



INFORMATION, RULES AND REGULATIONS :

1. MEN'S BODYBUILDING :10 weight categories:
 - a) up to 55kg
 - b) up to 60kg
 - c) up to 65kg
 - d) up to 70kg
 - e) up to 75kg
 - f) up to 80kg
 - g) up to 85kg
 - h) up to 90kg
 - i) up to 100kg
 - j) over 100kgPlus Overall Mr. ASIA 2016
2. MEN'S FITNESS PHYSIQUE : 2 height categories:
 - a) up to and include 165 cm
 - b) over 165 cm
3. MEN'S ATHLETIC PHYSIQUE : 4 height categories:
 - a) up to 160cm/+ 1kg
 - b) up to 165cm/+ 2kg
 - c) up to 170cm/+ 3kg
 - d) over 170cm/+ 4kg
4. WOMEN'S BODYBUILDING : 2 categories:
 - a) up to 52kg
 - b) over 52kg
5. WOMEN'S FITNESS : 2 height categories:
 - a) up to 160cm
 - b) over 160cm
6. WOMEN'S MODEL PHYSIQUE : 3 height categories:
 - a) up to and include 160cm
 - b) up to and include 165cm
 - c) over 165 cm
7. WOMEN'S ATHLETIC PHYSIQUE : 2 height categories:
 - a) up to and include 160cm /+ 1kg
 - b) over 160cm /+ 2kg
- 8.. MASTERS' MEN'S BODYBUILDING : 2 age categories:
 - a) 40 -50 years old
 - b) over 50 years old
9. JUNIOR MEN'S BODYBUILDING : (UNDER AGE 21) – 2 categories:
 - a) Up to 70 kg
 - b) Over 70 kg



10. MEN'S SPORT PHYSIQUE – 2 categories:
a) Up to and include 170 cm
b) Over 170 cm

Total number of events : 32 categories

DATE, VENUE AND OFFICIAL HOTEL

Date: 2nd – 8th December 2016 – Thimphu, Bhutan

Venue: Royal Institute Management & Multi-Purpose Hall

HOTEL FOR ABBF EXECUTIVE AND SUB-COMMITTEE MEMBERS :

Name: Taj Tashi Hotel

Address: Samten Lam Chubachu, Pobox524 - Thimpu, Thimphu, Bhutan

Tel : +975 2 336 699

HOTEL FOR TEAM MANAGERS, JUDGES AND ATHLETES :

Name: Osel Hotel

Address: Phendey Lam Post Code # 543 Thimphu

Tel : +975 - 2 - 344 44

Fax : +975 - 2 - 341 113

Email: reservation@oselbhutan.com

Name: Ariya Hotel

Address: Post Box: 736 | Olakha, Thimphu - 11001, Kingdom of Bhutan

Tel : +975 2 333 999 / 342 222 / 343 333

Fax : +975 2 333 777

Email: reservation@ariyabhutan.com

Name: Namgay Heritage Hotel

Address: Below Doebum Lam, Thimphu, Bhutan

Tel : +975 - 2 - 337112 / 337114 / 337115

Fax : +975 - 2 - 337112

Mobile : 1766 8846

Email: namgayheritagehotel@gmail.com

NOTE: If there were to be any insufficient of rooms, other hotels will be allocated to the teams at the discretion by the host country.



OFFICIAL AND ATHLETES REGISTRATION FEES

US\$70.00 per person per day, the total amount is US\$420.00 for each person for the duration of 6 nights stay in a twin bedded sharing room. This fee includes hotel accommodation, 3 meals per day, shuttle to and fro from airport to hotel and to competition venue, welcome and farewell party.

PAYMENTS

Only Cash Payments in US\$ will be accepted for registration fees and visas including other expenses. At the shopping malls, only local currency or US Dollars will be accepted.

PARTICIPATION RULES

- a. Country with less than two (2) competitors -only one (1) official will be allowed to pay the official registration fee;
- b. Country with three (3) and above competitors – two (2) officials will be allowed to pay the official registration fee;
- c. Country participating with woman athletes may send one (1) extra female official and she need to pay only the official registration fee

NOTE: A COUNTRY THAT EXCEED THE ABOVE QUOTA WILL HAVE TO PAY FOR THEIR OFFICIALS THE SUPPORTERS FEES.

- d. Official or any other guests requesting for a single room have to pay the difference levied by the Organizer based on the Supporters Rates published herein.

EXTRA DELEGATES, OFFICIALS AND SUPPORTERS

All extra delegates, officials and supporters are required to pay as follows for accommodation at the hotels provided by the Organizer

Package Price for Supporters and Extra Delegates:

4 Star Hotel :

Single Room -US\$1000.00 per person Cash Payment

Twin Sharing Room -US\$1440.00 (2 persons in a room) US\$720.00 per person, Cash payment.

3 Star Hotel :

Single Room -US\$780.00 per person Cash Payment

Twin Sharing Room -US\$1000.00 (2 persons in a room) US\$500.00 per person, Cash payment

The above charges include airport transfers, 3 meals. Welcome and farewell party, 6 nights hotel accommodation, tickets for the pre-judging and finals.



ABBF EXECUTIVE COMMITTEE

ABBF Executive Committee members and Standing Committee members are exempted from paying the Registration fees, including Patrons and Honorary Life Members and invited guest by Datuk Paul Chua. Executive wives/husbands are on gratis to a twin sharing room with their partners.

Note: Standing Committee members with the exception of the Chairman and Secretary of each sub-committee may have to share a twin sharing room. If a sub-committee member request for a single room, he or she must pay the difference of US\$ 900.00 for a single room.

EARLY ARRIVALS AND LATE DEPARTURES

Any team or officials arriving early or departing late are required to pay for the extra days per night – All on cash basis.

5 star hotel : Le Meridien Hotel
Single room US\$273
Twin sharing US\$160.00 per person.

5 star hotel : Taj Tashi Hotel
Single room US\$519.00
Twin sharing US\$283.00 per person.

4 star hotel :
Single room US\$212
Twin sharing US\$130.00 per person.

Only shuttle service will be provided from the airport and return. Meals on your own, this are excluded from the rate quoted to you.

PRELIMINARY ENTRY AND FINAL ENTRY FORMS

Please co-operate and submit your entry forms in time as per the closing dates shown in the forms.

You are kindly requested to c.c. one copy to the ABBF Secretariat either by email : abffasia@yahoo.com.sg and abff.adm@hotmail.com

The Preliminary Entry Form is very important to ensure that your hotels are reserved. If you fail to comply by not submitting the Preliminary Entry Form, your rooms will not be guaranteed. The closing date by number of participants and officials is on 31st May, 2016. This must be strictly adhered and submitted to the Organizing Committee.

The Organizing Committee is doing their best to obtain special airfares for all of you as there are only limited flights to Paro International airport per day and if you submit your Preliminary Entry Form in time, they will try to help you with good prices of the airfare.



JUDGES

Kindly nominate the name of your judge **before 31st May, 2016** to the Chairman of the Judges Committee; Ms. Christina Y. Kam at email abbf.adm@hotmail.com **Last minute submission will be rejected.** All judges should use a grey suit with the official logo of ABBF/WBPf and female judges with dark grey blazer with grey skirt or dress pants.

- a) One judge per country will be allowed on gratis (no registration to pay), however, the judge must share a twin bed room with other judges/officials;
- b) If more than 1 (one) judge is nominated, he or she has to pay registration fee, however, a country will be limited to enter 2 (two) extra judges only (including one female judge) to enjoy this privilege on twin sharing room. Max. Number of Judges should be (3) three only. All other extra judges will have to pay the supporters fee in full.

DOPING

Doping will be conducted by the Anti-Doping Agency in collaboration with our ABBF Anti-Doping Committee.

NOTE : All male and female bodybuilders , junior bodybuilders and athletic physique men and women will be subjected to dope testing.

NATIONAL ANTHEM/NATIONAL FLAG

You must provide two (2) National Flags of your country. The flags must be manufactured of dense silk and must measure no more than 1.8 meters x 1.2 meters.

You must also provide your National Anthem (shortened version) on CD. Video or Cassette not acceptable.

POSING MUSIC

Posing music must be on CD only and produced with good quality. The music should be cued from the start of the CD. Each competitor must affix his/her name on the CD for easy identification.

THE USE OF PROFANE, VULGAR OR OFFENSIVE LANGUAGE IN POSING MUSIC IS PROHIBITED AND THE ATHLETE WIL BE DISQUALIFIED.



FLIGHT RECONFIRMATION

To reconfirm your flights departure please contact the Secretariat within 24 hours upon your arrival.

PASSPORT SIZE PHOTO FOR ID CARDS

All participants (Executive Members, Delegates, Competitors and Supporters) must send one recent passport size photo as an attachment together with the Entry Forms or by email attachment with all their particulars clearly stated. This is for issuance of I.D. Cards. Failing to provide the photo, you will be charged US\$20.00 for the I.D. photo by the Organizer.

VISA (VERY, VERY IMPORTANT)

Please check with your travel agents or Ministry of Foreign Affairs if you required a VISA for entry to Bhutan. Any request for assistance by the host country has to be within the period of 60 days. ***LAST MINUTE REQUEST WILL NOT BE ENTERTAINED BY THE ORGANISING COMMITTEE. YOU NEED TO SEND A PASSPORT COPY AND PLEASE ENSURE THAT IT IS VALID MORE THAN 6 MONTHS TOGETHER WITH TWO PASSPORT SIZE PHOTOS SHOULD YOU NEED ASSISTANCE FOR A VISA. WE SUGGEST THAT YOU ALSO CHECK WITH YOUR TRAVELLING AGENTS ON THIS MATTER.***

YOU MUST SEND A COPY OF PASSPORT TO APPLY VISA ON ARRIVAL AND YOU NEED TO PAY A SUM OF USD 40.00 IN CASH UPON ARRIVAL. THE ROYALTY FEE OF USD 65.00 PER DAY HAS BEEN WAVIED BY THE GOVERNMENT OF BHUTAN. THIS ARRANGEMENT IS MEANT FOR ALL ATHLETES, DELEGATES AND SUPPORTERS.

FOR THIS REASON, IF YOU WISH TO ENJOY SPECIAL AIRFARES FROM BHUTAN AIR OR DRUK AIR, YOU ARE REQUIRED TO SEND ALL THESE INFORMATION BY 31ST MAY, 2016.

IMPORTANT POINTS

Any other points that are not stated in this information sheet of the Rules & Regulations, the current prevailing rules of the ABBF/ WBPF shall apply.



Bhutan Bodybuilding & Weightlifting Federation

50TH ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS AND ANNUAL CONGRESS

02nd September - 08th September 2016

Thimphu, Bhutan

DAY TO DAY PROGRAMME

DATE	TIME	EVENT/ACTIVITY	PLACE
Day One		Arrival of teams including Executive Members of ABBF	
02 September 2016 (Fri.)		Note: Lunch will be provided for all teams	In Hotel
	18.30pm - 21.30pm	Dinner for officials and Athletes	In Hotel
Day Two	06.30am - 09.00am	Breakfast for officials and athletes	In Hotel
03 September 2016 (Sat.)	10.00am	Team Managers Meeting	Sir Ugyen Dorji hall Taj Hotel Basement
	11:00am -	Judges' Meeting	Sir Ugyen Dorji hall Taj Hotel Basement
	12:00 noon	Lunch for officials and athletes	In Hotel
	14.00 pm	ABBF Executive Committee Meeting	Sir Ugyen Dorji hall Taj Hotel Basement
		Sight-seeing Tour For those not attend the Exe. Meeting	
Day Three	19:00 pm - 22:00pm	Welcome Party for all Officials and Athletes (Diet food will be provided for athletes) Exchange of Gifts	Namgay Heritage Hotel
		Breakfast for all officials and delegates	



	06:30am - 09:00	Breakfast for all officials and delegates	In Hotel
04 September 2016 (Sun.)	10.00 am	ABBF Annual Congress (ALL DELEGATES MUST ATTEND)	Sir Ugyen Dorji hall Taj Hotel Basement
	12.00 am - 14.00 pm	Lunch for officials and athletes	In Hotel
	15.00 pm	Weigh-in of all categories & Height measurements & checking of Age Group	Sir Ugyen Dorji hall Taj Hotel Basement
	18.30 pm - 21.30 pm	Dinner for officials and athletes	In Hotel
Day Four	06.00 am -09.00 am	Breakfast for officials and athletes	In Hotel
05 September 2016 (Mon.)	09.00 am	Pre-judging & Finals for : 11 categories Men's BB 55kg - 65kg (3 categories) Women's Fitness – (2 categories) Men's Fitness (2 category) Masters (2 categories) Juniors (2 categories)	Royal Institute of Management & Multi Purpose Hall
	12.00 pm - 14.30 pm	Lunch for officials and athletes	Royal Institute of Management & Multi Purpose Hall
	18.30 pm - 21.30 pm	Dinner for officials and athletes	In Hotel
Day Five	06.00 am - 08.00 am	Breakfast for officials and athletes	In Hotel
06 September 2016 (Tue.)	09.00 am	Pre-judging & Finals for : 13 categories Men's BB 70 kg - 80 kg (3 categories) Women's Athletic Physique (2 categories) Men's Athletic Physique (4 categories) Women's Bodybuilding (2 Categories) Men's Sports Physique (2 Categories)	Royal Institute of Management & Multi Purpose Hall
	12.00 pm - 14.30 pm	Lunch for officials and athletes	Royal Institute of Management & Multi Purpose Hall
	18.30 pm - 21.30 pm	Dinner for officials and athletes	In Hotel



Day Six	06.00 am - 08.00 am	Breakfast for officials and athletes	In Hotel
07 September 2016(Wed.)	09.00 am	Pre-judging & Finals for : 7 categories Men's BB 85kg - Over 100kg (4 categories) Women's Model Physique (3 categories) Mr. Asia 2016 (Overall Championship) Team Championships for Men's and Women's	Royal Institute of Management & Multi Purpose Hall
	12.00 am - 14.30 pm	Lunch for officials and athletes	Royal Institute of Management & Multi Purpose Hall
	19.00 pm	Farewell Party for all officials and athletes	Termalinca Hotel
Day Seven	06.30am - 10.30am	Breakfast for officials and athletes (Subject to flight time)	In Hotel
08 September 2016 (Thur.)	12.00pm	Departure (Check-out from Hotel.)	