



澳門健美總會
Associação de Culturismo e Fitness de Macau

48TH ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS
AND ANNUAL CONGRESS

26th August – 01st September 2014

China - Macau

INFORMATION, RULES AND REGULATIONS OF THE:

1. 48th Asian Men's Bodybuilding Championships and Overall Mr. Asia

(11 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 100kg**
- K) Mr. Asia 2014 Overall Title**

2. 31th Asian Senior Women's Bodybuilding Championships

(2 categories)

- A) Up to 49kg**
- B) Over 52kg**

3. 27th Asian Junior Men's Bodybuilding
(21 years and below / 2 categories)

- A)** Up to 70kg
- B)** Over 70kg and Up to 80kg

4. 6th Asian Senior Men's Fitness Physique
Open Category

5. 6th Asian Senior Women's Model Physique
(3 Categories)

- A)** Up to 160cm
- B)** Up to 165cm
- C)** Over 165cm

6. 6th Asian Senior Women's Fitness Physique
(2 Categories)

- A)** Up to 160cm
- B)** Up to 165cm

7. 2nd Asian Senior Women's Athletic Physique
(2 Categories)

- A)** Up to 160cm=Height – 105= Body Weight + 1kg
- B)** Over to 160cm=Height – 105= Body Weight + 2kg

8. 5th Asian Senior Men's Athletic Physique
(4 Categories)

- A)** Up to 160cm/+ 1kg
- B)** Up to 165cm/+ 2kg
- C)** Up to 170cm/+ 3kg
- D)** Up to 175cm/+ 4kg

**9. 15th Asian Masters' Men's Athletic Physique
(2 Categories)**

A) Age 55-60 yrs

B) Over 60 yrs

(Total number of Events: 28 + 1 Overall Mr. Asia)

NOTE

- 1. Team Championship points will be based and awarded on all events of the Men's and Women's Competitions. There will be two team championship trophies; one for men and other for women**
- 2. At least 3 (three) athletes from (two) countries should be competing and represented in any one category and if there are less than 3 (three) competitor, the event will be cancelled.**
- 3. Top 3 placing will be awarded with medals, trophies and Achievement certificates and 4th & 5th placing will receive trophies and Achievement Certificates in all categories for men and women**
- 4. All participants will be issued with the Certificate of Participation**

1. DATE, VENUE AND OFFICIAL HOTEL

DATE: 26th August -> 1st September 2014, Macau- China

VENUE: Macau Peninsula; Pavilhão Polidesportivo Tap Seac / Tap Seac Multi-Sports Pavilion (pre-judging & finals)

OFFICIAL HOTELS

For ABBF Executive Council members:

VENETIAN MACAO

**The Venetian Macao, Estrada da Baia de N. Senhora da Esperanca,
s/n, Taipa, Macao SAR, P.R. China**

<http://www.venetianmacao.com/index.html>

For all other sub-committee members, officials and athletes, you will be accommodated at:

HOTEL ROYAL

Estrada da Vitoria No. 2- 4,

Macau City – Macau

www.hotelroyal.com.mo

2. OFFICIAL AND ATHLETES REGISTRATION FEES

Payment of US\$45.00 per person per day, the total amount is US\$270.00 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 from airport to hotel and to competition venue, Welcome and Farewell party.

3. PAYMENTS

Only Cash Payments in United States Dollars (USD) **will be accepted for registration fees.** For your shopping spree at the malls you may use Macau Patacas (MOP), Hongkong Dollars (HKD), Renminbi (RMB) or United States Dollars (USD). Alternatively, credit card may be used in the large departmental stores.

4. 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.
- d) **NOTE: A COUNTRY THAT EXCEEDS THE ABOVE QUOTA WILL HAVE TO PAY FOR THEIR OFFICIAL THE SUPPORTERS FEES.**
- e) 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.

5. Team B athletes are required to pay USD 650 PER PERSON FOR TWIN BEDDED ROOM and they will be accommodated at Hotel Royal Macau

6. EXTRA DELEGATES, OFFICIALS, JUDGES, COACHES AND SUPPORTERS

All extra delegates, officials, judges, coaches and supporters are required to pay (CASH PAYMENT) as follows for accommodation at:-

Single Room: - US\$ 1156.00 /pax (Hotel Royal)
Twin Sharing Room: - US\$ 1644.00 (2 pax per room at Hotel Royal)
US\$822/pax

Single Room: - US\$2172.00/pax (The Venetian)
Twin Sharing Room: - US\$3044.00/2 pax per room (The Venetian)

**The above charges include airport transfers, 3 meals per day, Welcome and Farewell party, 6 night's hotel accommodation, tickets for the Pre-judging and Finals.

7. ABBF EXECUTIVE COMMITTEE

ABBF Executive Committee members and Standing Committee members are exempted from paying the Registration fees, including Patrons and Honorary Life Members. The name list shall be provided by the ABBF. Note: Standing Committee members with the exception of the Chairman and Secretary of each sub-committee may have to share a twin sharing room.

8. EARLY ARRIVALS AND LATE DEPARTURES

Any team or officials arriving early or departing late are required to pay for the extra days directly to the hotel. The host country will provide transport from the airport to the designated hotel.

9. PRELIMINARY ENTRY AND FINAL ENTRY FORMS

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

You are kindly requested to CC. one copy to the ABBF Secretariat VIA either:-

FAX: +65-67479846

OR

Email: abffasia@yahoo.com.sg.

10. JUDGES

Kindly nominate the name of your judge **before 20th July, 2014** to the Chairman of the Judges Committee; Ms. Christina Y. Kam at email abff.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 1 (one) extra judges to enjoy this privilege on twin sharing room. Max. Number of Judges should be (2) two only. All other extra judges will have to pay the supporters fee in full.

11. DOPING

Doping will be conducted by ABBF Anti-Doping Committee.

12. NATIONAL ANTHEM/NATIONAL FLAG

- a) You must provide two (2) National Flags of your country. The flags must be manufactured of dense silk and must measure no more than 1.8 meters x 1.2 meters.
- b) You must also provide your National Anthem (shortened version) on CD. Video or Cassette not acceptable.

13. 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.

14. FLIGHT RECONFIRMATION

To reconfirm your flights from Hong Kong; Macau, please contact the Secretariat within 24 hours upon your arrival.

NOTE: For those arriving in Hong Kong International Airport, you are required to purchase a ferry ticket to Macau Ferry Terminal. Please look for the directory panel which show "Ferry to Macau/China" and duration is about one hour. Ferry ticket counter located before the Immigration and Baggage claim area, near Duty Free Shop. Ferry ticket is around USD35-50 for Economy and Super Class. Please DO NOT go through Immigration and your luggage will be transferred to Macau once you show your flight luggage tag to the Ferry ticketing staff. You may claim your bags at Macau pier after Immigration. Airport ground staff at Hong Kong airport can assist you.

15. 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.

16. VISA (VERY, VERY IMPORTANT)

Please check with your travel agents or Ministry of Foreign Affairs if you required a VISA for entry to Macau. 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.***

17. IMPORTANT POINTS

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