



NEPAL BODYBUILDING & FITNESS FEDERATION

Under The Auspices Of

ASIAN BODYBUILDING AND PHYSIQUE SPORTS FEDERATION

Sanctioned By

WORLD BODYBUILDING AND PHYSIQUE SPORTS FEDERATION

Supported by

NATIONAL SPORTS COUNCIL, NEPAL

55TH ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS 2023

AND ELECTORAL CONGRESS

1ST TO 7TH SEPTEMBER 2023

KATHMANDU, FEDERAL DEMOCRATIC REPUBLIC OF NEPAL



INSPECTION REPORT



<http://www.wbpsf.org/>



<https://www.youtube.com/wbpfnews>



<https://www.facebook.com/WBPFChampionship>



https://www.instagram.com/wbpf_championship



ASIAN BODYBUILDING & PHYSIQUE SPORTS FEDERATION

Affiliated to : World Bodybuilding & Physique Sports Federation (WBPF), Asia Pacific Sports Federation (ASPSF), Asia Pacific Sports Federation (GAAPSF), General Association Of Asian Pacific Sports Federation (GAAPSF)
Strategic Partner : The Association For International Sport For All (TAFISA), Pacific Games Council, World Sports University (WSU)
Associate Member : Union of International Associations (UIA)



President

Datuk Paul Chua (Singapore)

Executive Assistant To The President

Mr Chetan M Pathare (India)

Deputy President

Mr Timur Sabirov (Uzbekistan)

Secretary General

Mr Sugree Supawarikul (Thailand)

Assistant Secretary

Mr Kyaw Than (Myanmar)

Executive Director

Mr Hussain Alsaffar (UAE)

Director General

Mr Amit Swami (India)

Special Executive Member

Mr Ibrahim Hameed (Maldives)
WBPF Vice - President for Asia

Executive Vice - President

Mr Phumvarin Chunha Wongvaru (Thailand)
Mr Zhao Cheng (China)
Mr Che Kuong Hon (China Macau)
Mr Sedjav Odbaatar (Mongolia)
Ms Lee Young Seo (South Korea)

Vice - President

Mr Anh Huynh (Vietnam)
Mr Abbas Abdul Hussein Kadhim (Iraq)
Mr Rajesh Babu Shrestha (Nepal)
Mr Roohollah Tabrizi (Iran)
Mr. Irwan Ali (Indonesia)

Judges Committee

Chairman - Ms Christina Y. Kam (China Hong Kong)
Secretary - Dr Abdul Rahman Hameed (Afghanistan)

Technical Committee

Chairman - Mr Talap Imataliyev (Kazakhstan)
Secretary - Mr M. Letchmenon (Singapore)

Medical & Anti - Doping Committee

Chairman - Dr Chataruporn Na-Nakorn (Thailand)
Secretary - Dr Arumainathan s/o P. Swaminathan (Malaysia)

Women's Committee

Chairman - Ms Ines Yeung Sai Ip (China Macao)
Secretary - Dr Margaret Jip Kuo (Chinese Taipei)

Science & Research Committee

Chairman - Mr Wu Wan Lau (China Hong Kong)
Secretary - Mr Sohail Anwar (Pakistan)

Disciplinary Committee

Chairman - Mr Hossein Abodlahi (Iran)
Secretary - Mohsin Amin (Pakistan)

Director Of Marketing & Public Relations

Ms Hiral Sheth (India)

I.T. Manager

Mr Sarvesh R Paradkar (India)

Honorary Life Members

Mr Mergaliev Bulat (Kazakhstan)
Datuk Wira Gan Boon Leong (Malaysia)

Honorary Patrons

Mr David Leung Ying Sang (China Macau)
Maj. General Dato' Dr. Ahmad Badrus B. Othman (Malaysia)

25th February, 2023

OFFICIAL INVITATION LETTER

TO ALL ABBF AFFILIATED COUNTRIES :

Dear Sir/Madam,

We are privileged and delighted to be given the honour to organize the 55th Asian Bodybuilding & Physique Sports Championships & Electoral Congress in Kathmandu, The Federal Democratic Republic of Nepal from 1st to 7th September, 2023.

Our sincere thanks to the Asian Bodybuilding & Physique Sports Federation (ABBF) and World Bodybuilding & Physique Sports Federation (WBPF) for their confidence in us to host this major sporting event.

We also wish to inform you that the National Sports Council, Nepal has given us their blessings in making this event a success.

This continental championships with a participation of over 30 countries (400 athletes + 200 officials) would be the biggest sporting fitness event in our country, and it is a challenging task for Nepal Bodybuilding & Fitness Federation (NBBFF) to host this championships in our country.

We warmly welcome all member countries of the Asian Bodybuilding & Physique Sports Federation (ABBF) to participate and assure you that we will do our best to offer the Nepalese hospitality. In our country a phrase known by every Nepali is "Guests equals God" and it is our moral duty to take care each and every one of you during your stay in Nepal.

Be assured that we will not leave any stone unturned in making this 55th Asian Bodybuilding & Physique Sports Championships and Electoral Congress a success.

Yours very truly,

Rajesh Babu Shrestha (Nepal)

Vice President – ABBF

Chairman, Science & Research Committee - WBPF





55TH ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS & ELECTORAL CONGRESS

1ST TO 7TH SEPTEMBER 2023 - KATHMANDU, FEDERAL DEMOCRATIC REPUBLIC OF NEPAL

Organized by: Nepal Bodybuilding & Fitness Federation

Under The Auspices of: Asian Bodybuilding and Physique Sports Federation

Sanctioned by: World Bodybuilding And Physique Sports Federation

Supported by National Sports Council, Nepal

MESSAGE FROM DATUK PAUL CHUA

PRESIDENT- ASIAN BODYBUILDING & PHYSIQUE SPORTS FEDERATION (ABBF)

PRESIDENT - WORLD BODYBUILDING & PHYSIQUE SPORTS FEDERATION (WBPF)

VICE PRESIDENT - GENERAL ASSEMBLY OF ASIA PACIFIC SPORTS FEDERATION (GAAPSF)

Special thanks extended to our dear colleague Mr. Rajesh Baba Shrestha, Organizing Chairman of the 55th Asian Bodybuilding & Physique Sports Championships and Executive Vice President of Asian Bodybuilding & Physique Sports Federation (ABBF) and Chairman of Science Research Committee of World Bodybuilding & Physique Sports Federation (WBPF) and Hon. Consul – Austria. The great dedication of this gentleman has played a vital role in the development of bodybuilding and physique sports in Nepal and throughout the world.

Of course, I would also like to thank many of the dedicated officials from Nepal Bodybuilding & Fitness Federation (NBBFF) for their contributions, namely Mr. Bijay Kayastha, Rajesh Upathyay, Dinesh Rajbhandari and Rajan Shrestha along-with others.

The 55th Asian Bodybuilding & Physique Sports Championships and Electoral Congress will be the greatest event in the history of Asian Bodybuilding & Physique Sports Federation. Nepal is providing two (2) 5-star hotels to accommodate all officials and athletes.

The Nepal Bodybuilding & Fitness Federation (NBBFF) has formed a dynamic organizing team to take care of each one of us during our stay in Kathmandu. I had the pleasure of meeting the distinguished Member–Secretary, Mr. Tanka Lal Ghising of the National Sports Council, Nepal. He



had given his personal assurance in supporting us to make this event a great success.

In the meantime, Bodybuilding and Physique Sports has never been more popular. This is mainly due to the dedicated devoted and hard-working people that constitute the Executive Members of the Asian Bodybuilding & Physique Sports Federation.

The warmth and kindness of the Nepalis people has inspired me tremendously and I wish the people of Nepal the bounties of God's goodness, so the people may continue to grow and expand.

A BRIEF ABOUT NEPAL



Nepal the landlocked, mountainous nation in South Asia and birth place of Lord Gautam Buddha borders the Indian states of Uttarakhand in the west, Uttar Pradesh in the south, Bihar in the southeast and West Bengal and Sikkim in the east. In the north, it shares a border with the autonomous region of Tibet, China.

With area of 147,181km², Nepal has a population of 30.3 million (2021). The largest city and the national capital is Kathmandu. The language spoken is Nepali. English is widely spoken in urban

areas. The main religions are Hinduism (81%) and Buddhism (9%).

Out of 10 mountains above 8000 meter in the world, eight are in Nepal which are Annapurna, Manaslu, Dhaulagiri, Cho Oya, Makalu, Lhotse, Kanchenjunga, and Everest

A small country, Nepal has a varied climate from tropical in the south to Arctic climate in the north. Its national flag is the only one in the world which is not rectangular.

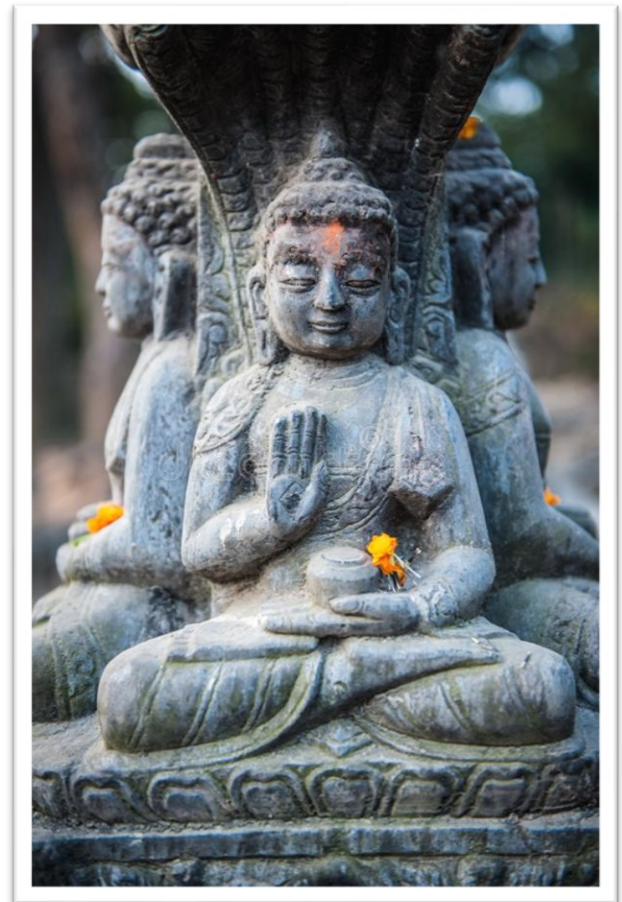


A BRIEF ABOUT KATHMANDU VALLEY

Kathmandu valley contains 3 major cities of remarkable significance and cultural awareness, namely Kathmandu, Lalitpur (Patan) and Bhaktapur. Among them, Kathmandu city is the leading traditional and commercial centre of Nepal and is measured to contain the most progressive structure amongst urban parts of Nepal.



From the tourism perspective, economy and cultural heritages, the fellow cities of Patan (Lalitpur) and Bhaktapur are essential to



Kathmandu. Kathmandu, as the doorway to Nepal Tourism, is the main hub of the country's economy.



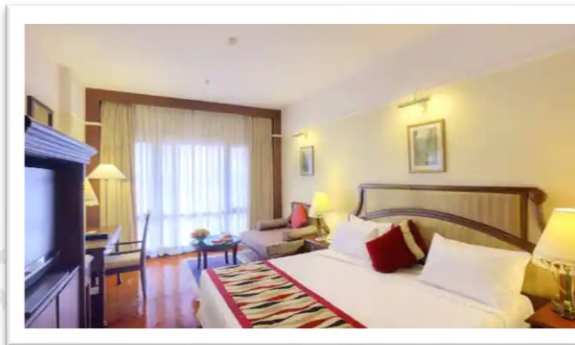
TWO 5-STAR HOTELS ARE PROVIDED FOR YOUR COMFORTABLE STAY



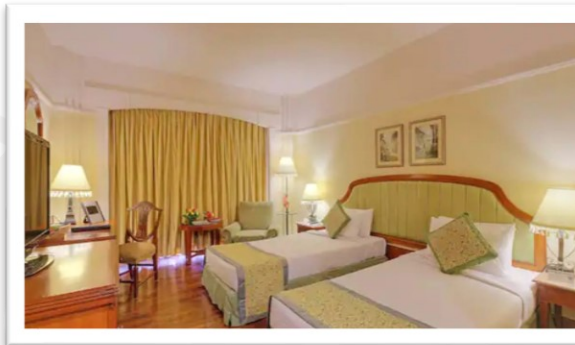
5 Star Yak & Yeti Hotel Single Deluxe Room and Twin bed-room



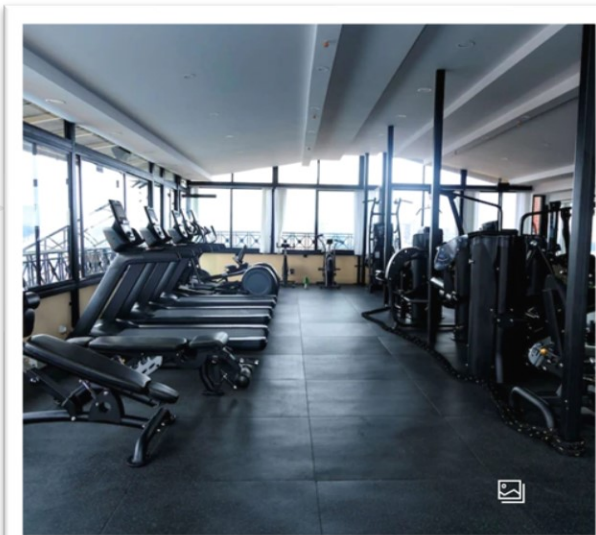
5-Star Radisson Hotel Kathmandu...



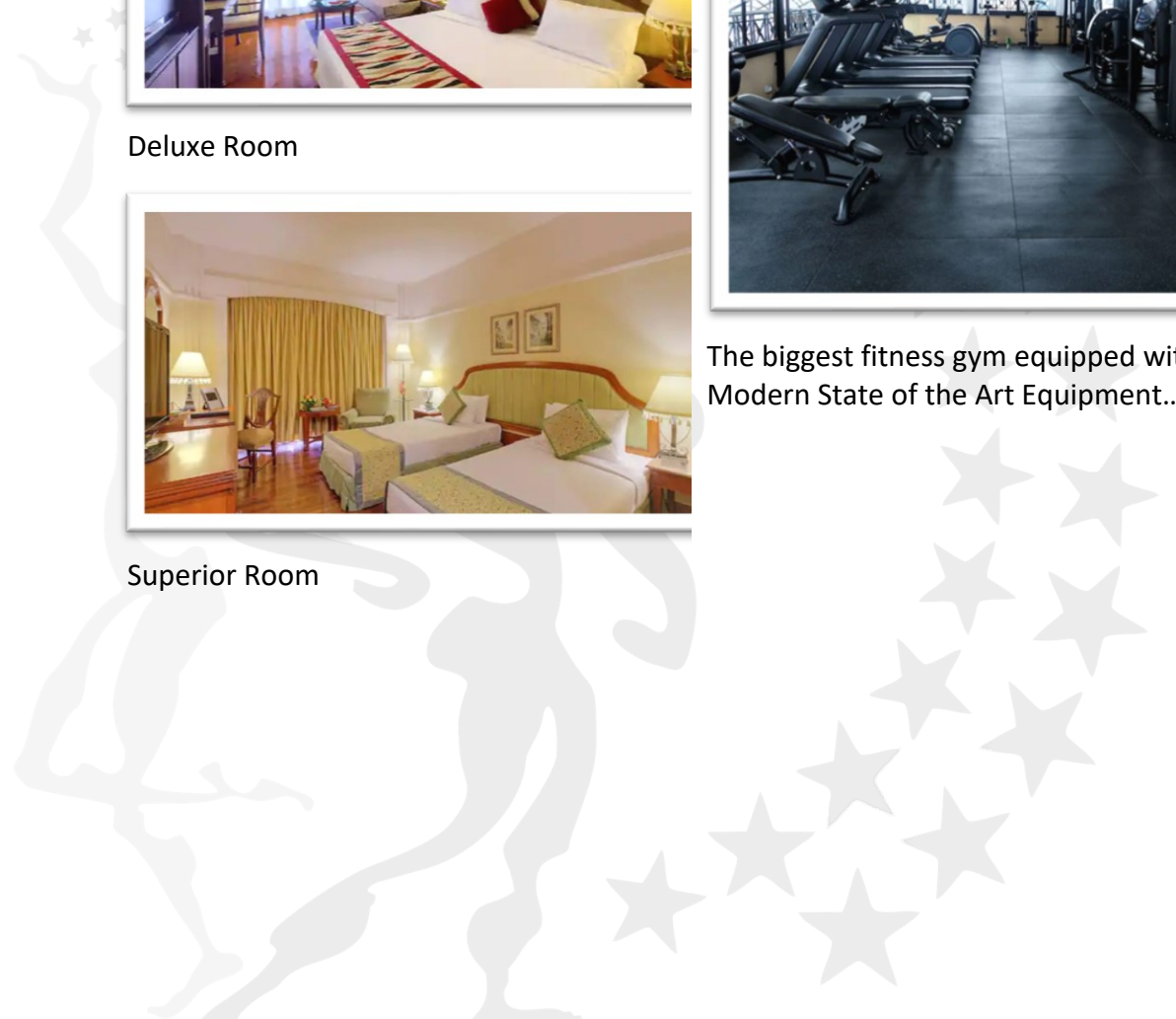
Deluxe Room



Superior Room



The biggest fitness gym equipped with Modern State of the Art Equipment...





DURBAR HALL

MEETINGS

The following meetings will be held at the Yak and Yeti Hotel, Dubar Hall, 1st floor

1. Team Managers and Judges Meetings
2. Doping Seminar
3. Executive Council meeting
4. Electoral Congress

PLEASE READ THE DAY-TO-DAY PROGRAM FOR DETAILED INFORMATION ABOUT THE EXACT DATES AND TIME

WEIGH-IN

Yak and Yeti Hotel Platinum Hall, Ground Floor

Athletes waiting (holding) room at the Crystal Hall



THE CRYSTAL HALL



THE REGAL BALLROOM

3 (THREE) DAYS PREJUDGING AND FINALS OF COMPETITION VENUE FROM 4TH, 5TH & 6TH SEPTEMBER 2023

At Yek & Yeti Hotel, Regal Ballroom, 1st Floor



Paid a courtesy call to the Member Secretary of the National Sports Council Mr.Tanka Lal Ghising together with WBPF Executive Director Christina Kam and Members of the Nepal Bodybuilding and Fitness Federation. We had a fruitful discussion on the topic of bodybuilding and its rapid growth under the great leadership of Rajesh Babu Shrestha the Executive Vice President of ABBF, Chairman of Science and Research Committee of WBPF and Chairman of the Nepal Bodybuilding and Fitness Federation. The sport of bodybuilding has increased by leaps and bounds since he took over the management over the past few years.



With the Chairman of the Nepal Bodybuilding and Fitness Federation Rajesh Babu at the entrance of the Nepal Sports Council. Took this picture on 17th February 2023 morning at 11.00 a.m.



Arrived on 15th February 2023 and received by the Nepal Bodybuilding and Fitness Federation Executive Council members at the Tribhuvan International Airport in Kathmandu Nepal. We are here for the Inspection Trip of the 55th Asian Bodybuilding and Physique Sports Championships to be held from September 1 to 7, 2023.



A trip to the Haatiban Height Resort and spent 2 over hours. It is at the peak of the hill where you could see the Himalayas. A great place to relax in Nepal.



On 17th February we toured the Dubar Walk where many monasteries and temples were built thousands of years at this place. We also had the opportunity to see the Living Goddess Kumari where she appeared only for 2 to 3 minutes from the window of her residence of her temple. Rajesh Babu Shrestha and his Committee later took us to a nice Japanese restaurant for a symptous lunch. The Nepalese hospitality is second to none...and we are indeed grateful to all of them.





Special welcome dinner was hosted by Mr Rajesh Babu Shrestha at the Olive Garden of Radisson Hotel Kathmandu for Datuk Paul Chua and Ms Christina Y Kam



Officials from the Nepal Bodybuilding and Fitness Federation sent us off at the Tribhuvan International Airport at Kathmandu on 19th February. We were touched by their expression of love and care shown to us. Datuk Paul Chua was presented with a topi (Nepalese hat) as a token of respect.

TENTATIVE DAILY PROGRAM

01TH SEPTEMBER, 2023 (FRIDAY)	
	The arrival of the Executive Committee members of ABBF, all participating teams, officials together with ABBF Standing Sub-Committee members. Transportation shall be provided for those who have submitted their FLIGHT DETAILS by 20th July, 2023.
12.00 PM ONWARDS	<p>Check-in at Two (2) hotels :</p> <p>Yak & Yeti Hotel for all Executive Council Members and Teams are allocated to stay at this hotel. You will pay the registration fees at this hotel to the staff of the Nepal Bodybuilding & Fitness Federation (NBBFF), assisted by ABBF official.</p> <p>The Radisson Hotel for all other teams. Registration fees to be paid to the staff of the Nepal Bodybuilding & Fitness Federation (NBBFF), assisted by an ABBF official at the Registration Desk stationed at this hotel.</p> <p>(You will be notified in which hotel you shall be accommodated upon receipt of your Final Entry Form.)</p>
12.00 PM - 02.00 PM	Lunch for all will be served at their respective Hotels on 1st September 2023, provided the number of athletes & officials are informed in advance by 20th July 2023, otherwise, there will be no lunch served for those who fail to abide by this rule.
07:00 PM – 09:00 PM	Dinner for all will be served at their respective Hotels: Yak & Yeti Hotel – Crystal Ball Room, Ground Floor, Lal Durbar Convention Centre. Raddison Hotel -
02nd SEPTEMBER, 2023 (SATURDAY)	
06.30 AM - 09.30 AM	Breakfast for officials and athletes at the respective Hotels
08:30 AM	The Buses will leave from Raddison Hotel to Yak & Yeti Hotel for the Judges and Team Managers Meeting at Yak & Yeti Hotel. Those who are staying at Raddison Hotel please assemble at the hotel lobby at 8:30 am for transfer.
09.30 AM - 10.30 AM	Team Managers Meeting and Judges Meeting at Yak & Yeti Hotel, Durbar Hall, 1st floor.
11.00 AM - 01.00 PM	Doping Seminar for all Officials and Delegates at Yak & Yeti Hotel, Durbar Hall, 1st floor.
12.00 PM - 02.00 PM	Lunch will be served at their respective hotel. Buses will leave from Yak & Yeti Hotel to Raddison Hotel for those who are staying at Raddison Hotel.
03.00 PM ONWARDS	ABBF Executive Council Meeting at Yak & Yeti Hotel, Darbur Hall, 1st floor. Only WBPF Executive Members are required to attend including the Chairman & Secretary of each Committee.

06.30 PM - 08.30 PM	Welcome Dinner at Raddison Hotel for Executive Council Members and officials ONLY. All Executive Members and officials please assemble at Yak & Yeti Hotel for transportation. Delegates and athletes will have dinner at their respective Hotels.
03RD SEPTEMBER, 2023 (SUNDAY)	
06.30 AM - 09.30 AM	Breakfast for officials and athletes at the respective Hotels
08.30 AM - 12.00 PM	ABBF Annual Congress at Yak & Yeti Hotel, Durbar Hall, 1st floor. Buses will pick up those who are staying at Raddison Hotel at 8.30 am to Yak & Yeti Hotel. ALL DELEGATES MUST ATTEND THE CONGRESS. IT IS COMPULSORY.
12.00 PM - 02.00 PM	Lunch for all officials and athletes at the respective Hotels. Buses will transfer those who are staying at Raddison Hotel for lunch.
2.00 PM	Buses will leave for delegates & athletes who are staying at Raddison Hotel to Yak & Yeti Hotel for Weigh-in.
03.00 PM ONWARDS	Weigh-in of all Body Weight Categories and Height Measurements and Checking of Age Groups at Yak & Yeti Hotel, Platinum Hall, Ground floor.
07:00 PM – 09:00 PM	Dinner for officials and athletes at the respective Hotels
04TH SEPTEMBER, 2023 (MONDAY)	
06.30 AM - 09.30 AM	Breakfast for the officials and athletes at the respective Hotels
08.30 AM	Buses will bring delegates and athletes from Raddison Hotel to the Competition Venue at Yak & Yeti Hotel, Regal Ball Room, 1st floor for Pre-
09.30 AM	Prejudging & Finals at Yak & Yeti Hotel, Regal Ball Room, 1st floor.
	TOTAL OF 16 EVENTS Men's Junior Bodybuilding up to 75kg, over 75kg (2 Categories) Men's Bodybuilding 55kg, 60kg, 65kg, 70kg (4 Categories) Women's Junior Fitness Physique age up to 21years (Open Category) Women's Senior Fitness Physique up to 165cm, over 165cm (2 Categories) Teenager Athletic Physique (Male) 15-18 yrs (Open Category) Teenager Athletic Physique (Female) 15-18 yrs (Open Category) Women's Swimsuit Model Physique (Open Category) Women's Junior Model Physique age not over 21 years (Open Category) Men's Master Bodybuilding 40-49 years - (Open Category) Men's Master Bodybuilding 50-60 years (Open Category) Men's Master Bodybuilding Over 60 years (Open Category) (Lunch will be provided ONLY at Yak & Yeti hotel)
03.00 PM	Opening Ceremony and March-Past Parade
04.00 PM	Final Round & Prize Distribution
07.00 PM - 09.00 PM	Dinner for officials and athletes at the respective Hotels
05TH SEPTEMBER, 2023 (TUESDAY)	

06.30 AM - 09.30 AM	Breakfast for the officials and athletes at the respective Hotels
08.30 AM	Buses will bring delegates and athletes from Raddison Hotel to the Competition Venue at Yak & Yeti Hotel, Regal Ball Room, 1st floor for Pre-
09.30 AM	Prejudging & Finals at Yak & Yeti Hotel, Regal Ball Room, 1st floor. TOTAL OF 20 EVENTS Men's Fitness Physique up to 170 cm, over 170 cm (2 Categories) Men's Bodybuilding 75kg, 80kg, 85kg (3 Categories) Women's Bodybuilding up to 55 & over 55 kg (2 Categories) Women's Model Physique up to 155cm, 160cm, 165cm, (3 Categories) Men's Sport Physique up to 170cm, 175cm, 180cm over 180cm (4 categories) Women's Sport Physique up to 165cm & over 165cm (2 Categories) Men's Athletic Physique up to 160 cm, 167 cm, 175 (3 Categories) Mixed Pairs (Open Category) (Lunch will be provided ONLY at Yak & Yeti hotel from 12 pm to 2.30 pm.)
03.00 PM	Final Round & Prize Distribution
07:00 PM – 09:00 PM	Dinner for officials and athletes at the respective Hotels
06TH SEPTEMBER, 2023 (WEDNESDAY)	
06.30 AM - 09.30 AM	Breakfast for the officials and athletes at the respective Hotels
08.30 AM	Buses will bring delegates and athletes from Raddison Hotel to the Competition Venue at Yak & Yeti Hotel, Regal Ball Room, 1st floor for Pre-judging & Finals.
09.30 AM	Prejudging & Finals at Yak & Yeti Hotel, Regal Ball Room, 1st floor. TOTAL OF 9 EVENTS <ul style="list-style-type: none"> • Men's Bodybuilding 90kg, 100kg, over 100kg (3 categories) • Men's Athletic Physique up to 182 cm, over 182 cm (2 Categories) • Women's Athletic Physique up to 165 cm, over 165 cm (2 Categories) • Women's Model Physique up to 170cm and over 170cm (2 Categories) (Lunch will be provided ONLY at Yak & Yeti hotel from 12 pm to 2.30 pm.) Prejudging & Finals (continuation) <ul style="list-style-type: none"> • Overall Championship (MR. ASIA 2023) • Men's Team Championship • Women's Team Championship
05.00 PM	Closing Ceremony & Final Prize Distribution
	Farewell Party for all the Athletes, Officials, Delegate & Supporters at Yak & Yeti Hotel, Regal Ball Room, 1st floor.
07TH SEPTEMBER, 2023 (THURSDAY)	
06.30 AM - 09.30 AM	Breakfast for officials and athletes at the respective Hotels
12.00 PM	Departure.

COMPETITION REGULATIONS

VENUE OF COMPETITION	
Date	01 st – 07 th September, 2023
Venue	Kathmandu, The Federal Democratic Republic of Nepal
Hotel for Officials	Yak & Yeti Hotel – Paryatak Marg, Durbar Marg, Ward No:1, Kathmandu, Province 3, Nepal. Tel : +977 1 4248999 / +977 1 4240520
Delegates & Supporters, Athletes, Team Managers & Coach	Radisson Hotel Kathmandu – Lazimpat, Ward No:2, Kathmandu 44601, Nepal. Tel : +977 1 4411818 / +977 1 4411720
A SIMPLE GUIDELINE ON COMPETITION REGULATIONS FOR THE 55 TH ASIAN BODYBUILDING & PHYSIQUE SPORTS CHAMPIONSHIPS IN KATHAMANDU, THE FEDERAL DEMOCRATIC REPUBLIC OF NEPAL	
Secretariat	The Organizing Committee will maintain a Secretariat at the TWO Hotels from 8.00 AM to 10.00 PM from 01 st to 07 th September, 2023. You may obtain information and assistance from the Secretariat.
Weigh-in and Registration	
Registration for athletes and Weigh-in will take place at Yak & Yeti Hotel, The Atrium/Platinum Hall, G/F (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 all of his own expenses.	
IMPORTANT NOTICE	
<ul style="list-style-type: none">• 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.• No G-string bikinis are allowed. An athlete must comply with specification sheet attached and they must produce their bikinis for verification and approval for the pre-judging and finals at the weigh-in area.• 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 use track suits or a decent dress/jeans.• At the parade of the nations, if you were to allocate female athletes, she should also appear in a track suit 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 to 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/ABBF 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 competitor – Two (2) Passes will be issued and 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 WBPF. All persons wishing to obtain media accreditation for this event must register with the WBPF by completing and signing the WBPF Media Accreditation Form. The form must be submitted to the WBPF by email at wbpsf.ckam@yahoo.com , abbf.secretary@yahoo.com
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 athletes will not be eligible to participate.
Failure to Honour Final Entry Form Deadline.	Deadlines are set to assist the Organizer with arranging accommodations, meals, onsite transportation and other Championship's 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.
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 congress.
Visa	<p>Please note that the Organizer will assist to provide landed visas to all countries. Nepal requires foreign nationals to apply for a Pre-visa before arriving in the country. To facilitate the process and avoid long waits at the airport. The Nepal Pre-visa can be obtained from any electronic device and allows stays of up to 90 days as a tourist.</p> <p>The requirements to apply for a visa to Nepal :</p> <p>For Tourist Visa, you will be required to have a passport with an expiry date of more than 6 months from the date of entry into the country. In addition, you will need a recent passport-size photograph that was taken within the year.</p> <p>You will need to fill in the form online (www.online.nepalimmigration.gov.np) and present it together with your passport and photo to the Nepalese authorities upon your arrival. The form can also be filled out from one of the terminals that you will find upon arrival at Kathmandu International Airport.</p>
Electrical Current	220 voltage at 60-hertz outlet plugs two round holes.
Language	The official language in Nepal is standard Nepali. English is commonly spoken in hotels and some restaurants/shopping centers.
Doping	Doping will be conducted by the ABBF Anti-Doping Committee.
National Anthem/National Flag	<p>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 2.5 meters x 1.5 meters. You may also provide the digital National Flag on Pen drive.</p> <p>b) You should also provide your National Anthem (shortened version) on Pen drive / CD. Video or cassette not acceptable.</p>
Posing Music	<p>Posing music must be on Pen drive/ CD only and produced with good quality. The music should be cued from the start of the Pen drive/CD. Each competitor must affix his/her name on the Pen drive/CD for easy identification.</p> <p>The USE OF PROFANE, VULGAR OR OFFENSIVE LANGUAGE IN POSING MUSIC IS PROHIBITED.</p>

COMPETITION TERMS AND RULES

REGISTRATION FEES	
Official and Athletes Registration Fees	<p>The total amount of USD 800 for each person for the duration of a 6-night stay in a twin-bedded sharing room. (No triple room will be provided for delegates & athletes with the exception for a child accompanied by their parents upon request, it could be arranged.)</p> <p>This fee includes hotel accommodation, 3 meals per day, a shuttle to and from the airport to the hotel and to the competition venue and a farewell party.</p> <p>The price of the double rooms (USD 800 /6 nights per person x 2 persons= USD1600.00. Single room price USD 1000 for 6 nights. These prices are available for the officials and delegates as well.</p> <p>It is compulsory to pay 100 \$ per room as a hotel security deposit at the time of registration. The same will be refunded only after deducting any damages in the hotels, rooms, auditorium or any other places.</p>
IMPORTANT NOTICE	
<p>Please note: it is compulsory for all the participating athletes, officials and judges must stay in the official hotel provided by the organizers. Those who do not stay in the official hotel will not be allowed to participate in the said championship.</p>	
WBPF Executive Committee:	<p>ABBF Executive Committee members are exempted from paying the Registration Fees, including Patrons and Honorary Life Members. ABBF Executive Committee Members are allowed to be accompanied by their spouse only. Their accommodation, Meals, etc. are on gratis. 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 requests a single room, he/she must pay the difference of USD 400.00 for a single room for the duration of 6 nights.</p>
Early Arrivals and Late Departures	<p>Officials and athletes arriving early may check directly with the hotel provided by the organizer, however, from 1st to 7th September 2023, they have to comply with the Organizing Committee rules and abide to pay the charges in full to the host country, failing which they will not be eligible to participate. Transportation to the hotel for early arrivals and late departures will not be the responsibility of the organizer.</p>
<p>Please note: For early arrival and late departure, shuttle services will not be provided. You need to find your own transport.</p>	

IMPORTANT NOTICE

PLEASE ADVISE YOUR TEAM BEFORE DEPARTURE NOT TO INCUR ADDITIONAL EXPENSES.

Extra Officials

Any judges, coaches or trainers who are not officially participating as an Athlete or Delegates will be responsible for all of their own expenses. Only those whose names are officially recommended in the official entry form by the respective national federation will be allowed to participate as an athlete, official, judge and supporter of that respective country. This rule is also applicable to family members.

NO EXCEPTION WILL BE MADE UNDER ANY CIRCUMSTANCES.

Payments

Only cash payments in USD-United States Dollars will be accepted for Registration Fees.
You may use Credit Card payment in large departmental stores. It is to be noted by the Guests that all Malls/Departmental stores/Chemists are not having the facility of accepting US Dollars. The rate of exchange from US\$ to Nepali Rupee may differ at the time of Registration.

JUDGES

In order to assist the ABBF Judges Committee in their selection of judges for this Championship, please forward your nomination for Judges from your National Federation as soon as possible but no later than 20th July, 2023. Judges must possess WBPF International recognized judge's card and must produce it to the Judges Committee. Judge's nomination to be sent to Ms. Christina Y Kam @ - wbpsf.ckam@yahoo.com

ALL JUDGES MUST POSSESS A VALID WBPF JUDGES LICENCE CARD TO OFFICIATE IN THE WORLD CHAMPIONSHIPS WITHOUT WHICH THEY SHALL NOT BE ALLOWED TO OFFCIATE AS A JUDGE.

IMPORTANT NOTICE

Each athlete and the official who wishes to participate in the said championship must stay at the official hotel by paying the requisite Registration Fees. Those who bypass the rules and book directly with the hotel will not be eligible to participate in the said championship, attend all the functions (breakfast, lunch and dinner) including entry into the competition venue. No I.D. cards will be issued. They will not be picked up at the airport to the hotel vis a vis for departure as well.

Kindly nominate the name of your judges in advance; last-minute submissions will be rejected. All judges should use a grey suit with the official logo of WBPF and female judges with a grey blazer with a grey skirt or dress pants.

PARTICIPATION RULES

- 1) Official or any other guests requesting for a single room have to pay the differences levied by the organizer based on the supporter's rates published herein.
- 2) One judge per country will be allowed on gratis (No registration fee to pay) however, the judge must share a twin bedroom with other judges or officials.
- 3) However, a country participating with woman athletes may send 1 (one) extra female judge and no need to pay the registration fee as well but need to share a twin bedroom with another official of the same gender.
- 4) If more than 2 (two) judges (one male and one female) are nominated, he or she has to pay the registration fee, however, a country will be limited to entering two extra judges only, including one female judge to enjoy this privilege of sharing a twin room.

ADDITIONAL IMPORTANT NOTICE

- 1) No smoking is allowed at the venue hall. A fine will be imposed if you break the Rules at the venue.
- 2) From the TRIBHUVAN INTERNATIONAL AIRPORT, the bus ride will take approximately one hour (1) to your hotel. It is very important that you should DEPART four (4) hours earlier to the Tribhuvan International Airport as the traffic is heavy on the highway and if there were to be any breakdown of vehicles or bad weather, you will be delayed.
- 3) The host country shall not be responsible for any loss of valuables or passports etc. It is the responsibility of the team manager of each country to take care of this kind of situation. Any charges incurred for their extra day's stay or other expenses have to be borne by themselves.
- 4) Supporters who are arriving with the athletes (family members) will not be picked up from the airport or shall be boarded on the bus for the return trip to the Tribhuvan International Airport in Kathmandu.

Two (2) hotels have been booked for your comfortable stay in Kathmandu, Nepal from 1st to 7th September, 2023.

Yak & Yeti Hotel – Paryatak Marg, Durbar Marg, Ward No:1, Kathmandu, Province 3, Nepal.
Tel : +977 1 4248999 / +977 1 4240520

Radisson Hotel Kathmandu – Lazimpat, Ward No:2, Kathmandu 44601, Nepal.
Tel : +977 1 4411818 / +977 1 4411720

The Complete Inspection report of the Hotel, venue and other vital information of the 55th Asian Bodybuilding & Physique Sports Championship and Electoral Congress is submitted herewith for your easy reference.

CONCLUSION

1. Please ensure that you strictly follow the Day-to-Day Program. If there were to be any changes, you will be notified by email.
2. Important that you submit your Preliminary and Final Entry Form in time.
3. Important that you submit your flight details and the number of officials and athletes to be picked up from the airport and also your departure flight schedules.

YOUR COOPERATION IS IMPORTANT IN MAKING THE 55TH ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS A GREAT SUCCESS.

Thank you

DATUK PAUL CHUA

President of ABBF and WBPF

