

CONSTITUTION OF THE ASIAN BODYBUILDING AND FITNESS FEDERATION (ABBF) 2007



ASIAN BODYBUILDING AND FITNESS FEDERATION

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ARTICLE 1 - INTERPRETATION

In the interpretation of the ABBF Constitution, Rules and Bye-laws, unless the context otherwise requires, the words or expressions used herein shall have the following meanings:-

1. "ABBF" shall mean the Asian Bodybuilding and Fitness Federation.
2. "WBPF shall mean the World Bodybuilding And Physique Sports Federation.
3. "Constitution" shall mean the Bye-laws of the ABBF as set out in the Letters Patent and Supplementary Letters Patent and as prescribed and amended from time to time by the Executive Council.
4. "Rules" shall mean those rules, regulations, policies, guidelines, directives and decisions, which the Executive Committee may from time to time prescribe and amend for carrying out the objects of the ABBF.
5. "The Executive Council" shall comprised of the President, Secretary-General/ Treasurer, Assistant Secretary-General, Executive Vice Presidents, Vice Presidents, Executive Director, Chairpersons and Secretaries (where applicable) of Standing Committees for the time being elected under these rules.
6. "Congress" shall mean the Executive Committee together with the delegations of the National Federations duly affiliated with the ABBF, as represented by their duly appointed representatives.
7. "National Federation" shall mean an affiliated national sport governing body for the sport of bodybuilding and fitness that has been duly recognized by the WBPF and ABBF based on the one National Federation per country policy.
8. "Affiliate" shall mean a National Federation within a country in Asia, which is duly affiliated to the WBPF and ABBF under these rules.
9. "Member" shall mean a Member in good standing and who is in conformity with and not in breach of the Constitution and Rules of the ABBF.

ARTICLE 2 - LOGO

- 2.1. An impression of the logo of the ABBF, which is printed upon the front cover of this document, shall be the official logo of the ABBF. This logo shall only be used with the expressed written consent of the ABBF.
 - 2.1.1 Only the ABBF may authorize the fabrication of its emblem, badges, medals, etc.
- 2.2. Where consent for use is granted, the logo shall not be modified in any way, shape or form except where the letters "ABBF" are replaced by the initials of a National Federation.

ARTICLE 3 - NAME AND PRINCIPLES

- 3.1. This organization established in 1959 is a permanent organization and shall be known under the name Asian Bodybuilding and Fitness Federation hereinafter call "ABBF".
- 3.2. The ABBF shall govern all aspects of the sport of bodybuilding and Physique Sports for men and women in Asia.

ARTICLE 4 - COMPOSITION

4.1. The ABBF is composed of the Executive Council and National Federations, which are duly affiliated to the ABBF.

4.1.1 Affiliation shall be granted base on a one National Federation per country policy.

ARTICLE 5 - OBJECTIVES

The principal objectives of the ABBF are:

- 5.1. Sanction, regulate and control all aspects of amateur bodybuilding and fitness competitions in Member countries.
- 5.2. Establish principles and policies to govern and control all aspects of the sport of bodybuilding and fitness for Men and Women throughout Asia.
- 5.3. Enhance the image and integrity of the sport by enforcing random and target anti-doping control testing at all regional and continental competitions.
- 5.4. Discipline National Federations or any individual member whose conduct is judged prejudicial, contrary or dishonors the Constitution and Rules of the ABBF.
- 5.5. Strengthen friendship and promote cooperation, sportsmanship and fair play among the National Federations and bodybuilders of all countries.
- 5.6. Develop interest, promote participation and encourage dedication to better health and fitness through weight training and proper nutrition.
- 5.7. Issue coaching certificates/diplomas to bodybuilders and officials who are knowledgeable in bodybuilding, physical fitness and weight training.
- 5.8. Conduct judges training and certification programs in close cooperation with the WBPF.
- 5.9. Select suitably qualify judges for regional and continental competitions within its jurisdiction in Asia.
- 5.10. Provide continuous education, upgrading and certification programs for coaches and technical officials in close cooperation with the WBPF.
- 5.11. Encourage, support and disseminate information in research and development in the areas of sports medicine and sports science (SMSS).
- 5.12. Provide and coordinate technical information on training, coaching, nutrition and performance analysis.
- 5.13. Collaborate with the Olympic Council of Asia (OCA) and other organizations having as their objective the promotion of sports in Asia.
- 5.14. Provide ABBF calendar of events, activities, news and general information to all Affiliates and the media through the ABBF official website: www.abbf.asia.
- 5.15. Honor individuals or organizations for their outstanding contributions to the sport of bodybuilding.

ARTICLE 6 - ABBF SECRETARIAT

6.1. The ABBF secretariat shall be manage by the Secretary-General/Treasurer and be located in the city in which the Secretary-General/Treasurer is resident.

6.1.1 The secretariat shall carry out the daily administration of the ABBF in accordance to the rules and bye-laws of the ABBF.

ARTICLE 7 - GENERAL PROVISIONS

- 7.1. The ABBF is recognized by the World Bodybuilding And Physique Sports Federation (WBPF) and the Olympic Council of Asia (OCA), as the sole controlling body for bodybuilding and fitness in Asia.
- 7.2. The Secretary-General/ Treasure shall be the sole authority to interpret the ABBF Constitution and Rules, whose interpretation shall be final and binding.
 - 7.2.1. However, the Secretary-General/Treasurer may at his own discretion seek the advice of other Members of the Executive Committee or Congress before arriving at a final decision.
- 7.3. The ABBF does not distinguish or discriminate between individuals or countries for reasons of race, color, religion, or politics.
- 7.4. The ABBF forbids its membership from engaging in any racial, political or religious discussion, demonstration or act that may result directly or indirectly in the fostering of bias or prejudice between any of its Members.
- 7.5. The duration of the ABBF is unlimited.

ARTICLE 8 - OFFICIAL LANGUAGE AND CORRESPONDENCE

English shall be the official language of the ABBF.

- 8.1. All official communications, minutes, publications, documents, and correspondence between the ABBF and its membership shall be conducted and printed in English.
- 8.2. The proceedings and reports of the Executive Council and Congress shall be conducted and printed in English.
- 8.3. Each National Federation shall be responsible for its own translation.
- 8.4. Representatives of National Federations may speak their mother tongue, however, they shall provide an interpreter to translate into English.
- 8.5. Every association shall send to the Secretary-General/Treasurer the names and addresses of the persons responsible for conducting official correspondence on its behalf with the ABBF and other associations on all matters, including disputes between associations.
- 8.6. Each National Federation duly affiliated with the ABBF shall send an English language version of their Constitution, bye-laws, official handbook and all subsequent amendments to WBPF and ABBF and on request to other National Federations affiliated with the ABBF.

ARTICLE 9 - LEGISLATIVE, EXECUTIVE AND ADMINISTRATIVE BODIES

- 9.1. 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 19.1
 - c) The Secretariat
 - d) The Standing Committees appointed in accordance with the relevant articles in the Constitution.

ARTICLE 10 - THE CONGRESS

- 10.1. The Congress is the supreme body of the ABBF and is composed of the Executive Council and delegates of the duly affiliated National Federations.
- 10.2. The ABBF President and/or Secretary-General/Treasurer must be present at all ABBF Congresses.
- 10.3. An ordinary Congress shall be convened yearly in conjunction with the Asian Bodybuilding and Fitness Championships, except every fourth year when a special Electoral Congress meeting shall be held to elect members of the Executive Council and to appoint office bearers.
 - 10.3.1 The date and venue of the Congress shall be confirmed at the preceding Congress.
- 10.4. The date, place, time and agenda shall be notified to the affiliates by the Secretary- General/Treasurer.
- 10.5. Proposition for the Congress must reach the office of the Secretary-General three months (90 days) before the date fixed for the Congress. The agenda must reach the affiliated associations thirty days (30) before the date fixed for the Congress.
- 10.6. The Congress can only discuss questions on the agenda, except as provided for in Article 13.3 (a).
- 10.7. Only the National Federations that have paid the membership fees for the current year may participate and vote at the Congress.
- 10.8. Two delegates and two observers who must be citizens of the country they represent may attend the Congress.
- 10.9. Each member country is entitled to only one vote.
- 10.10. A maximum of two observers from affiliated National Federations may attend the Congress but shall be so designated to the Secretary-General/Treasurer 30 days in advance.
 - 10.10.1 Observers do not have the right to speak, join in the debate or vote.
- 10.11. Voting by proxy is not permitted.
- 10.12. Only members of their own National Federations shall represent affiliates at the Congress. In case of a claim by two or more officials to be representing the same member country, proof of appointment by the National Federation must be submitted to the Secretary-General/Treasurer for verification and acceptance.
- 10.13. The country organizing the Congress shall undertake the expenses of accommodation, breakfast and dinner of the members of the Executive Council and delegates for a minimum period of four days.
- 10.14. Amendments to Articles, Rules and Policies are immediately applicable as soon as the Congress approves them.
- 10.15. The sessions of the ABBF Congress are private.

ARTICLE 11 - AGENDA FOR CONGRESS

- 11.1. Verification of Delegates
- 11.2. Address by the President
- 11.3. Admission and Expulsion of Members
- 11.4. Confirmation of the Minutes of the Preceding Congress
- 11.5. Report by the Secretary-General/Treasurer including any action taken by the Emergency Committee covering the period since the preceding Congress.
- 11.6. Fill vacated positions in the Executive Committee.
- 11.7. Receipt of previous calendar year's balance sheet, receipts, payments and statement of account for approval.
- 11.8. Receive reports of the various Standing Committees:
 - a) Judges Committee
 - b) Technical Committee
 - c) Medical Committee
 - d) Women's Committee
- 11.9. To approve the decisions of the Executive Committee.
- 11.10. Consider proposals for amendments to the Constitution and Byelaws (if any) in consistent with the WBF Constitution and Bye-laws.
- 11.11. Appoint the host country for the next ABBF Congress, Asian Championships for:
 - ◆ Juniors Competition
 - ◆ Junior Women's Bodybuilding
 - ◆ Junior Men's Bodybuilding
 - ◆ Junior Women's Fitness Physique
 - ◆ Junior Men's Fitness Physique
 - ◆ Junior Women's Model Physique
 - ◆ Junior Men's Athletic Physique
 - ◆ Seniors Competition
 - ◆ Senior Women's Bodybuilding
 - ◆ Senior Men's Bodybuilding Physique
 - ◆ Senior Women's Fitness Physique
 - ◆ Senior Men's Fitness Physique
 - ◆ Senior Women's Model Physique
 - ◆ Senior Men's Athletic Physique
 - ◆ Masters Competition
 - ◆ Master Women's Bodybuilding
 - ◆ Master Men's Bodybuilding
 - ◆ Master Women's Model Physique
- 11.12. Adopt decisions taken by the Executive Committee.

ARTICLE 12 - ELECTION OF OFFICE BEARERS EXECUTIVE COUNCIL

- 12.1. At the Electoral Congress meeting, Executive Council members are elected to serve a four-year term or until the next Electoral Congress whichever is later.
- 12.2. Incumbent Members of the Executive Council shall be eligible for re-election or reappointment without the need to be nominated by a National Federation.
- 12.3. The Congress shall elect the following office bearers:
 - a) President
 - b) Five Executive Vice-Presidents
 - c) Five Vice-Presidents
 - d) Secretary-General/Treasurer
 - e) Assistant Secretary –General
 - f) Executive Director
- 12.4. Candidates for the above offices must be proposed by the National Federation to which they belong, and such nominations must reach the secretariat by registered mail at least 60 (sixty) days before the date on which the Congress is to be held.
- 12.5. Three (3) independent members may be elected to the Executive Council with the approval of the Congress. The Executive Council shall nominate and recommend prominent persons as candidates who have rendered or who can render exceptional services to the cause of bodybuilding and fitness in Asia.
- 12.6. The Secretary-General/Treasurer shall circulate the names of all eligible candidates at least thirty days before the date of Congress.
- 12.7. Candidates for election or appointment to the Executive Council must be present at the special Electoral meeting of the Congress in order to be elected or appointed.
- 12.8. Retiring members are eligible for re-election.

ARTICLE 13 - ELECTION AND VOTING

- 13.1. At an Electoral Congress, the voting delegates from each Affiliate shall be so designated to the Secretary-General/Treasurer 60 (sixty) days prior to the meeting, and only they shall vote.
- 13.2. Voting shall be by secret ballot unless Congress decides otherwise; decisions may be taken by show of hands.
 - 13.2.1 Two (2) scrutineers shall be appointed by the Secretary-General/Treasurer to distribute, collect and count the ballots, unless the ballot is carried out by a show of hands.
- 13.3. Decisions of the following matters shall require the approval of three-fourths of the votes:
 - a) Additions to the Agenda of the Congress
 - b) Expulsion of Affiliates
 - c) Dissolution of the ABBF, in the manner laid down in Article 39 (4).
- 13.4. Decisions on other matters shall require the approval of only a simple majority of votes.
- 13.5. The Chairman of an Electoral Meeting shall have a casting vote.

ARTICLE 14 - EXTRA-ORDINARY CONGRESS

- 14.1. An Extra-ordinary Congress shall be convened, when notice in writing stating the desire and reason/s is given to the Secretary-General/Treasurer by at least one-third of the affiliated National Federations or by a majority of the Executive Committee.
 - 14.1.1 The Executive Committee shall convene the Congress within two months of the request being received.
- 14.2. The date, place and agenda shall be notified to all Affiliates at least thirty (30) days before the date of the Extra-ordinary Congress.
- 14.3. Only the items in the agenda shall be discussed.
- 14.4. Representation, voting and the conduct of the Extra-ordinary Congress shall be the same as those for an ordinary Congress.

ARTICLE 15 - AMENDMENTS TO CONSTITUTION

- 15.1. Congress alone shall have the power to amend the Constitution and Bye-laws of the ABBF.
- 15.2. A proposal to amend the Constitution, unless proposed by the Executive Committee, must be submitted to the Secretary-General/Treasurer at least six months prior to the Congress at which it is to be considered. All proposals, together with the recommendations of the Committee in relation to such proposals, shall be sent by the Secretary-General/Treasurer to the Members at least three months before the Congress.
- 15.3. 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 National Federations, but a vote may be taken even if at any time some of the delegates of these National Federations have left the conference hall.
- 15.4. A proposal for amendment to the Constitution may be withdrawn at any time but a withdrawal by a Member must be in writing unless it is made by the head of the delegation of that Member during the Congress.
- 15.5. Any subsequent amendments that may be necessary to the wording of Articles of the Constitution which have been passed by Congress can only be made by the President or by the Secretary-General/Treasurer and this provided no material change to the decision of Congress is made.
 - 15.1.1 The amendments referred to in Article 15.5 above shall be pointed out to the Committee at the first opportunity and, if necessary, to Congress.
- 15.6. Amendments to the Constitution adopted by Executive Committee shall take effect immediately.
- 15.7. The decisions of the Executive Committee are binding and final.

ARTICLE 16 - CONSTITUTION OF THE EXECUTIVE COMMITTEE

- 16.1. The Executive Committee shall consist of the following office bearers:
 - a) The President
 - b) Five Executive Vice-Presidents
 - c) Five Vice-Presidents
 - d) Secretary-General/Treasurer
 - e) Assistant Secretary-General
 - f) Executive Director
 - g) Chairman and Secretary of each Standing Committee
- 16.2. The WBF Vice-President for Asia, if not elected to any of the above posts, shall be an ex officio member of the Executive Committee.
- 16.3. 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.
- 16.4. 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.
- 16.5. Each affiliated National Federation is entitled to only one vote.
- 16.6. Any member of the Executive Committee regularly absent from the meetings, or who neglects their duties, unless on account of valid reasons, may be suspended by a decision of the absolute majority of the Executive Committee, and replaced.
- 16.7. The decisions of the Executive Committee are binding and final.
- 16.8. The sittings of the Executive Committee are private.

ARTICLE 17 - Meetings, Powers and Duties of the Executive Committee

- 17.1. The Executive Committee shall meet at least once a year in addition to the meeting to be held at the time of Congress.
- 17.2. The duties of the Executive Committee are as follows:
- a) Carry out the objects and manage the affairs of the ABBF.
 - b) Arbitrate disputes between affiliates.
 - c) Deal with disciplinary matters.
 - d) Examine all proposals to be placed before Congress for consideration.
 - e) Fill any vacancy which may occur in any office.
 - f) Consider and provisionally approve any membership application.
 - g) Group national associations into Regional Federations.
 - h) Vary dates of meetings or convene an Extra-ordinary Congress.
 - i) Appoint ad-hoc Committees for particular purposes, and give them terms of reference.
 - j) Enlist the services of any person or persons for the purpose of conducting any business within the objects of the ABBF.
- 17.3. The Executive Committee shall appoint the following Standing Committee and have it approved by the Congress:
- a) Judges Committee
 - b) Technical Committee
 - c) Medical Committee
 - d) Women' Committee
 - e) Patrons and Honorary Life Members
 - f) Any other committee deemed necessary by ABBF.
 - g) Any committee requested by WBPF.
- 17.3.1 The Chairman and Secretary of each Standing Committee shall be present at Executive Council meetings and shall have executive powers and voting rights.
- 17.4. The President, Secretary-General/Treasurer and Executive Director shall be ex-officio members of all Standing Committees.

ARTICLE 18 - QUORUM AND NOTICE OF MEETINGS

- 18.1. Quorum at meetings shall include the following:
 - a) President and Secretary-General/Treasurer.
 - b) One - third delegates from the total number of affiliated National Federations
 - c) Five Executive Committee members.
 - d) Half the number of Standing Committees.
- 18.2. 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 and/or Secretary-General/Treasurer
 - d) Any other Standing Committee - at least 30 days
- 18.3. 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 19 - EMERGENCY COMMITTEE

- 19.1. 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/Treasurer 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.
- 19.2. The business shall normally be conducted at a specially convened meeting, but in exceptional circumstances, by postal, tele-conference, facsimile transmission or electronic mail.
- 19.3. All decisions taken by the Emergency Committee shall be final.
- 19.4. The President or the Secretary-General/Treasurer 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 20 - DUTIES OF THE PRESIDENT

The President shall have the following duties:

- 20.1. The President shall ensure the financial well being of the Federation.
- 20.2. The President shall keep order at the meeting of Congress, Executive Committee and other Committees and directs the debate according to the tradition and rules of a parliamentary debate.
- 20.3. In the case of equal voting on a motion, the President shall have the deciding vote.
- 20.4. The President shall take a principal part in the opening and closing ceremonies of the Asian Bodybuilding Championships and any other regional competition that he may attend in Asia.

ARTICLE 21 - DUTIES OF THE EXECUTIVE VICE PRESIDENTS AND VICE PRESIDENTS

The Executive Vice-Presidents and Vice-Presidents shall have the following duties:

- 21.1. If the President is absent or not available, one of the Executive Vice-Presidents appointed by the Executive Committee shall perform his duties.
- 21.2. To fulfill any other duty, or duties that may be assigned by the President or the Executive Committee.
- 21.3. Executive Vice-Presidents shall also ensure the financial well being of the Federation.

ARTICLE 22 - DUTIES OF THE SECRETARY-GENERAL/TREASURER

The Secretary-General/Treasurer shall be the head of the Secretariat and shall have the following duties:

- 22.1. Assist the President in the performance of his duties.
- 22.2. Manage the day-to-day affairs of the ABBF and act as the primary contact point between the ABBF, National Federations, the WBPF and other organizations.
 - 22.2.1 Appoint and/or engage administrative staffs (if necessary) to carry out duties of the Secretariat.
- 22.3. Be the official spokesperson and representative of the ABBF in all matters of communications, correspondence and public relations.
- 22.4. Shall be the consultant for all affiliated 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.
 - 22.4.1 Resolve any problems arising from violation of the Constitution and Rules of the ABBF by a member National Federation or individual member.
- 22.5. If circumstances warrant, the Secretary-General/Treasurer shall conduct an investigation in the country concerned and the National Federation of that country must pay his business class air travel, accommodation and meal expenses.
- 22.6. Draw up the agenda of the annual meeting of the Congress which should include the propositions from National Federations and send this agenda to Members of the no later than thirty (30) days prior to the date fixed for the annual meeting of the Congress.
 - 22.6.1 Give notice of all meetings of the Congress, Executive Council and Congress to Members of the Executive Council and to the National Federations.
- 22.7. Record and distribute the minutes of the Congress, Executive Council, Executive Committee, Standing and 'ad-hoc' Committee meetings.
- 22.8. Assists the Congress, Executive Committee and the various Standing Committees and may take part in their discussions and have the right to vote.
- 22.9. Conduct inspection tour of the prospective National Federation organizing the Asian Bodybuilding and Fitness Championships, or any other major regional Championships in Asia.
 - 22.9.1 The organizer must pay the Secretary-General/Treasurer's business class air tickets, accommodation and meal expenses.
- 22.10. Publish the Constitution, Bye-laws and any other important documents for general reference on the ABBF website.
- 22.11. The Treasurer shall have the following duties:-
 - a) Manage and operate the ABBF banking account
 - b) Authorize and made payments resulting from general administration
 - c) Collect and issue receipts for subscriptions, fines and all other dues from Affiliates
 - d) Present annual account to the Executive Committee and Congress

ARTICLE 23 - DUTIES OF ASSISTANT SECRETARY- GENERAL

The Assistant Secretary-General shall have the following duties:

23.1. If the Secretary-General/Treasurer is unable to carry out any of his duties the Assistant Secretary shall substitute for him.

23.1.1 The duties of the Assistant Secretary-General shall be the same as set out for the Secretary-General.

ARTICLE 24 - DUTIES OF EXECUTIVE DIRECTOR

The Executive Director shall have the following duties:

- 24.1. Assist the Secretary-General/Treasurer in the performance of his duties.
- 24.2. Attend to correspondences and liaise with the National Federations as directed by the Secretary-General/Treasurer.
- 24.3. Represent the ABBF when mandated to do so by the Secretary-general/Treasurer.
- 24.4. Be an ex-officio member of all standing or “ad hoc” committees.
- 24.5. Fulfill any other duties, which may be assigned by the Secretary-general/Treasurer.

ARTICLE 25 - PATRONS AND HONORARY LIFE MEMBERS

25.1. Prominent individuals from affiliated National Federations may be elected as Patrons of the ABBF.

25.1.1 The Executive Committee shall nominate candidates for Patrons to the Congress for election.

25.2. The ABBF may co-opt with the approval of the Congress deserving individuals who have rendered or can render exceptional services to the cause of bodybuilding as Honorary Life Members.

25.3. Honorary members have the right to attend the annual meeting of the ABBF Congress and may join in all discussions.

25.3.1 Honorary members do not have the right to vote.

25.4. Honorary members may attend the meeting of the Executive Council.

25.5. Honorary members shall be responsible for incurring the cost of their travel, however, accommodations and meals shall be provided by the organizing country.

ARTICLE 26 - ANNUAL FINANCIAL REPORT

26.1. The financial year of the ABBF shall follow the calendar year.

26.2. The annual account shall be presented at the meeting of the next Congress.

Article 27 - JUDGES COMMITTEE

- 27.1. The Judges Committee shall comprise of a Chairman, Secretary and three members who need not be members of the ABBF Executive Committee.
- 27.2. Collaborate with WBPF to establish uniformity in methods of judging and application of the rules and regulations of the Sport of bodybuilding in Asia.
- 27.3. Deliberate on any matter affecting the judging rules and procedures and to recommend improvements in this area to the WBPF Judges Committee.
- 27.4. Maintain a data base of qualified judges, judging results and accuracy for all judges who adjudicate at an Asian Bodybuilding and Fitness Championships and other major regional events.
- 27.5. To organize courses for Asian Judges and for those responsible for the education and preparation of judges in their countries.
- 27.6. Responsible for the training, grading and appointment of judges for the Southeast Asian and Asian Games and other major regional events in Asia from the nominations of the National Federations.
 - 27.6.1 The meeting for the appointment of judges shall be done in private.
- 27.7. Arrange the practical testing of probationary judges at championships.
 - 27.7.1 Officials taking judging tests at championships must pay US\$50.00 per person and mark test papers for at least two body-weight categories.
- 27.8. 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.
- 27.9. Supervise the weighing-in of competitors at Championships.
- 27.10. Appoint a statistician to tabulate the computerize results of the Championships.
- 27.11. Fulfill any other duty or duties that may be assigned by the Executive Council.

Article 28 - TECHNICAL COMMITTEE

- 28.1. The Technical Committee shall comprise of a Chairman and two other members.
- 28.2. Responsible for the drafting of amendments to the Competition Rules and other matters as directed by the Executive Council in conformity with WBPF competition rules.
- 28.3. Ensure that the propositions from National Federations are presented in a format suitable for review by the Executive Council.
- 28.4. Liaise with the organizers of the Asian Bodybuilding and Fitness Championships and Asian Congress, or any other event as directed by the Executive Council, for the purpose of assisting in the handling of any technical matter.
- 28.5. Assist the Judges Committee in ensuring the smooth running of the Asian Bodybuilding and Fitness Championships, or any other event as directed by the Executive Council.
- 28.6. Co-opt members temporarily to assist in carrying out the duties of the Committee.
- 28.7. Assist the Executive Council to resolve issues of a technical nature.
- 28.8. Deliberate on any matter affecting the technical aspects of the sport of bodybuilding and fitness and to recommend improvements in this area to the Executive Council.
- 28.9. Fulfill any other duty, or duties, that may be assigned by the President or Executive Council.

Article 29 - MEDICAL COMMITTEE

- 29.1. The Medical Committee shall comprise of a Chairman, Secretary and any number of members who are able to contribute in an active manner to the responsibilities of the Committee.
- 29.2. Deliberate on any matter affecting medical and doping issues and to recommend improvements in this area to the Executive Council.
- 29.3. Actively oppose the use of prohibited performance enhancing substances and methods.
- 29.4. Conduct anti-doping control testing at all Asian and regional competitions sanction by the WBPF/ABBF.
 - 29.4.1 Have the authority to conduct target and random anti-doping control test(s) at championships organized by affiliated National Federations.
- 29.5. Conduct research into current cutting edge sports medicine and sports science for the advancement and wider popularization of bodybuilding and fitness.
- 29.6. Organize Anti-doping Control seminars for bodybuilding athletes and coaches.
- 29.7. Co-opt temporary members when any elected members are absent, thus enabling them to carry out their duties effectively.
- 29.8. Fulfill any other duty, or duties that may be assigned by the President or Executive Council.

Article 30 - WOMEN'S COMMITTEE

- 30.1. A Women's Committee shall comprise of a Chairperson, Secretary and additional members.
- 30.2. Promote, develop and control all activities of women's bodybuilding and fitness, including championships and competitions.
- 30.3. Encourage the formation of similar committees in National Federations and liaise directly with them.
- 30.4. In conjunction with the Judges Committee, be responsible for the training of women judges.
- 30.5. The Chairperson and Secretary of the Women's Committee shall be invited by the host country to attend the Asian Women's Bodybuilding and Fitness Championships.
 - 30.5.1 The host country shall incur economic class air travel, accommodation and meal expenses.
- 30.6. Fulfill any other duty, or duties that may be assigned by the President or Executive Council.

Article 31 - LEGAL COMMITTEE

- 31.1. The Legal Committee shall comprise of a Chairman, Secretary and three other members who need not be members of the Executive Committee.
- 31.2. Advise the ABBF on all legal matters.
 - 31.2.1 To represent the ABBF in all matters wherein such legal representation is requested by the President or Executive Council.
- 31.3. It shall be at liberty at any time to make proposals or recommendations to the Executive Committee of ABBF which it considers necessary or desirable.
- 31.4. To fulfill any other duties that may be assigned by the President or Executive Council.

ARTICLE 32 - AFFILIATIONS, SUBSCRIPTIONS AND FEES

- 32.1. For the purposes of governing the sport of bodybuilding and fitness at the national level and carrying out the mandate and objects of the ABBF at such level, the ABBF shall recognize one National Federation per country where such country shall be defined as “a country whose statehood is recognized by the international community”.
- 32.2. Any national sport governing body (National Federation) for the sport of bodybuilding and fitness, wishing to affiliate with the ABBF, shall submit in writing to the Secretary-General/Treasurer, the following documentation:
- a) A request for affiliation signed by their President and General Secretary seeking affiliation with the ABBF.
 - b) An undertaking that they agree to abide by the Constitution and Rules of the ABBF and the decisions and rulings of the Executive Council.
 - c) Documented proof of the organization’s acceptance by their Ministry of Sport or National Olympic Committee (NOC) that they are the sole recognized national sport governing body for the sport of bodybuilding and fitness within their country.
 - d) A copy of their Constitution and Rules, which must be in conformity with the Constitution and Rules of the WBPF/ABBF.
 - e) A list of their Executive Committee, Standing and Sub-committees members and other office bearers.
- 32.3. After deposit of the documents and payment of the affiliation fee, the National Federation shall be granted provisional affiliation until the next Congress, which will confirm or reject their application for affiliation.
- 32.3.1 National Federations must be affiliated to WBPF prior to seeking affiliation with the ABBF.
- 32.4. The annual subscription for each National Federation shall be US\$500.00 in the year when it is first admitted as a member and US\$300.00 for each subsequent year.
- 32.4.1 This annual subscription shall be payable in January of each year. A National Federation which has not paid its affiliation fee by the 1st day of April of the same year shall cease to be a member of the ABBF unless a reason for non-payment is accepted by the Executive Committee.
- 32.4.2 The notification of cancellation of membership shall be sent by the Secretary-General/Treasurer of ABBF by registered letter or electronic mail (e-mail). On payment of the affiliation fee in arrears, the National Federation shall regain all its rights and privileges.

ARTICLE 33 - ABBF COMPETITIONS

- 33.1. The ABBF shall have the sole right to organize and/or cause to be organized the Asian Bodybuilding and Fitness Championships and other major regional competitions in Asia.
- 33.2. National Federations shall observe and organize competitions according to the Laws of the Game laid down by the WBPF/ ABBF, which alone has the authority to alter them.
- 33.3. The National Federation organizing the Asian Bodybuilding and Fitness Championships shall pay a sanction fee of US\$3,000.00 to the ABBF.
- 33.4. Competitions between Affiliated members shall have the prior approval of the Executive Committee and any fees prescribed shall be paid before they can be held.

ARTICLE 34 - RELATIONSHIP OF ASSOCIATIONS

- 34.1. National Federations in membership with ABBF shall recognize one another as the controlling bodybuilding organization in their respective countries to the exclusion of others.
- 34.2. Affiliated National Federations must obtain prior consent from the ABBF Executive Council before they organize competitions with associations or clubs which are in membership with the WBPF but not affiliated with the ABBF.
 - 34.2.1 Affiliated National Federation and their clubs may not organize or take part in competitions with other associations or clubs which are not members of WBPF/ABBF.
- 34.3. Affiliated National Federations and their clubs shall not recognize in any way nor have any dealings with other clubs within or outside their territories belonging to an organization which is not recognized or affiliated to the WBPF/ABBF.
- 34.4. Affiliated National Federations shall recognize one another's suspension and expulsion from membership and suspension of individuals without prejudice.
 - 34.4.1 Any queries of this nature shall only be raised at the meeting of Congress.
- 34.5. Individual or personal invitations shall not be extended to any bodybuilder for the purpose of competition, seminar or exhibition without prior approval of the National Federation of his/her country.

ARTICLE 35 - DISPUTES AND COMPLAINTS

- 35.1. National Federations having 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.
- 35.2. 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.
- 35.3. 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.
- 35.4. 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 36 - DISCIPLINARY ACTIONS AND PENALTIES

- 36.1. Affiliated National Federations who fail to adhere to the rules of this Constitution will be investigated by the Secretary-General with other Executive Council members in consultation.
- 36.2. Disciplinary measures may be imposed on National Federations when they or their affiliates have violated the Constitution or bye-laws or demonstrate conduct prejudicial to the WBP/ABBF.
- 36.3. Conduct prejudicial to the ABBF includes but not limited to:
- a) attack the ABBF verbally, in writing or in publications
 - b) participate in pornography
 - c) use or traffic in banned drugs
 - d) indecent exposure in person or in photographs
- 36.4. Any penalties or decision impose will be reported at the next Congress meeting.
- 36.5. Disciplinary measures which may be enforced include but not limited to the following:
- a) Caution, censure or fine
 - b) Suspend from membership for a fixed period or until a specified set of circumstances changes or ceases to exist
 - c) Expel from membership
 - d) Combination of any of the above (a - c)
- 36.6. The Secretary-General/Treasurer in consultation with the Executive Committee shall have the authority and discretion to impose fines according to the nature of the offences committed.
- 36.6.1 If a bodybuilder is suspended, he or she may not compete in any other country, for any other ABBF/WBP recognized federation or approved club, nor give any exhibitions or seminars.
- 36.6.2 If an official is suspended, he or she may not hold office or serve for any other ABBF/WBP recognized federation or clubs that are members of its national federation.
- 36.7. The issuing of false amateur certificates shall be deemed a serious violation.
- 36.8. Any bodybuilder or official who threatens a judge or official by word or gesture may be suspended.
- 36.9. Any amateur or professional bodybuilder, who competes in a contest or gives exhibitions at events not sanctioned by the ABBF or who brings dishonour to the ABBF, may be suspended.
- 36.9.1 The Executive Committee will determine whether an action or actions constitute dishonourable conduct.
- 36.9.2 Any bodybuilder or official who uses offensive words in respect to another person and who refuses to withdraw them may be suspended.
- 36.9.3 Disciplinary action may be taken against any member of the ABBF who contravenes the ABBF Code of Ethics, which is part of the Constitution and Rules.

ARTICLE 37 - LOSS OF MEMBERSHIP

- 37.1. A National Federation may forfeit its membership with the ABBF:
- a) By ceasing to be an affiliate of WBPF.
 - b) For non-payment of dues and other debts to ABBF.
 - c) For infringement of the Constitution or bye-laws or dishonourable conduct.
- 37.2. The expulsion of a National Federation for any of the above reasons can only be decreed by the Congress, unless as determined by Article 32.4.1 on automatic expulsion for non-payment of subscription

ARTICLE 38 - RESIGNATION

- 38.1. A National Federation 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.
- 38.2. A National Federation whose resignation has become absolute shall thereby at once lose its status as an affiliate and all the privileges conferred by the ABBF.
- 38.3. A National Federation which has resigned and later rejoins the ABBF must then pay any arrears owing at the time of its resignation.

ARTICLE 39 - OBLIGATION AND FINAL PROVISIONS

- 39.1. All National Federations in membership with ABBF shall be subject to and be bound by the ABBF Constitution and Bye-laws and decisions of Congress and/or the Executive Committee.
- 39.2. Decisions made at the Executive Committee meeting and Congress shall become legally operative for the ABBF and affiliated National Federations immediately from the date when such decisions were taken.
- 39.3. Any activity of any of the Standing Committees shall be subordinated to the strict observance of the Constitution and Bye-laws of the ABBF.
- 39.4. 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.
 - 39.4.1 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.

Article 40 - ASIAN BODYBUILDING AND FITNESS CHAMPIONSHIP

- 40.1. The Asian Amateur Bodybuilding and Fitness Championships for men and women shall be held once each year, organized by the national federation 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.
- 40.2. Championships sanctioned and approved by the ABBF (men and/or women) shall be undertaken at their own financial risk by the National Federation.
- 40.3. Applications to organize these championships must be made in writing to the ABBF Secretariat, and the necessary fee under Article 33.3 must be paid at the same time. If a country is not accorded the championships, the fee shall be returned to it. 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.
- 40.4. Admission to these championships 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.
- 40.5. National Federations must notify the National Federation organizing the championships of their intention to participate at least ninety (90) days in advance of the date fixed for the championships.
- 40.6. The host country may impose and collect a registration fee of US\$45.00 per day in a regional/continental competition on each athlete and official for the duration of the championships.
 - 40.6.1 Executive members and patrons shall be exempted from paying the registration fee.
- 40.7. The host country shall set a closing date, between four and six weeks before the championships for nominations of both contestants and the 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 per athlete or delegate for late entries.
- 40.8. Federations organizing championships must guarantee unconditional admission to all countries eligible to compete.
- 40.9. As a minimum, the host country shall provide accommodation, breakfast, lunch and dinner for four 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.
- 40.10. The President of the ABBF shall be invited to the championships, and the host country shall pay for his accommodation and meals.
- 40.11. The Secretary-General/Treasurer and the Executive Director shall be invited to the championships and the host country shall pay their business class air tickets, accommodation and meals.
- 40.12. The host shall also invite and provide economy class air ticket, accommodation and meals for the Judges' chairman.

ARTICLE 41 - ANTI-DOPING CONTROL

- 41.1. The practice of doping is forbidden within the ABBF. The ABBF is unequivocally opposed on ethical, medical and legal grounds to the practice of doping in sport and fully supports the position of the WBPF and the International Olympic Committee (IOC) against the use of banned performance enhancing substances and methods by athletes attempting to gain a pharmacological advantage in a sport competition.
- 41.2. ABBF shall conduct anti-doping control tests in accordance with the World Anti-doping Code (the "Code") and the WBPF Anti-doping Rules (the "Rules").
- 41.3. Anti-Doping control testing shall be conducted under the supervision of the ABBF Medical Committee or under the supervision of an ABBF representative and a medical doctor at specified ABBF sanctioned events.
- 41.4. National Federations shall pay a fine of US\$3,000 for each of their athletes who have violated the WBPF Anti-Doping Rules.
 - 41.4.1 The fine must be paid within 30 (thirty) days from the date of demand or before the next championship they wish to participate in, whichever is earlier. The National Federation may not enter athletes in any Asian or an international competition until it has paid the fine.
- 41.5. In all WBPF/ABBF organize, approve and/or sanction competitions held in Asia the ABBF Medical Committee in consultation with the ABBF Executive Committee shall determine the number of finishing placement tests, random tests and target tests to be performed in order to maximize the diversity of athletes tested.
- 41.6. Out-of-Competition testing of athletes registered by the ABBF in the Testing Pool Register shall be conducted by the ABBF Medical Committee under direction of the ABBF Executive Committee following a process that substantially complies with the International Standard for Testing in force at the time of selection.
 - 41.6.1 Athletes, who evade, refuse or fail to report for anti-doping control test shall be suspended in accordance to the WBPF Anti-doping Rules.
- 41.7. An Anti-Doping Violation is defined as one or more of the following occurrences:
 - 41.7.1 The presence of a Prohibited Substance or its metabolites or markers in an Athlete's bodily specimen.
 - 41.7.2 Use or attempted use of a Prohibited Substance or a Prohibited Method
 - 41.7.3 Refusing, or failing without compelling justification, to submit to sample collection after notification as authorized in these Rules or otherwise evading sample collection.
 - 41.7.4 Violation of applicable requirements regarding Athlete availability for Out-of-Competition testing including failure to provide required whereabouts information and missed tests which are declared based on reasonable rules.
 - 41.7.5 Tampering, or attempting to tamper, with any part of doping control.
 - 41.7.6 Possession of Prohibited Substances and Methods.
 - 41.7.7 Trafficking in any Prohibited Substance or Prohibited Method.

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- 41.7.8 Administration or attempted administration of a Prohibited Substance or Prohibited Method to any Athlete, or assisting, encouraging, aiding, abetting, covering up or any other type of complicity involving an Anti-Doping Rule Violation or any attempted violation.
- 41.8. Any athlete committing a doping control infraction shall be considered provisionally suspended in accordance to WBPF Anti-doping Rules being notified of an "A" sample adverse analytical finding and, as such, may not participate in or benefit from any ABBF activity. The suspension shall have force and effect on the date whereon the athlete submitted to doping control testing or, in the case of failing or refusing to submit to doping control testing.
- 41.9. Unless the athlete requests that a "B" sample analysis be performed, said request which must be done through the ABBF Medical and Doping Committee within thirty days or the date upon which the athlete is first notified of an "A" sample positive finding, the "A" sample finding shall be considered final. The athlete must pay for the "B" sample analysis as well as any and all other expenses that may be related to this analysis.
- 41.10. The penalties for being found guilty of a doping control infraction are as follows:
- 41.10.1 For the athlete:
- a) First offence: two-year suspension
 - b) Second offence: lifetime suspension
- 41.10.2 For the National Federation:
- a) First offence: US\$5,000 fine and a recorded letter of censure
 - b) Second offence: US\$10,000 fine and a second recorded letter of censure
 - c) Third offence: An appropriate amount will be determined by the Secretariat in consultation with the Executive Committee and a one-year national team disqualification from all WBPF/ABBF sanctioned events, and a final recorded letter of censure.
- 41.11. 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 41.10.2 above.
- 41.12. National Federations shall be held responsible to return the medal and certificate of a suspended athlete for doping to the ABBF Secretariat, failing which the national federation shall be penalized under Article 36.5 of the ABBF Constitution.

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- 41.13. Any member of the ABBF found guilty of dealing and/or trafficking in banned substances shall be expelled from the ABBF for life.
- 41.14. The reporting process shall normally unfold as follows:
- a) The ABBF shall not be held accountable for the time taken by the laboratory to analyze the submitted samples. It is commonly accepted that anywhere from five to twenty working days may be needed, depending on the workload of the laboratory, in order to report the results.
 - b) Once the "A" samples have been analyzed the laboratory shall forward the results to the ABBF Medical and Doping Committee.
 - c) The ABBF Medical and Doping Committee shall notify the athlete in writing of the results of the "A" sample analysis. The said notification shall also advise the athlete that he or she has the right to a "B" sample analysis, at the athlete's own expense, said analysis which must be requested in writing no later than thirty days after the date upon which the notification is sent, failing which the athlete shall forfeit his or her right to the "B" sample analysis.
 - d) Should the athlete not wish to have the "B" sample analysis performed, or should the athlete fail to respond within the 30-day time frame, the "A" sample finding shall be considered final.
 - e) The athlete shall have the right at his or her own expense to be present at the "B" sample analysis and may be accompanied by a representative or the athlete may appoint a representative to attend the "A" sample finding shall be considered final.
 - f) The results of the "B" sample analysis shall be reported to the athlete in a similar manner as the "A" sample finding. If the "B" sample analysis is positive, the results shall be considered as final.
 - g) The athlete shall be considered "under suspension" as of the date upon which the athlete was found to have committed a doping control infraction.
 - h) Whether the final finding results from an "A" sample finding or a "B" sample finding, the athlete shall be notified in writing of the applicable penalty.
- 41.15. The following general conditions shall apply:
- 41.15.1 Doping control analysis shall only be performed by a WADA accredited laboratory.
 - 41.15.2 The ABBF reserves the right to:
 - a) Conduct both in-competition and out-of-competition, announced and unannounced testing.
 - b) Publish doping control results.
 - c) Investigate the circumstances surrounding doping control infractions and to take disciplinary measures, should they be deemed warranted.

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- 41.16. Hearings Arising Out of National, Regional and ABBF Testing
- 41.16.1 When it appears, following the results management process described in WBPF Anti-Doping Rules, that these Rules have been violated, the Athlete or other person involved shall be brought before a Disciplinary Committee of the Athlete or other person's National, Regional or Continental Federation for a hearing to adjudicate whether a violation occurred and if so, what consequences should be imposed.
 - 41.16.2 Hearings pursuant to this Article shall be completed expeditiously and in all cases within three months of the completion of the results management process described in WBPF Anti-Doping Rules. Hearings held in connection with events may be conducted by an expedited process. If the completion of the hearing is delayed beyond three months, the ABBF may elect to bring the case directly before the Executive Committee at the responsibility and the expense of the National Federation.
 - 41.16.3 National, Regional, and Continental Federations shall keep the ABBF fully apprised as to the status of pending cases and the results of all hearings. The ABBF shall in turn notify the WBPF of such cases and results.
 - 41.16.4 WBPF shall have the right to attend ABBF hearings as an observer.
 - 41.16.5 The Athlete or other person may forego a hearing by acknowledging the violation and accepting consequences consistent with WBPF Anti-Doping Rules.
 - 41.16.6 Decisions by National, Regional and ABBF, whether as the result of a hearing or the Athlete or other person's acceptance of consequences, may be appealed as provided in WBPF Anti-Doping Rules.
 - 41.16.7 Hearing decisions by the National, Regional or ABBF shall not be subject to further administrative review except as provided in WBPF Anti-Doping Rules.
- 41.17. All interpretation on doping matters shall be strictly based on prevailing rules and bye-laws stipulated in the WBPF/ABBF Constitution.

ARTICLE 42 - DEFINITION OF AN AMATEUR BODYBUILDER

- 42.1. A bodybuilder who allows his or her person, name, images, photographs or bodybuilding achievements to be used for commercial purposes in return for financial compensation, sponsorship in cash or in kind under approval and restrictions specified by his National Federation.