

# ABBF CONSTITUTION & RULES 2015 EDITION

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## CONSTITUTION & TECHNICAL RULES OF 2010 EDITION

### INTERPRETATION

In the interpretation of these Rules and all bye-laws made thereunder, unless the context otherwise requires:

1. ABBF means "ASIAN BODYBUILDING & PHYSIQUE SPORTS FEDERATION"
2. WBPF means "WORLD BODYBUILDING & PHYSIQUE SPORTS FEDERATION"
3. "THE EXECUTIVE COMMITTEE" shall mean the Committee of Management for the time being elected under these Rules.
4. 'AFFILIATE' shall mean any Association, Federation, Institution or other national controlling body within a country in Asia which is affiliated to ABBF and WBPF under these rules.

### ARTICLE 1 – NAME AND PRINCIPLES

The Asian Bodybuilding and Physique Sports Federation (ABBF) was established in 1959 and is a permanent organisation. Its official name is "ASIAN BODYBUILDING AND PHYSIQUE SPORTS FEDERATION", ABBF for short. It is composed of the national amateur federations governing bodybuilding for men and women on the basis of one federation per country in Asia and it shall be affiliated to the WBPF

### ARTICLE 2 – OBJECTIVES

The principal objects of the ABBF are:-

1. To promote, control and develop bodybuilding, fitness and physical culture in the continent of Asia;
2. To promote an interest in and a dedication to better fitness and health through physical culture, proper nutrition and weight training;
3. To develop and intensify friendship and co-operation among the National Associations and bodybuilders from all countries;
4. To conduct drug testing at all regional and continental level



5. (A) To honour exceptional officials and bodybuilders with awards, medals or Certificate for their contributions;

(B) To issue Coaching Certificates or Diplomas to bodybuilders and officials who are knowledgeable in the field of bodybuilding and physical fitness and weight-training exercises. The Secretariat shall be empowered at its discretion to issue such certificates.

6. To select and appoint qualified judges for Asian and Regional competitions within its jurisdiction.

7. To co-ordinate and supervise the activities of the ABBF Affiliates practising bodybuilding, fitness and physical culture.

8. To regulate and control Asian bodybuilding and fitness championships and other bodybuilding competitions between member countries.

9. To discipline individual members or national federations that do not follow the ABBF constitution, or whose conduct is prejudicial or brings dishonour to ABBF.

10. To collaborate with organisations having as their objective the promotion of sports in Asia.

11. To publish periodically (when possible) a Handbook, and a Bulletin and ABBF News and Calendar of Events for circulation to affiliates, the press and others giving information about the work and activities of ABBF and information of general interests.

### ARTICLE 3 – GENERAL PROVISIONS

1. The ABBF forbids all racial, political or religious discussions or demonstrations.
2. No distinction is made between countries or persons for reasons of race, colour, religion or politics.
3. Its Secretariat Office is located in the town where the Secretary-General/Treasurer lives and the registered headquarters shall be in any city chosen by the Executive Committee and approved by the ABBF Congress from time to time.
4. The duration of the ABBF is unlimited.
5. The authority for interpreting any disputes arising out of these statutes, bye laws and constitution, shall reside in the President and Secretary-General. They shall seek the advice of other members of the Executive Committee before arriving at a final decision.





#### ARTICLE 4 – OFFICIAL LANGUAGES AND CORRESPONDENCE

1. English shall be the official language for the Minutes, official correspondence, communications and meetings, each Association being responsible for its own translation.
2. Every Association shall send to the Secretary-General/Treasurer of the ABBF the names and addresses the persons responsible for conducting, on its behalf, official correspondence, both with the ABBF and other Associations on all questions including disputes between Associations.
3. Each Association shall send to ABBF and to the IFBB and, on application, to other Affiliates their official handbook and all subsequent modifications of their Constitution and Bye-Laws.

#### ARTICLE 5 – LEGISLATIVE, EXECUTIVE AND ADMINISTRATIVE BODIES

1. The Legislative, Executive and Administrative Bodies of ABBF shall respectively be:-
  - (a) The Congress
  - (b) The Executive Committee or The Emergency Committee on its behalf as provided for in Article 15.
  - (c) The Secretariat
2. Standing Committees shall be appointed by the Executive Committee to assist it in its work, in accordance with the relevant Articles in the Constitution.

#### ARTICLE 6 – CONGRESS

1. The Congress, the supreme body of ABBF is composed of the delegates of the affiliated national associations.
2. An Ordinary Congress shall be held once a year, except every fourth year when a Special Congress shall be held at which the office bearers and members of the Executive Committee are elected.
3. The venue will be where the Asian Amateur Bodybuilding Championships are being held.



4. The date, place, time and agenda shall be notified to the Affiliates by the Secretary-General/Treasurer.
5. Each country may be represented at Congress by two delegates but is entitled to only one vote. Each country may also be represented by two observers, but they have no right to speak, join in the debates or vote.
6. Affiliates shall be represented at the Congress by members of their own Associations. In case of conflict between two officials representing the same member country, proof must be given of their appointment for validation by the ABBF Executive Committee.
7. The presence of the President or Secretary-General/Treasurer of the ABBF is compulsory at all ABBF Congresses.
8. The country organising the Congress shall undertake the expenses of accommodation, breakfast and dinner of the members of the Executive Committee and delegates for a minimum period of 5/6 days.
9. Propositions for the Congress must reach the office of the Secretary-General/Treasurer (60 days) before the date fixed for the Congress. The agenda must reach the affiliated Associations thirty days (30 days) before the date fixed for the Congress. The Congress can only discuss questions on the agenda, except as provided for in Article 11.3 (a).
10. Modifications to articles and rules are applicable as soon as the Congress approves them.
11. The sessions of the ABBF Congress are private.

#### ARTICLE 7 – ELECTION OF OFFICE BEARERS EXECUTIVE COMMITTEE MEMBERS

1. The Special Congress shall elect the following office bearers:-
  - (a) The President
  - (b) The Deputy President
  - (c) Executive Director
  - (d) Four Executive Vice-Presidents
  - (e) Four Vice-Presidents
  - (f) The Secretary-General/Treasurer
  - (g) Assistant Secretary





2. (a) Candidates for the above offices must be proposed by the National Association to which they belong, and such nominations must reach the Secretariat by registered mail not later than sixty (60) days before the date on which the Congress is to be held.
- (b) ABBF may elect three (3) independent members to the Executive Committee by the approval of the Congress. The Executive Committee shall nominate and recommend prominent persons as the candidates who have rendered or can render exceptional services to the cause of bodybuilding in Asia.
3. Names of all eligible candidates shall be circulated by the Secretary-General/Treasurer not later than thirty (30) days before the date of Congress.
4. Candidates who have been properly nominated may be elected even though they are not present at the Congress. Should any candidates be unable to attend the Congress, he or she must give valid reason on his or her absence, stating his or her explanation prior to the Election.
5. The Executive Committee is elected for a term of four years. Retiring members are eligible for re-election.

#### ARTICLE 8 – EXTRA-ORDINARY CONGRESS

1. (a) If requested by one third of the number of affiliated Associations or by a majority of the Executive Committee, an Extra-Ordinary Congress must be convened by the Executive Committee within two months of the request being received. The date, place and agenda of such an Extra-Ordinary Congress shall be notified to all Affiliates at least thirty (30) days before the date of the Extra-Ordinary Congress. Only the items in the agenda shall be discussed.
- (b) Representation, voting and the conduct of the Extra-Ordinary Congress shall be the same as those for an Ordinary Congress where they apply.



## ARTICLE 9 – AGENDA FOR CONGRESS

1. Address by the President
2. Verification of Delegates
3. Admission and Expulsion of Members
4. Confirmation of the Minutes of the preceding Congress.
5. Secretary-General/Treasurer's report covering the period since the preceding Congress, including any action taken by the Emergency Committee.
6. The filling in vacancies in the Executive Council and Committees of the ABBF.
7. Submission of balance sheet and receipts and payments account for the previous calendar year. Approval of the accounts.
8. Reports of the various Standing Committees:-
  - (a) Judges Committee
  - (b) Women's Committee
  - (c) Medical Committee
  - (d) Technical Committee
  - (e) Legal Committee
  - (f) Emergency Committee
  - (g) Any other committee deemed necessary by ABBF
  - (h) Any committee requested by IFBB
9. Consideration of proposals for amendments to the Constitution and Bye-laws.
10. Decisions of the Executive committee
11. Fixing the venue of the next Asian Championships and Congress.

## ARTICLE 10 – AMENDMENTS TO THE CONSTITUTION

1. Congress alone shall have the power to amend the Constitution or Bye-Laws of the ABBF.





2. A proposed amendment to the Constitution or Bye-Laws, or proposed new Bye-Laws, may only be put to a vote at a Congress attended by at least half the affiliated Associations, but a vote may be taken even if any time some of the delegates of these Associations have left the conference hall.

#### ARTICLE 11 – ELECTION AND VOTING

1. At a Congress, the Voting Delegates from each Affiliate shall be so designated to the Secretary-General/Treasurer prior to the meeting and only they shall vote.
2. At Meetings of the Executive Committee and other Committees, every members shall be entitled to one vote at all meetings which he attends.
3. Decisions at all meetings shall be taken by a simple majority of the votes recorded, with the exception of the following matters which require the approval of three fourths of the votes recorded at a Congress.
  - a) Additions to the Agenda of the Congress
  - b) Expulsion of Affiliates
  - c) Dissolution of the ABBF, in the manner laid down in Article 35 (4)
4. The Chairman in all meetings shall have a casting vote.
5. Voting for the elections shall be by secret ballot.
6. Unless Congress decided otherwise all other decisions for voting may be taken by show of hands.

#### ARTICLE 12 – CONSTITUTION OF EXECUTIVE COMMITTEE

- a) The Executive Committee shall consist of:-
  - i) The President
  - ii) Deputy Vice-President
  - iii) 4 Executive Vice Presidents
  - iv) 4 Vice-Presidents
  - v) The Secretary-General/Treasurer
  - vi) The Assistant Secretary
  - vii) Executive Director
  - viii) Chairman and Secretary of each Standing Committee



2. The WBPF Vice-President for Asia, if not elected to any of the above posts, shall be an ex-official member of the Executive Committee.

3. If the President ceases to carry out his duties, one of the Executive Vice-Presidents appointed by the Executive Committee shall undertake them until the next Congress.

4. Any member is eligible for election and appointment to the Executive Committee, with the exception of a bodybuilder (amateur or professional) who is still actively competing. In case of voting, each country is entitled to one vote only.

5. The decisions of the meetings of the Executive Committee are final.

6. Any member of the Executive Committee regularly absent from the meetings, or who neglects his/her duties, unless on account of valid reasons, may be suspended by a decision of the absolute majority of the Executive Committee, and replaced.

7. The sittings of the Executive Committee are private.

#### ARTICLE 13 - MEETINGS, POWERS AND DUTIES OF THE EXECUTIVE COMMITTEE

1. The Executive Committee shall meet at least once a year in addition to the meeting to be held at the time of Congress

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2. The Executive Committee shall:-

(a) Appoint the following standing committee and have it approved by the Congress:-

- (i) Judges Committee
- (ii) Women's Committee
- (iii) Medical Committee
- (iv) Rules Committee
- (v) Legal Committee
- (vi) Patrons and Honorary Life Members
- (vii) Any other Committee deemed necessary by ABBF
- (viii) Any committee requested by IFBB

(The President and the Secretary-General/Treasurer shall be the ex-officio members of all Standing Committees)

The Chairman and Secretary of each Standing Committee shall be represented at the Executive Council Meetings with voting rights and executive powers.

The Executive Committee shall:-

- (a) Carry out the objects and manage the affairs of the ABBF.
- (b) Manage the funds of the ABBF, in such a manner as is deemed expedient.
- (c) Arbitrate any dispute between Affiliates.
- (d) To deal with Disciplinary matters.
- (e) Examine all proposals to be placed before Congress for consideration.
- (f) Fill any vacancy which may occur in any office.
- (g) Consider and provisionally approve if they think fit, any application membership of ABBF.
- (h) Group national associations into regions as they think fit.
- (i) Vary dates of meetings, or convene an Extra-Ordinary Congress.



- (j) Appoint ad hoc Committees for particular purposes, and give them terms of reference.
- (k) Enlist the services of any person or persons for the purpose of conducting any business within the objects of the ABBF.

#### ARTICLE 14 – QUORUM AND NOTICE OF MEETINGS

1. Quorum at meetings shall be as follows:-
  - (a) Congress
  - (b) President or Secretary-General/Treasurer and delegates from one third of the total number of member Associations.
  - (c) Executive Committee: Five
  - (d) Standing Committees: Half of the number that constitute the Committee
2. Notice of meetings shall be as follows:-
  - (a) Congress  
At least 60 days
  - (b) Executive Committee  
At least 40 days
  - (c) Emergency Committee  
At the discretion of the President
  - (d) Any other Standing Committee  
At least 30 days
3. Committees may conduct their business by correspondence when necessary. A decision taken in this way shall be valid as if a meeting has been held, provided that all members of the Committee were consulted and given a reasonable time to reply.

#### ARTICLE 15 - EMERGENCY COMMITTEE

1. The Emergency Committee of three members consisting of the President as Chairman, a Vice-President, and one Member, shall be elected by the Executive Committee to deal with all matters requiring immediate decision between meetings of the Executive Committee. The Secretary-General shall be ipso-facto a member/convenor of this Committee. They shall have power to deal with any matter which the Secretary-General/Treasurer may deem urgent and report thereon at the next Executive Committee meeting provided other members of the Executive Committee are notified in advance.





2. The business shall normally be conducted at a specially convened meeting, but in exceptional circumstances by postal, facsimile or through internet.
3. All decisions taken by the Emergency Committee shall be final.
4. The President shall have the authority to appoint a substitute if a member is not available, or if the Association of which he is a member is directly concerned in a dispute.

#### **ARTICLE 16 – DUTIES OF THE PRESIDENT**

1. The President directs the debate and keeps order at the Congress and meetings of the Executive Committee and other Committees, according to the tradition and rules of parliamentary debate.
2. In the case of equal voting on a motion, the President shall have the deciding vote.
3. The President shall take a principal part in the opening and closing ceremonies of the Asian Bodybuilding and Physique Sports Championships and any other Regional competition that he may attend in Asia.

#### **ARTICLE 17 – DUTIES OF THE DEPUTY VICE –PRESIDENT, EXECUTIVE VICE-PRESIDENTS AND VICE PRESIDENTS**

If the President is absent or not available, the Deputy Vice-President or one of the Executive Vice-President appointed by the Executive Committee shall perform his duties.

#### **ARTICLE 18 – DUTIES OF THE SECRETARY-GENERAL/TREASURER**

1. The Secretary-General/Treasurer shall be the head of the Secretariat of the ABBF. He shall record the minutes of all meetings, conduct all correspondence and act as the link between the ABBF, the National Associations, the WBPF and other organisations. He shall be responsible to the Executive Committee for the administration and the appointment and work of the Staff of the Secretariat. He shall assist the Executive Committee, the various Standing Committees and the Congress, and may take part in their discussions and have the right of voting. He shall be responsible for the publication of the ABBF Bulletin and a Handbook in which are collected the Constitution, Bye-Laws, and any other documents important for general reference.
2. To provide information concerning bodybuilding and physical culture.



3. To draw up the agenda of the Annual Congress in accordance with the wishes and propositions of the affiliated federations, and send it to the federations one month before the date fixed for the Congress.
4. To distribute to all affiliated federations a report on the Congress.
5. He shall make the inspection tour of the prospective national federation organizing the Asian Amateur Bodybuilding Championships, or any other major regional championships. The organizing federation must pay his travelling and accommodation expenses.
6. To assist the President and the Executive Committee in resolving any problems arising from violation of the Constitution and Rules of the ABBF by a member national federation or individual member, either amateur or professional. If circumstances require it, he shall conduct an investigation in the country concerned and the national federation of that country must pay his travelling and accommodation expenses.
7. He shall be the consultant for all national federations requiring information or advice on the interpretations of the ABBF Constitution and Rules, or about actions of their members which are in violation of the Constitution and Rules of the ABBF.
8. As Treasurer, his duties shall be to receive, keep safely, pay out and account for the money and property of the ABBF, in particular:-
  - (a) To prepare accounts and budgets of income and expenditure for presentation to the Executive Committee and Congress.
  - (b) To collect all subscriptions, fines and other dues from National Associations.
  - (c) To authorise payments resulting from general administration.
  - (d) To issue receipts for all money received and to obtain receipts or vouchers for all money spent.
  - (e) To operate bank accounts on behalf of the ABBF.

#### ARTICLE 19 - DUTIES OF THE ASSISTANT SECRETARY

1. If the Secretary-General/Treasurer is unable to carry out any of his duties for special reasons, the Assistant Secretary shall substitute for him.
2. The powers of the Assistant Secretary shall be the same as set out for the Secretary-General/Treasurer in the appropriate articles.





#### **ARTICLE 20 – ANNUAL ACCOUNTS**

The financial year shall follow the calendar year, and the accounts shall be presented to the next Congress.

#### **ARTICLE 21 – PATRONS AND HONORARY LIFE MEMBERS**

1. Prominent persons connected with bodybuilding in member countries may be elected as Patrons, the Executive Committee shall nominate the candidates for election by the Congress.
2. The ABBF may co-opt by the approval of the Congress persons who have rendered or can render exceptional services to the cause of bodybuilding as Honorary Life Members.
3. Patrons and Honorary Life Members have the right to attend and speak at Congress but not to vote. They shall be eligible to attend any standing committees on the written invitation of the President or the Secretary-General/Treasurer.

#### **ARTICLE 22 – JUDGES COMMITTEE**

1. The Judges Committee shall consist of a Chairman, Secretary and three other members who need not be members of the Executive Committee.

Its duties shall be:-

- (a) In collaboration with WBPF to establish as far as possible uniformity methods of judging and application of the Laws of the Game in Asia.
- (b) To propose to the WBPF Judges Committee alterations to the Laws of the Games to be submitted to the WBPF Congress.
- (c) To maintain a list of qualified judges in affiliated countries.
- (d) To organise courses for Asian Judges and for those responsible for the education and preparation of Judges in their countries, directly or jointly with WBPF.



- (e) Select judges for the championships from the nominations of the national federations. Their selection meeting shall be private.
- (f) Determine the time-table for the weighing-in of the competitors.
- (g) Supervise the weighing-in of the competitors.
- (h) To pick bodybuilders at random for drugs during the weighing-in.
- (i) The Judges Committee shall have the power to co-opt temporary members when any elected members are absent, thus enabling them to carry out their duties effectively.
- (j) Arrange the practical testing of probationary judges at championships. The probationary judges at championships must mark test papers for at least two bodyweight categories.
- (k) To appoint a statistician to tabulate the results of the competition.

#### ARTICLE 23 - TECHNICAL COMMITTEE

- 1. (a) The Technical Committee shall consist of a Chairman and two other Members.
- (b) It shall be responsible for the drafting of amendments to the Constitution, Competition Rules and other Bye-Laws, and other matters as directed by the Executive Committee in conformity with IFBB Rules and Constitution.

#### ARTICLE 24 - MEDICAL COMMITTEE

- 1. A Medical Committee composed of a Chairman, Secretary and any number of members who are able to contribute in an active manner to the responsibilities of the Committee. This Committee shall:-
  - (a) Be responsible for collecting medical material on the effects of years of bodybuilding on the human organism.





- (b) Prepare material for the wider popularization of bodybuilding as a method of improving physical condition.
- (c) Exchange information on specific sports injuries, their cure and prevention.
- (d) Collect documentation on sports medicine in the sphere of bodybuilding.
- (e) Co-ordinate the planning and carrying out of research for the solution of specific problems for bodybuilders.
- (f) Organise medical symposia in conjunction with the Asian Championships.
- (g) Have the power to co-opt temporary members when any elected members are absent, thus enabling them to carry out their duties effectively.
- (h) Actively oppose the use of drugs which artificially build muscle size or strength.
- (i) To conduct and control all drug testing at Asian and Regional Competitions.
- (j) Conduct clinics and research into the best methods of bodybuilding and physical culture.
- (k) Organize conference for bodybuilding coaches and instructors.

#### ARTICLE 25 - WOMEN'S COMMITTEE

1. A Women's Committee composed of a Chairperson, Secretary and additional members. This Committee shall:-
  - (a) Promote, develop and control all activities of women in bodybuilding and fitness, including championships and competitions.
  - (b) Encourage the formation of similar committees in national federations and liase directly with them.
  - (c) Be responsible, in conjunction with the Judges Committee, for the training of women judges.



- (d) The Chairperson and Secretary of the Women's Committee shall be invited to the Asian Women's Bodybuilding Championships and the Asian Women's Fitness Championships. The host country shall pay their travel fares.

#### ARTICLE 26 - LEGAL COMMITTEE

- (a) Legal Committee shall consist of a Chairman, Secretary and three other members who need not be members of the Executive Committee. Members of the legal Committee shall consist of lawyers and legal experts.
- (b) It shall be at liberty at any time to make proposal or recommendation to the Executive Committee of ABBF which it considers necessary or desirable.
- (c) Its duties shall be:-
1. To adjudicate any dispute, discrepancies, complaints and so forth that may have arisen between affiliated National Federations/Associations in its area, if called upon to do so. Such decision shall, if desired, be referred to the Executive Committee.
  2. To respect and assure the respect of all the principles of the Articles and Rules of ABBF and its decision keeping free from any political or commercial influence and from any racial or religion consideration.
  3. To take care of the legal business about the sport with IOC, OCA, GAASF, FIMS, GAISF, the World Games Council, the National Federations and other sport organisations, governments, concerning ABBF.
  4. To ensure that no discrimination is allowed against any country or person on grounds of race, religion or political affiliation.

#### ARTICLE 27 – AFFILIATIONS, SUBSCRIPTIONS AND FEES

1. Any national federation that wishes to affiliate with the ABBF must send to the Secretary-General/Treasurer the following documents:-
- (a) A request for affiliation signed by their President or Secretary
  - (b) A copy of their Constitution
  - (c) A list of their Executive Committee





2. An application for membership implies complete recognition of the Constitution and Rule of the ABBF.

3. After deposit of the document and payment of the subscriptions, the federation shall be affiliated provisionally until the next Congress, which will confirm the affiliation.

4. The annual subscription for each National Association shall be US\$500.00 in the year when it is first admitted as a member, and thereafter the affiliation fee shall be waived.

5. The National Association organizing the Asian or Regional Championships shall pay sanction fees as follows:

- a) Continental – US\$10.000.00
- b) Regional – US\$5000.00

#### ARTICLE 20 – ABBF COMPETITIONS

- 1. The ABBF shall have the sole right to organize or cause to be organized the Asian Amateur Bodybuilding and Physique Sports Championships and other competition: of an Asian character, in accordance with the Competition Rules approved by the Congress and the WBPF from time to time.
- 2. Competitions between groups of Affiliates shall have the prior approval of the Executive Committee and any fee prescribed shall be paid, before they can be held.



#### ARTICLE 29 – LAWS OF THE GAME

1. Each Affiliate of the ABBF shall observe, and organise competitions according to the Laws of the Game laid down by the WBPF Amateur Rules which alone has authority to alter them.

#### ARTICLE 30 – RELATIONSHIP OF ASSOCIATIONS

1. Associations in membership with ABBF shall recognise one another as the Association controlling bodybuilding in their respective countries to the exclusion of all others.
2. Affiliated Associations and their clubs may not organize or take part in competitions with other Associations or clubs which are not in membership with either ABBF or WBPF. Before they may compete with Associations or clubs in membership with WBPF but not with ABBF, the consent of the Executive Committee and of the WBPF must first be obtained.
3. National Associations shall not form themselves into groups without the consent of the ABBF and WBPF.
4. Affiliated Associations and their Clubs shall not recognise in any way, nor have any dealings with other Clubs in their territories belonging to an organisation which is rival to the ABBF or WBPF.
5. National Associations in membership with the ABBF shall recognise one another's suspension and expulsion from membership, and also the suspension of individuals, without questioning the reasons for them except at Congress.
6. Individual or personal invitations shall not be extended to any bodybuilders for the purpose of competition, seminar or exhibition without prior approval of the National Association of his/her country.

#### ARTICLE 31 – DISPUTES AND COMPLAINTS

1. National Associations have disputes with each other or with the ABBF itself may if they wish submit them to an Arbitration Tribunal to be appointed by common consent, and they may not take legal or other action against one another in such matters.
2. Should the parties concerned submit a dispute for arbitration but be unable to agree on the membership of the Tribunal, the Executive Committee itself shall act as Tribunal.





3. The decision of the Tribunal shall be final and binding upon the parties concerned, and they shall take the necessary steps to see that it is observed.
4. Any bodybuilder who thinks he has been wronged by the ABBF has the right to file a complaint in writing to the President giving his reasons through the intermediary of his National Association. The complaint will be examined by the President, who will then give his decision is final and binding, and he will make a report to the Executive Committee.
5. Associations violating any one of the clauses of this Article may be expelled from the ABBF and any individual doing so may be suspended.

### ARTICLE 32 – PENALTIES AND DISCIPLINE

1. The disciplinary measures of the ABBF which may be enforced are:-

- (a) To caution by the Executive Committee
  - (b) To censure by the Executive Committee
  - (c) To fine
  - (d) To suspend
  - (e) To expel from membership
2. The Congress shall have authority to impose fines not exceeding US\$3000/- and the Executive Committee up to US\$2000/- except in matters for which larger fines have been specified or permitted by Bye-Laws.
  3. These disciplinary measures may be imposed on National Associations when they or their affiliates have violated the Constitution or Bye-Laws of the ABBF or have failed in their duties.
  4. Failure to adhere to the rules of this Constitution will call for a complete investigation by the President, Secretary-General and other Executive Council members in consultation. If the member or federation is found guilty of deviating from the rules or of conduct prejudicial to the ABBF (eg. participation in pornographic practice, use of and/or trafficking in banned drugs, indecent exposure in person or in photographs, attacking the ABBF verbally, in writing or in publications, behaviour bringing dishonour to the ABBF or to bodybuilding, etc) he or she will be suspended for a period to be decided by the Executive Committee or they may be expelled. The disciplinary decision of the Executive Committee is final. The decision will be reported at the next meeting.



5. (a) If a bodybuilder is suspended, he or she may not compete in any other country, for any other ABBF/WBPF recognised federation or approved club, nor give any exhibitions or seminars.

(b) If an official is suspended, he or she may not hold office or serve for any other ABBF/WBPF recognised Federation or Associations that are members to its National Federation.

6. The issuing of false amateur certificates shall be deemed a serious violation.

7. Any bodybuilder or official who threatens a judge or official by word or gesture may be suspended.

8. Any bodybuilder who competes in a contest or gives exhibitions at events not approved or sanctioned by the ABBF or who brings dishonour to the ABBF may be suspended. The Executive Committee will determine whether an action or actions constitute dishonourable conduct.

9. Any bodybuilder or official who uses offensive words in respect to another person and who refuses to withdraw them may be suspended.

10. Disciplinary action may be taken against any member of the ABBF who contravenes the ABBF/WBPF Code of Ethics which is part of the Constitution and Rules.

#### ARTICLE 33 – LOSS OF MEMBERSHIP

1. A national Association may forfeit its membership with the ABBF:-

- (a) By ceasing to be an Affiliate of WBPF
- (b) For non-payment of dues to ABBF and other debts
- (c) For infringement of the Constitution or Bye-Laws or dishonourable conduct

2. The expulsion of a National Association for any of the above reasons can only Be decreed by the Congress, unless as determined by Article 27.4 on automatic expulsion for non-payment of subscription (debts).





#### ARTICLE 34 – RESIGNATIONS

1. A National Association wishing to resign from ABBF shall give three months advance notice of its intention by registered letter. The resignation may be withdrawn at any time before this notice expires.
2. A National Association whose resignation has become absolute shall thereby at once lose its status as an Affiliate and all the privileges conferred by the ABBF.
3. An Association which has resigned and later rejoins the ABBF must then pay any arrears owing at the time of its resignation.

#### ARTICLE 35 – OBLIGATION AND FINAL PROVISIONS

1. All Associations in membership with ABBF shall be subject to and bound by the ABBF Constitution and Bye-Laws, and decisions of Congress and/or the Executive Committee.
2. Decisions made at the Executive Committee Meeting and Congress shall become legally operative for the ABBF and Affiliated Associations immediately from the date when such decisions were taken.
3. Any activity of any of the Standing Committees shall be subordinated to the strict observance of the Constitution and Bye-Laws of the ABBF.
4. The ABBF may be dissolved only with the consent of three fourths of the Affiliates given in person or by proxy at a Congress or by postal vote. In case of dissolution of the ABBF, its funds shall not be distributed: they shall be entrusted to the appropriate authority of the Headquarters country, which will invest them in gilt-edged securities until such time as the ABBF is re-established.

#### ARTICLE 36 – ASIAN AMATEUR BODYBUILDING CHAMPIONSHIPS

1. The Asian Bodybuilding Championships for men and women shall be held once each year, organised by the national association of one of the member countries of the ABBF. Each Annual Congress shall make a definite allocation for the following year, and a provisional allocation for two years ahead.



2. Competitions sanctioned and approved by the ABBF (men or women) shall be undertaken at their own financial risk by the national federation.
3. Application to organise these championships or competitions must be made in writing to the ABBF Secretariat, and the necessary fee under Article 27.5 must be paid at the same time. If a country is not accorded the championships, the fee shall be returned to them. If a country is accorded the championships, the fee shall be retained by the ABBF and shall not be returned if the championships are subsequently cancelled for any reason whatsoever.
4. Entry to these championships or competitions is made only by affiliated national federations. Any bodybuilder or any country which is not affiliated to the WBPF or who has been suspended cannot participate.
5. The national federations must notify the federation organising the championships for their intention to participate as least 90 days in advance of the date fixed for the championships.
6. (a) The host country may impose and collect a registration fee of US\$120.00 in a regional/continental competition per day on each athlete and official for the duration of the championships. A fee of US\$30.00 per day per person shall be reimbursed to the ABBF/ WBPF for its administrative purpose.
- (b) Executive Members and Patrons shall be exempted from paying the registration fee.
- (c) The host country shall set a closing date, between four and six weeks before the Championships for nominations of both contestants and officials, and they are not obliged to accept any nominations received after the date. The host country may impose an administration fee of US\$100/- for late entries.
7. Federations organising championships must guarantee unconditional entry to all countries eligible to compete.
8. As a minimum, the host country shall provide accommodation, breakfast, lunch and dinner for 6 days for all eligible competitors and up to two officials from each participating member country, and any additional officials of the ABBF and WBPF whose presence is necessary.
9. (a) The President of the ABBF shall be invited to the Championships, and the host country shall pay for his suite accommodation and meals.





(b) The Secretary-General/Treasurer and the Judges' Chairman shall be invited to the Championships and the host country shall pay their travel expenses on Business Class plus accommodation and meals for the duration.

#### ARTICLE 37 – DOPING CONTROL

- (A) ABBF shall conduct dope testing in accordance to the WBPF/WADA Rules and in the spirit and guidelines of the IOC.
- (B) The penalties for being found guilty of a doping control infraction at an ABBF sanctioned event are as follows:
1. For the athlete
    - a) First offence two year suspension
    - b) Second offence: Lifetime suspension
  2. For the national federation
    - a) First offence: US\$2500.00 fine and a recorded letter of censure
    - b) Second offence: US\$3000.00 fine and a second recorded letter of censure
    - c) Third offence: US\$5000.00 fine and a, one year national team disqualification from all ABBF/WBPF sanctioned events, a final recorded letter of censure.
- (C) Obligations of the National Federations: National federations shall be responsible for implementing their own doping control programs within their own country and shall be obligated to send only drug-free athletes to ABBF- sanctioned events. Should an athlete return a positive finding at an ABBF sanctioned event, that athlete's national federation shall be required to produce documented evidence that the athlete was tested and returned a negative finding prior to his or her departure from their country, failing which the national federation shall be sanctioned as noted in article (37) (ii) above.
- (D) National federations shall be held responsible to return the Medal and Certificate of a suspended athlete for doping to ABBF Secretariat, failing which the National Federation shall be penalized under Article 32(2) of the ABBF Constitution and Rules.



## TECHNICAL RULES

- (a) All amateur judges must be members of a federation affiliated with the WBPF and ABBF.
- (b) Judges for the Asian Bodybuilding Championship must be a holder of a Judge's Card issued by the ABBF Judges Committee.

- (c) Judges shall be graded and classified as follows:

CLASS A – US\$350.00

CLASS B – US\$250.00

Judges must pay their fees to the Chairman of the Judges Committee before their Asian Judges' Card, Official Badge and Tie can be delivered. The card is subject to renewal in every four years.

- (d) National federations that wish to nominate judges for Asian Championships and other Regional competitions must send to the Secretary the names of the Judges, at least 60 days before the date of the championships. The card must contain details of all the national and international competitions which they have judges. The ABBF Judges Committee will examine all the judges' cards at their meeting before the championships and will select the judges they consider most qualified to serve on the panels. Accuracy marks at previous competitions will also be taken into consideration.
- (e) The Chairman will retain the cards of the judges selected by the Judges Committee. After the championships, he/she will record the event on the card, sign it and return it to the judge. If any judge has been removed for in competence or unfair bias, the Judges' Committee will retain the judge's card and decide what action to take.
- (f) The judges who are not selected for the championships panel and any other delegates who wish to do so may mark test paper for at least two categories during the championships. All accuracy marks obtained by the judges on the panels and by those who marked test paper will be published and will be considered when making the next lot of selections or for promotion to international level.





(g) It is desirable to have 9 Judges but should this not be possible, 7 judges should be used or failing that no less than 5 judges. When 9 judges are used, the two highest and two lowest marks are eliminated. When 7 or 5 Judges are used, the one highest and one lowest marks are eliminated.

(h) The Judges Chairman and Secretary will choose the judges in a manner deemed by them to be the fairest way possible. The Secretary shall keep a list of all Asian judges with their accuracy marks.

(i) Judges selected to officiate in the Asian Championships shall be paid US\$100.00 per diem for their services and they shall be provided a twin sharing bed room for the duration of the competition with full meals on gratis. Only one judge per country selected by the Judges Committee is eligible for this grant.

(j) The WBPF Guide Book for Judges, which is mandatory for all competition of all Regional, Continental and National federations contains more detailed instructions on judging procedures shall be adhered to.

**COSTUMES:** All athletes are to adhere to the WBPF guidelines as per the latest edition of the Rules Book.

#### **BODYWEIGHT CATEGORIES AND NUMBER OF DISCIPLINES:**

The WBPF Rules Book shall apply.

#### **CODE OF ETHICS**

The WBPF Code of Ethics shall apply for all competitors, administrators and officials



ARTICLE 39 – DISSOLUTION

39 (a) – The ABBF may be dissolved only with the consent of three-fourths of the affiliates given in person or by proxy at a Congress or by email or fax vote.

39 (b) – In case of dissolution of the ABBF, its funds shall not be distributed but be invested until such time as the ABBF is re-established.

