



53RD ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS

27TH SEPTEMBER –03RD OCTOBER 2019

BATAM, INDONESIA

COMPETITION TERMS AND RULES

FOR THE 53RD ASIAN BODYBUILDING & PHYSIQUE SPORTS CHAMPIONSHIPS

Venue of Competition	
Date	27 th September –03 rd October 2019
Venue	Pacific Palace Hotel, Batam, Indonesia.
Hotel for Officials	Pacific Palace Hotel, Batam, Indonesia.
Delegates & Supporters, Athletes, Team Managers & Coach	Pacific Palace Hotel, Batam, Indonesia.
REGISTRATION FEES	
Official and Athletes Registration Fees	<p>The total amount of USD 720 for each person for the duration of 6 nights stay in a twin bedded sharing room.</p> <p>This fee includes hotel accommodation, 3 meals per day, shuttle to and from the Harbour Bay to the hotel and to competition venue and farewell party.</p> <p>The price of the double rooms (USD 720 /6 nights per person x 2 persons= USD1440.00. Single room price USD 1000 for 6 nights.</p> <p>These prices are available for the officials and delegates as well.</p>
IMPORTANT NOTICE	
<p>Please note it is compulsory for all the participating athletes, official and judges must stay in the official hotel provided by the organisers. Those who do not stay in the official hotel will not be allowed to participate in the said championship.</p>	
ABBF Executive Committee:	<p>ABBF Executive Committee members are exempted from paying the Registration Fees, including Patrons and Honorary Life Members. ABBF Executive Committee Members are allowed to be accompanied by their spouse only. Their accommodation, Meals, etc. are on gratis. Standing Committee Members with the exception of the Chairman and Secretary of each Sub Committee may have to share a twin sharing room. If a Sub Committee Member requests a single room, he/she must pay the difference of USD 250.00 for a single room for the duration of 6 nights.</p>
Early Arrivals and Late Departures	<p>Any team or officials arriving early or departing late are required to pay for the extra days per night for a Standard single or twin bedroom USD120 each day Inclusive only of breakfast</p>
<p>Please note: For early arrival and late departure, shuttle services will not be provided. You need to find your own transport.</p>	

: Organiser :

ASIAN BODY BUILDING AND PHYSIQUE SPORTS FEDERATION

: Supported by :

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IMPORTANT NOTICE	
Please advise your team before departure not to incur additional expenses.	
Extra Officials	Any judges, coaches or trainers who are not officially participating as an Athletes or Delegates will be responsible for all of their own expenses. Only those whose names are officially recommended in the official entry form by the respective national federation will be allowed to participate as an athlete, official, judge and supporter of that respective country. This rule is also applicable for the family members.
NO EXCEPTION WILL BE MADE UNDER ANY CIRCUMSTANCES.	
Payments	Only cash payments in USD-United States Dollars will be accepted for Registration Fees. You may use Credit Card payment in large departmental stores. It is to be noted by the Guests that all Malls/Departmental stores/Chemists are not having the facility of accepting US Dollars. The Secretariat may arrange for the Currency Exchange depending on the availability. The rate of exchange from US\$ to Rupiah may differ at the time of Registration.
Secretariat	The Organizing Committee will maintain a Secretariat at the Hotel from 8.00 AM to 10.00 PM from 27th September to 3 rd October, 2019. You may obtain information and assistance from the Secretariat.
Weigh-in and Registration	
Registration for athletes and Weigh-in will take place at the Pacific Palace Hotel Batam (Napoleon) (please refer to the day-to-day program) for full details. It is the responsibility of the Chief Delegate or Team Manager to make sure that all athletes are on time for the Weigh-in and Registration. If an athlete is late for the Weigh-in and Registration, that athlete will be disqualified and will have to pay all of his own expenses.	
Judges	
In order to assist the ABBF Judges Committee in their selection of judges for this Championship, please forward your nomination for Judges from your National Federation as soon as possible but no later than 10th August 2019. Judges must possess an International/Continental recognized judge's card and must produce to the Judges Committee. Please send the nomination to Ms Christina Y Kam, Chairperson ABBF Judges Committee - abbf.adm@hotmail.com and c.c. to the ABBF President at abbfasia@yahoo.com.sg , Secretary-General - abbf.secretary@yahoo.com and Secretary-General WBPF at wbpfecgeneral@gmail.com	

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- Each athlete must bring his/her passport and posing music to the weigh-in and registration, failing which the athlete weigh-in will not be processed.
- No G-string bikinis are allowed. An athlete must comply with specification sheet attached and they must produce their bikinis for verification and approval for the pre-judging and finals at the weigh-in area. The bikinis will be stamped with a marker as an approval by the Judges Committee.
- During the weigh-in, all female athletes should be properly dressed. NO PYJAMAS OR NIGHT GOWNS are allowed. This is to protect the image of our sport in the event press or VIPs were to be present during the weigh-in, it will put our sport in an awkward position. Please use track suits or a decent dress/jeans.
- At the parade of the nations, if you were to allocate female athletes, she should also appear in a track suit and not in a bikini.
- All female athletes are to be reminded that they are participating in a sporting event and not in entertainment venues like night clubs, therefore, we should ask the women to change their behaviour when they come on to the stage in the “walk-in” wiggling their rear ends or looking back into the audience when they stand in the quarter turn facing the back of the stage and stretching out their butt and winking at the judges and the audience. This is not a sports presentation and it will be seen as sexual harassment to the public.

Backstage Access / Dressing Room Access	Access to the backstage and/or dressing room areas shall be strictly limited to essential personnel only. Coaches and trainers who assist athletes in the dressing room area must be of the same sex as the athlete they are assisting.
Camera/Video Tape Equipment	Camera and /or Videotape equipment shall be strictly prohibited in the backstage and /or dressing room areas except when used by the WBPF/ABBF authorized media persons and, in any event, these devices shall be strictly prohibited in the dressing room area.
Parade of Nations	National dress code or track suits to be worn by delegates and /or officials taking part in the Parade of Nations. Only one (1) delegate and two (2) competitors per country must take part in the Parade of the Nations.
Kindly nominate the name of your judges in advance; last minute submission will be rejected. All judges should use a grey suit with the official logo of ABBF/WBPF and female judges with a grey blazer with a grey skirt or dress pants.	
Entry Pass Card	Entry Pass will be issued to the Weigh-in and backstage area during the Weigh-in, Pre-judging and Finals. It will be distributed at the Judges/Team Managers Meeting as follows : Five (5) or more competitor – Two (2) Passes will be issued and less than five (5) competitors, One (1) Entrance Pass will be given.

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Media Accreditation	All media accreditation, except local media, shall be controlled by the ABBF. All persons wishing to obtain media accreditation for this event must register with the ABBF by completing and signing the ABBF Media Accreditation Form. The form must be submitted to the ABBF by email at abbf.adm@hotmail.com and abbf.secretary@yahoo.com
Athletes without Delegates	All athletes competing at ABBF Championships must be members in good standing of their National Federations. Any athlete who arrives without a delegate must carry on the official letter of Authorization of Participation from his/her National Federation, failing which the athletes will not be eligible to participate.
Failure to Honour Final Entry Form Deadline.	Deadlines are set to assist the Organizer with arranging accommodations, meal, onsite transportation and other Championships activities. A failure to respect these deadlines is a breach of the ABBF rules. If a National Federation fails to respect the deadline written on the Final Entry Form, each "Official Participant" from that federation will be required to pay all of his or her own expenses, including accommodations, meals, onsite transportation, and access to the Pre-judging, Finals and Farewell Banquet.
Misrepresentation	Misrepresentation is a serious breach of the ABBF Code of Ethics and occurs when an "Official" of a National Federation deliberately misrepresents the number of Athletes and Delegates so as to obtain free-of-charge accommodations, meals, onsite transportation, and access to the prejudging. Finals and farewell Banquet, and other amenities at the expense of the organizer. Part of this misrepresentation may be a false claim that a person is an Athlete only to have that so-called athlete fail to officially register as a competitor at the Weigh-I or, once having officially.
Medical Withdrawal	Once officially registered, no Athlete may withdraw from the competition, without the prior approval of the ABBF Judges Chairman, who has the right to verify the reason for the withdrawal. Any National Federation that fails to seek the prior approval of the ABBF Judges Chairman before withdrawing an athlete shall, for that athlete's non-participation, be fined an amount equal to the Special Package Rate.
Attendance at the ABBF Congress	All National Federations officially participating in the Championships must attend the Congress meeting, including National Federations with athletes and no delegates. In this case, the athlete must attend and represent his country at the congress.

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Visa	Please note that the Organizer will not be able to provide landed visa to any country. Indonesia do have Landed Visa for many countries. Those who wish to travel from Singapore must apply for MULTIPLE VISA. Upon request, an official invitation letter shall be signed and issued by the ABBF. It is to be noted that the Visa Administration process differs from country to country and hence kindly apply well in advance.
Electrical Current	The electrical current is 220 voltage.
Language	The official language in Indonesia is Indonesian. English is spoken in hotels as well as most of the places.
Doping	Doping will be conducted by the ABBF Anti-Doping Committee.
National Anthem/National Flag	a) You must provide 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 1.5 meters. b) You must also provide your National Anthem (shortened version) on CD. Video or cassette not acceptable.
Posing Music	Posing music must be on CD only and produced with good quality. The music should be cued from the start of the CD. Each competitor must affix his/her name on the CD for easy identification. The USE OF PROFANE, VULGAR OR OFFENSIVE LANGUAGE IN POSING MUSIC IS PROHIBITED.
Preliminary Entry and Final Entry	Please co-operate and submit your entry forms in time as per the closing dates shown in the forms. You are kindly requested to email to abbf.adm@hotmail.com and abbf.secretary@yahoo.com and wbpfecgeneral@gmail.com

Participation Rules

- 1) Country with less than Two (2) Competitors – Only one (1) Official will be allowed to pay the official registration fee
- 2) A country with Three (3) and above competitors – Two (2) Officials will be allowed to pay the official registration fee
- 3) A country participating with woman athletes may send One (1) extra female official and she needs to pay only the official registration fee
- 4) Official or any other guests requesting for a single room have to pay the differences levied by the organizer based on the supporter's rates published herein.
- 5) One judge per country will be allowed on gratis (No registration fee to pay) however, the judge must share a twin bedroom with other judges or officials.
- 6) However, country participating with woman athlete may send 1 (one) extra female judge and no need to pay the registration fee as well.
- 7) If more than 2 (two) judge is nominated, he or she has to pay the registration fee, however, a country will be limited to enter two extra judges only, including one female judge to enjoy this privilege on sharing a twin room. A maximum number of judges should be 3 (three) only. All other extra judges will have to pay the supporters fee in full.

IMPORTANT NOTICE

A country that exceeds the above quota will have to pay for their official and supporters fees.

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