, Tribhuvan, Kathmandu. ☎ 077 2851047/2 ☎ 077 2851150/20



Asian Bodybuilding & Physique Sports Federation
19th Floor, ChaloemPrakiat Bld., Sports Authority of Thailand, 286, Ramkamhaeng Road, Huamark, Bangkok, Bangkok 10240, Thailand
Tel:+66 21709601, Fax : +66 21709602



Nepal Bodybuilding & Fitness Association
National Sports Council, Tripureswor, Kathmandu
Email:dinesh.rajbhandari@gmail.com; rajnnn@gmail.com
00977-9851047368
00977-9851158600

12TH SOUTH ASIAN BODYBUILDING & PHYSIQUE SPORTS CHAMPIONSHIPS 2019

DATE : 18-21 JULY, 2019; VENUE : KATHMANDU, NEPAL

PRELIMINARY ENTRY FORM

In order to assist in the planning and organization of these Championships, please complete the Final Entry Form and return to the Organizing Committee **AS SOON AS POSSIBLE BUT NO LATER THAN 30th May, 2019**

(Please print clearly/write in Block Letters)

FEDERATION NAME :	_____
FEDERATION CONTACT PERSON :	_____
COUNTRY :	ADDRESS : _____
MOBILE NUMBER :	EMAIL : _____

Our Federation is planning to participate in the South Asian Bodybuilding & Physique Sports championship. Please indicate YES or NO. Yes _____ NO _____

If Yes, please provide the estimate number of participants to us:

COMPETITORS: _____ DELEGATES: _____

SUPPORTERS: _____ COACH: _____

Please send filled form to us via Email or Fax on or before 30th May 2019 to:

<p><u>Pls. Send the Preliminary Entry Form to:</u> Attn: Dinesh Rajbhandari Vice President Nepal BodyBuilding & Fitness Association (NBBFA) National Sports Council, Kathmandu 00977-9851047368 Email: dinesh.rajbhandari@gmail.com</p>	<p><u>Please copy all correspondence to:</u> Attn: Mr. Rajesh Babu Shrestha President, NBBFA Email: rajesh00@icloud.com 00977-9851047368; Attn: Mr. Rajan Shrestha General Secretary, NBBFA 00977-9851158600 Email: rajnnn@gmail.com</p>	<p>Attn: Datuk Paul Chua President WBPF & ABBF Email: abbfasia@yahoo.com.sg Attn: Chetan M Pathare Secretary-General WBPF & SABBF Email: ibbf_mumbai@yahoo.in</p>
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Nepal BodyBuilding & Fitness Association

Office : National Sports Council, Dasharath Stadium, Tripureswor, Kathmandu, Nepal; 977-9851047368; 977-9851158600; Email: dinesh.rajbhandari@gmail.com; rajnnn@gmail.com; www.facebook.com/NBBFANepal



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12TH SOUTH ASIAN BODYBUILDING & PHYSIQUE SPORTS CHAMPIONSHIPS 2019

DATE :18-21 JUNE, 2019; VENUE : KATHMANDU, NEPAL

FINAL ENTRY FORM

In order to assist in the planning and organization of these Championships, please complete the FinalEntry Form and return to the Organizing Committee **AS SOON AS POSSIBLE BUT NO LATER THAN 15th June, 2019**

(Please print clearly/write in Block Letters)

FEDERATION NAME : _____
 COUNTRY : _____ MOBILE NUMBER : _____
 PHONE : _____ EMAIL : _____
[Please indicate the name as written in passport and the passport number]

MEN'S BODYBUILDING

Up to 55 kg. _____
 Up to 55 kg. _____
 Up to 60 kg. _____
 Up to 60 kg. _____
 Up to 65 kg. _____
 Up to 65 kg. _____
 Up to 70 kg. _____
 Up to 70 kg. _____
[Please indicate the name as written in passport and the passport number]

MEN'S BODYBUILDING contd..

Up to 75 kg. _____

Up to 75 kg. _____

Up to 80 kg. _____

Up to 80 kg. _____

Up to 85 kg. _____

Up to 85 kg. _____

Up to 90 kg. _____

Up to 90 kg. _____

Over 90 kg. _____

Over 90 kg. _____

JUNIOR MEN'S BODYBUILDING (under 21 years age)

1 _____

2 _____

MEN'S FITNESS (Open Category)

1 _____

2 _____

MEN'S ATHLETIC PHYSIQUE

Up to 160 cm + 2 kg _____

Up to 160 cm + 2 kg _____

Up to 167 cm + 4 kg _____

Up to 167 cm + 4 kg _____

Over 167 cm + 8 kg _____

Over 167 cm + 8 kg _____

MEN'S SPORTS PHYSIQUE

Up to 170 cm -102 kg = Body Weight _____

Up to 170 cm - 102 kg = Body Weight _____

Over 170 cm - 100 kg = Body Weight _____

Over 170 cm - 100 kg = Body Weight _____

WOMEN'S MODEL PHYSIQUE

Open Category _____

Open Category _____

WOMEN'S ATHLETIC PHYSIQUE

Open Category _____

Open Category _____

JUDGE : _____ JUDGE _____

NAME OF OFFICIALS AND SUPPORTERS

1. DELIGATES : _____ 2. _____

COACH : _____

1. SUPPORTER : _____

2. SUPPORTER : _____

3. SUPPORTER : _____

[Please indicate the name as written in passport and the passport number]

FLIGHT SCHEDULE

Arrival Date & Time : _____ Airline & Flight#: _____

Departure Date & Time : _____ Airline & Flight#: _____

Nepal BodyBuilding& Fitness Association

Office : National Sports Council, Dasharath Stadium, Tripureswor, Kathmandu, Nepal; 977-9851047368;

977-9851158600; Email: dinesh.rajbhandari@gmail.com; rajinn@gmail.com; www.facebook.com/NBBFANepal

Each National Federation may send up to a Maximum of EIGHTEEN (18) athletes to the Men's Bodybuilding events, a maximum of TWO (2) athletes to the Junior Men's Bodybuilding, a Maximum of TWO (2) athletes to the Men's Fitness, a maximum of SIX (6) athletes to the Men's Athletic Physique, a Maximum of FOUR (4) athletes to the Men's Sports Physique and a maximum of TWO (2) athletes in Women's Model Physique and Women's Athletes Physique respectively.

IMPORTANT : Three (3) or more athletes – two (2) official delegates permitted. Less than three (3) athletes – one (1) official delegate permitted. National Federation with no athletes may send one (1) official delegate; however, this delegate will be responsible for all of his or her expenses. Any judges, coaches, or trainers who are not official delegates will be responsible for all of their expenses.

PRELIMINARY ENTRY AND FINAL ENTRY FORMS

Please co-operate and submit your entry forms in time as per the closing dates shown in the forms. You are kindly requested to c.c. one copy to the ABBF Secretariat either by email: abffasia@yahoo.com.sg and abff.adm@hotmail.com.

The Preliminary Entry Form is very important to ensure that your hotels are reserved. If you fail to comply by not submitting the Preliminary Entry Form, your rooms will not be guaranteed. The closing date by number of participants and officials is on 30th May, 2019. This must be strictly adhered and submitted to the Organizing Committee.

Please send filled Final Entry Form to us via Email on or before 15st June 2019 to:

<p><u>Pls. Send the Preliminary Entry Form to:</u></p> <p>Attn: Dinesh Rajbhandari Vice President Nepal BodyBuilding & Fitness Association (NBBFA) National Sports Council, Kathmandu ☎ 00977-9851047368 Email: dinesh.rajbhandari@gmail.com</p>	<p><u>Please copy all correspondence to:</u></p> <p>Attn: Mr. Rajesh Babu Shrestha President, NBBFA Email: rajesh00@icloud.com ☎ 00977-9851047368;</p> <p>Attn: Mr. Rajan Shrestha General Secretary, NBBFA ☎ 00977-9851158600 Email: rajninn@gmail.com</p>	<p>Attn: Datuk Paul Chua President WBPF & ABBF Email: abffasia@yahoo.com.sg</p> <p>Attn: Chetan M Pathare Secretary-General WBPF & SABBF Email: ibbf_mumbai@yahoo.in</p>
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12TH SOUTH ASIAN BODYBUILDING & PHYSIQUE SPORTS CHAMPIONSHIPS 2019

DATE : 18-21 JULY, 2019; VENUE : KATHMANDU, NEPAL

INFORMATION, RULES AND REGULATIONS FOR THE 12TH SOUTH ASIAN BODYBUILDING & PHYSIQUE SPORTS CHAMPIONSHIPS IN KATHMANDU, NEPAL

1. Date - Venue and Official Hotels.

DATES: 18–21 July, 2019–Kathmandu, Nepal

VENUE OF COMPETITION: (Pre-Judging) &(Finals) – Nepal Academy Hall, Kathmandu

HOTELS: Royal Singhi Hotel, Durbar Marg, Kathmandu.

2. Registration Fees.

US\$120.00 per person per day, the total amount is US\$360 for each person for the duration of 3 nights to stay in a twin bedded sharing room. This fee includes hotel accommodation, 3 meals per day, shuttle from airport to hotel vis-a-vis and to competition venue, farewell party, sight-seeing etc.

3. Payments

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

4. Entry Rules

- Country with less than three (3) competitors, only one (1) official will be allowed.
- Country with three (3) or more competitors, two officials will be allowed Exceeding number of officials as per 4 (a) and 4 (b) shall be considered as "supporters or extra delegates".

Nepal BodyBuilding& Fitness Association

Office : National Sports Council, Dasharath Stadium, Tripureswor, Kathmandu, Nepal; 977-9851047368;
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5. Extra Delegates, Officials and Supporters

All extra delegates, officials and supporters will bear their own expenses.

6. Exemptions

ABBF Executive Committee Members and SABBF Executive and Standing Committee members are exempted from paying the Registration fees.

7. Judge

Kindly nominate the name of your judge before 15th June, 2019 to the Chairman of the Judges Committee; Ms. Christina Y. Kam at email abbf.adm@hotmail.com Last minute submission will be rejected. All judges should use a grey suit with the official logo of ABBF/WBPF and female judges with dark grey blazer with grey skirt or dress pants.

- a) One judge per country will be allowed on gratis (no registration to pay), however, the judge must share a triple or twin bed room with other judges/officials;
- b) If more than 1 (one) judge is nominated, he or she has to pay registration fee, however, a country will be limited to enter 1 (one) extra judges to enjoy this privilege on triple or twin sharing room. Max. Number of Judges should be (2) two only. All other extra judges will have to pay the supporters fee in full.

7. Early Arrivals and Late Departures

Any team or officials arriving early or departing late are required to pay for the extra days.

8. Entry Forms

- a) Preliminary Entry Forms must be submitted before 30th May, 2019
- b) Final Entry Forms must be submitted on or before 15th June, 2019.

The Preliminary and Final Entry forms should be sent directly to:

<p><u>Pls. Send the Preliminary Entry Form to:</u></p> <p>Attn: Dinesh Rajbhandari Vice President Nepal BodyBuilding& Fitness Association (NBBFA) National Sports Council, Kathmandu ☎ 00977-9851047368 Email: dinesh.rajbhandari@gmail.com</p>	<p><u>Please copy all correspondence to:</u></p> <p>Attn: Mr. Rajesh Babu Shrestha President, NBBFA Email: rajesh00@icloud.com ☎ 00977-9851047368;</p> <p>Attn: Mr. Rajan Shrestha General Secretary, NBBFA ☎ 00977-9851158600 Email: rajinn@gmail.com</p>	<p>Attn: Datuk Paul Chua President WBPF & ABBF Email: abbfasia@yahoo.com.sg</p> <p>Attn: Chetan M Pathare Secretary-General WBPF & SABBF Email: ibbf_mumbai@yahoo.in</p>
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9. Doping

Dope testing will be conducted at random by the ABBF.

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 or pen drive. Video Tape no acceptable.

11. Posing Music

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

12. Airport

The arrival airport is the Tribhuvan International Airport, Kathmandu. The Organising 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 Organising 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 Kathmandu, please contact the Secretariat within 24 hours before and after your arrival.

14. Bodyweight categories

MEN'S BODYBUILDING

Up to & incl. 55 kg.

Up to & incl. 60 kg.

Up to & incl. 65 kg.

Up to & incl. 70 kg.

Up to & incl. 75 kg.

Up to & incl. 80 kg.

Up to & incl. 85 kg.

Up to & incl. 90 kg.

Over 90 kg

JUNIOR MEN'S BODY BUILDING (Under 21 years age)

MEN'S FITNESS (Open category)

MEN'S ATHLETIC PHYSIQUE

Up to 160 cm + 2 kg

Up to 167 cm + 4 kg

Over 167 cm + 8 kg

MEN'S SPORTS PHYSIQUE

Up to 170 cm -102 = Body weight

Over 170 cm -100 = Body weight

WOMEN'S MODEL PHYSIQUE (Open category)

WOMEN'S ATHLETIC PHYSIQUE (Open category)

15. Training Facility

There will be a temporary gym at 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 Kathmandu.

17. VISA

Please check with your travel agents or Ministry of Tourism if Visa is required to enter into Kathmandu Airport. If you need assistance from the host country, please let them know two months (60 days) in advance. LAST MINUTE REQUEST WILL BE IMPOSSIBLE FOR THE ORGANISER TO ASSIST YOU. Indian Citizen does not require a visa and have to produce valid ID (Passport/Ration Card). Visa on arrival can be obtained but is advisable to get visa from Nepalese Embassy to avoid delays at Airport.

18. 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.



Top Attractions in Kathmandu

1. Boudhanath Stupa



Boudhanath stupa is the most liked sightseeing place in Kathmandu. Visitors are required to pay NRs. 250(Foreign Nationals) NRs. 50 (SAARC Nationals) NRs. 250 (Chinese) per person (Below 10 years free) as entrance fees to the Boudhanath. A lot of Tibetan people reside around the Stupa. And it is very famous and holy place specially of Buddhists People. It is one of the most popular world heritage site of Nepal. Breakfree Adventures offer Boudhanath Private Sightseeing Day Tours.

2. Swayambhunath Temple



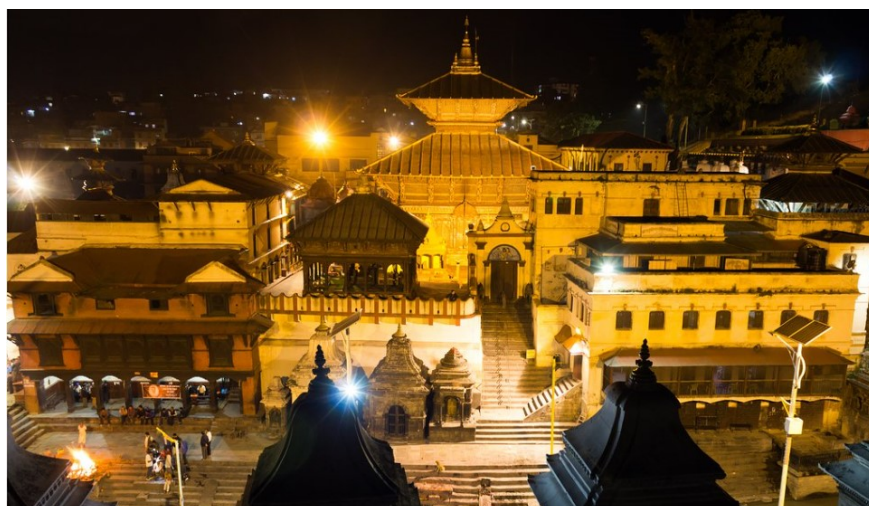
Swayambhunath is a glorious ancient religious architecture, located in the middle of Kathmandu city. It is center of faith of both Buddhist and Hindus.

3. Kumari, The Living Goddess of Nepal



The word Kumari originates from the Sanskrit word *Kaumarya*. It means virgin referring to the culture of worshipping the virgins. Kumari is also the childhood name of Lord Durga, one of the main Gods of the Hindu religion. Nepalese believe Kumari as the manifestation of Lord Durga (TalejuBhawani) in the body of a pure prepubescent girl. She is worth worshipping until she suffers some kind of injury or illness or until her first periods. History records that the tradition of worshipping a virgin girl started during the regime of the last Malla king Jaya Prakash Malla. He had a dream where Goddess Taleju ordered him to select and worship a virgin girl from a Shakya or Bajracharya family as the manifestation of herself. Hence, he ordered his men the task of building KumariBahal (home of Kumari in the Basantpur area) and also started the festival of drawing the chariot of goddess Kumari along with the chariots of Lord Ganesh and Bhairav.

4. PashupathNath Temple



The Pashupatinath Temple is a famous and sacred Hindu temple complex that is located on the banks of the Bagmati River, approximately 5 kilometres north-east of Kathmandu in the eastern part of Kathmandu Valley,

the capital of Nepal. The temple serves as the seat of Nepal's national deity, Lord Pashupatinath. This temple complex was inscribed on the UNESCO World Heritage Sites's list in 1979.

5. Chandragiri Hills



Chandragiri Hills Ltd is a Hospitality Company which operates cable car, restaurants & bar, conference center and branded shops in Thankot Kathmandu, with its upcoming attraction being amusement park, boutique resort, paragliding,, zip flying and many more.

6. Garden of Dreams



The Garden of Dreams, a neo classical historical garden, is situated in the midst of Kathmandu city, Nepal. The Garden's design has much in common with formal European gardens: paved perimeter paths, punctuated by pavilions, trellises, and various planting areas, surrounded by a sunken flower garden with a large pond at its center. It is an architectural landscape that encourages the visitor to stroll around and discover the Garden's treasures from many different vantage points.

7. Thamel Free Street – No Vehicle Area



Thamel is the heart of Kathmandu, the capital city of Nepal. It's well known as a tourist hub and is one of the most popular commercial centers of Nepal with various shops, vendors, restaurants and quality hotels serving much different cuisine.

8. Durbar Square (Patan)



The ancient royal palace of Patan faces on to magnificent Durbar Sq. This concentrated mass of temples is perhaps the most visually stunning display of Newari architecture to be seen in Nepal. Temple construction in the square went into overdrive during the Malla period (14th to 18th centuries), particularly during the reign of King SiddhinarsinghMalla (1619–60). It's well worth at least a half-day trip from Kathmandu.

9. Durbar Square (Bhaktapur)



The ancient city Bhaktapur lies on the Eastern part of Kathmandu valley which is also known as Bhadgaon or Khwopa, Bhaktapur. It is regarded as the abode of traditional Nepali culture, custom and unique arts of wooden and potteries. The historical monument on around signifies medieval age culture and tradition of Nepal and this old city is inhabited by indigenous Newari people in large group. The main attractive monuments are Nyatapola Temple, statue of King BhupatindraMalla, Peacock Window, Golden Gate and fifty-five windowed palace of Bhaktapur Durbar Square.

10. Kopan Monastery



Kopan Monastery is a center for Buddhist study, meditation, retreat., and practice. It is nestled in the foothills of the Himalayas, in the Kathmandu valley in Nepal. It was established in the late 1960's by Lama Yeshe and Lama Zopa Rinpoche as a home for monks and nuns from the Himalayan area and foreigners wishing to receive teachings. This is still the mission of Kopan monastery today: preserve and transmit the Tibetan Buddhist tradition as the path to ultimate happiness and freedom from suffering to all.