



# 58TH ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS 2026

4TH TO 10TH AUGUST 2026, MINES WELLNESS CITY, SELANGOR, MALAYSIA

*Under the Umbrella of The Asian Bodybuilding & Physique Sports Federation*

*Approved and Sanctioned by World Bodybuilding & Physics Sports Federation, Olympic Council of Malaysia*

## : COMPETITION REGULATIONS :

VENUE OF COMPETITION	
Date	04TH – 10TH August, 2026
Venue	Royal Ballroom, Ground Floor, Palace of the Golden Horse Hotel, Selangor Darul Ehsan, Malaysia.
Hotel For Officials, Delegates, Supporters, athletes, Team Managers & Coach	<b>Palace of the Golden Horses, Kuala Lumpur, Malaysia.</b> Jalan Kuda Emas, Mines Wellness City 43000 Seri Kembangan, Selangor Darul Ehsan, Malaysia.
A SIMPLE GUIDELINE ON COMPETITION REGULATIONS FOR THE 16TH WORLD BODYBUILDING & PHYSIQUE SPORTS CHAMPIONSHIPS 2025 IN BATAM ISLAND, REPUBLIC OF INDONESIA	
Secretariat	The Organizing Committee will maintain a Secretariat from 8.00 AM to 10.00 PM from 04th to 10th August, 2026. You may obtain information and assistance from the Secretariat.
WEIGH-IN AND REGISTRATION	
Registration for athletes and Weigh-in will take place at State Room on the Lower Ground Floor of the Official Hotel, (please refer to the day-to-day program) for full details. It is the responsibility of the Chief Delegate or Team Manager to make sure that all athletes are on time for the Weigh-in and Registration. If an athlete is late for the Weigh-in and Registration, that athlete will be disqualified and will have to pay for all of his own expenses.	
IMPORTANT NOTICE	
<ul style="list-style-type: none"><li>Each athlete must bring his/her passport and posing music to the weigh-in and registration, failing which the athlete weigh-in will not be processed.</li><li>No G-string bikinis are allowed. An athlete must comply with the specification sheet attached and they must produce their bikinis for verification and approval for the pre-judging and finals at the weigh-in area.</li><li>During the weigh-in, all female athletes should be properly dressed. NO PYJAMAS OR NIGHT GOWNS are allowed. This is to protect the image of our sport in the event press or VIPs were to be present during the weigh-in, it will put our sport in an awkward position. Please wear tracksuits or a decent dress/jeans.</li></ul>	

## MALAYSIAN BODYBUILDING FEDERATION

Suite No.8, 1st Floor, Wisma OCM, Jalan Hang Jebat, 50150 Kuala Lumpur.

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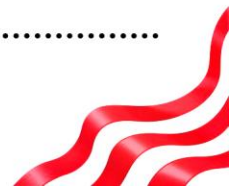
- At the parade of the nations, if you were to allocate female athletes, she should also appear in a tracksuit and not in a bikini.
- All female athletes are to be reminded that they are participating in a sporting event and not in entertainment venues like night clubs, therefore, we should ask the women to change their behaviour when they come on to the stage in the “walk-in” wiggling their rear ends or looking back into the audience when they stand in the quarter turn facing the back of the stage and stretching out their butt and winking at the judges and the audience. This is not a sports presentation, and it will be seen as sexual harassment by the public.

Backstage Access / Dressing Room Access	Access to the backstage and/or dressing room areas shall be strictly limited to essential personnel only. Coaches and trainers who assist athletes in the dressing room area must be of the same sex as the athlete they are assisting.
Camera/Video Tape Equipment	Camera and /or Videotape equipment shall be strictly prohibited in the backstage and /or dressing room areas except when used by the ABBF/WBPF authorized media persons and, in any event, these devices shall be strictly prohibited in the dressing room area.
Parade of Nations	National dress code or tracksuits to be worn by delegates and /or officials taking part in the Parade of Nations. Only one (1) delegate and two (2) competitors per country must take part in the Parade of the Nations.
Entry Pass Card	Entry Pass will be issued to the Weigh-in and backstage area during the Weigh-in, Pre-judging and Finals. It will be distributed at the Judges/Team Managers Meeting as follows: Five (5) or more competitors – Two (2) Passes will be issued and for less than five (5) competitors, one (1) Entrance Pass will be given.
Media Accreditation	All media accreditation, except local media, shall be controlled by the ABBF. All persons wishing to obtain media accreditation for this event must register with the ABBF by completing and signing the ABBF Media Accreditation Form. The form must be submitted to the ABBF by email <a href="mailto:abbf.adm@hotmail.com">abbf.adm@hotmail.com</a> and <a href="mailto:abbf.secretary@yahoo.com">abbf.secretary@yahoo.com</a> .
Athletes without Delegates	All athletes competing at ABBF Championships must be members in good standing of their National Federations. Any athlete who arrives without a delegate must carry on the official letter of Authorization of Participation from his/her National Federation, failing which the athlete will not be eligible to participate.

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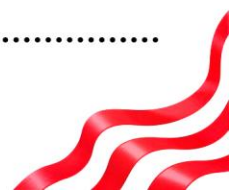
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Failure to Honour Final Entry Form Deadline.	Deadlines are set to assist the Organizer with arranging accommodations, meals, onsite transportation and other Championship activities. A failure to respect these deadlines is a breach of the ABBF rules. If a National Federation fails to respect the deadline written on the Final Entry Form, each "Official Participant" from that federation will be required to pay all of his or her own expenses, including accommodations, meals, onsite transportation, and access to the Pre-judging, Finals and Farewell Banquet. A US\$300.00 Penalty Fee for failure to submit the Preliminary or Final Entry Form as per closing dates will be imposed.
Misrepresentation	Misrepresentation is a serious breach of the ABBF Code of Ethics and occurs when an "Official" of a National Federation deliberately misrepresents the number of Athletes and Delegates so as to obtain free-of-charge accommodations, meals, onsite transportation, and access to the prejudging. Finals and farewell Banquet, and other amenities at the expense of the organizer. Part of this misrepresentation may be a false claim that a person is an Athlete only to have that so-called athlete fail to officially register as a competitor at the Weigh-In or, once having officially.
Medical Withdrawal	Once officially registered, no Athlete may withdraw from the competition, without the prior approval of the ABBF Judges Chairman, who has the right to verify the reason for the withdrawal. Any National Federation that fails to seek the prior approval of the ABBF Judges Chairman before withdrawing an athlete shall, for that athlete's non-participation, be fined an amount equal to the Special Package Rate.
Attendance at the ABBF Congress	All National Federations officially participating in the Championships must attend the Congress meeting, including National Federations with athletes and no delegates. In this case, the athlete must attend and represent his country at the congress.
Visa	<b>IMPORTANT REMINDER:</b> Visa Arrangements Dear National Federations,  Please note that it is essential to verify visa requirements for travel to the upcoming championships. We recommend checking with your local travel agents or relevant authorities to confirm visa requirements.

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	<b>ASSISTANCE AVAILABLE</b> While it is your responsibility to ensure compliance with visa regulations, we are more than happy to provide assistance and support to facilitate your travel arrangements.  If you have any questions or concerns, please do not hesitate to reach out to us.
Electrical Current	220 voltages at 60-hertz outlet 3 pins plug.
Language	The official language in Malaysia is Malay. English is commonly spoken in hotels and some restaurants/shopping centers.
Doping	Doping will be conducted by the ABBF Anti-Doping Committee at random.
National Anthem	You should also provide your National Anthem (shortened version) on Pen drive (CD or cassette not acceptable).
Posing Music	Posing music must be on Pen drive only and produced with good quality. Each competitor must affix his/her name on the Pen drive for easy identification. <b>THE USE OF PROFANE, VULGAR OR OFFENSIVE LANGUAGE IN POSING MUSIC IS PROHIBITED.</b>
Spray Tan	All athletes participating in ASIAN Championships are required to use MYTAN service, official spray tan provider appointed by WBPF/ABBF. It is MANDATORY, no other tanning color will be allowed. Payment of USD 100.00 for the spray tan service will be collected along with the registration by our officials

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