



ASIAN BODYBUILDING AND PHYSIQUE SPORTS FEDERATION

UNDER THE AUSPICES OF

WORLD BODYBUILDING AND PHYSIQUE SPORTS FEDERATION

ORGANIZED BY

DATUK PAUL CHUA

IN COOPERATION WITH THE

INDONESIAN BODYBUILDING FITNESS FEDERATION

56TH ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS 2024

AND CONGRESS

6TH TO 12TH AUGUST 2024

BATAM CITY, RIAU PROVINCE, REPUBLIC OF INDONESIA

INSPECTION REPORT





BRIEF HISTORY OF BATAM CITY, RIAU PROVINCE, REPUBLIC OF INDONESIA



The 56th Asian Bodybuilding and Physique Sports Championship and Congress, scheduled to take place in Batam City, Riau Province, Indonesia, from August 6th to 12th, 2024, is poised to be a thrilling convergence of fitness aficionados and athletes hailing from various corners of the continent. Nestled within the captivating expanse of Batam, an Indonesian island renowned for its vibrant blend of commerce and leisure, this prestigious event promises an immersive experience.

Batam, positioned as a dynamic hub just a short ferry ride away from Singapore, boasts a rich tapestry of cultural diversity, bustling trade, and picturesque landscapes. The island's allure lies in diverse culinary scenes, and pulsating nightlife, creating an irresistible magnet for travelers seeking an authentic Southeast Asian escapade.

In this vibrant setting, two premier hotels—Pacific Palace Hotel and AP Premier Hotel—have been selected as the exclusive accommodations for participants, officials and executive members. The luxurious Pacific Palace Hotel is anticipated to offer opulent amenities, focusing on relaxation and upscale services. Meanwhile, the versatile AP Premier Hotel is likely to cater to various needs, seamlessly blending modern comforts with accessibility.

These carefully chosen accommodations, set against Batam's energetic backdrop, are designed to complement the championship's ethos. They aim to ensure that participants and guests experience utmost comfort and satisfaction, enabling them to relish the celebration of athleticism and engage wholeheartedly in the riveting events and discussions at the congress.





ACCOMMODATION



PACIFIC PALACE HOTEL



AP PREMIER HOTEL





PACIFIC PALACE HOTEL



RESTAURANT



AP PREMIER HOTEL





ASIAN BODYBUILDING & PHYSIQUE SPORTS FEDERATION

Affiliated to : World Bodybuilding & Physique Sports Federation (WBPF), Asia Pacific Association of Sports Federation (APASF), General Association of World Sports Federation (GAWSF)
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. Rajesh Babu Shrestha (Nepal)
Mr. Phumvarin Chunha Wongvarij (Thailand)
Mr. Zhao Cheng (China)
Mr. Roohollah Tabrizi (Iran)

Vice - President

Mr. Anh Huynh (Vietnam)
Mr. Abbas Abdul Hussein Kadhim (Iraq)
Ms. Lee Young Seo (South Korea)
Mr. Jagath Samarasekera (Sri Lanka)
Mr. Irwan Alwi (Indonesia)
Mr. Talap Imatilyev (Kazakhstan)
Mr. Bijay Lal Kayastha (Nepal)

Judges Committee

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

Technical Committee

Chairman - Mr. Dinesh Rajbhandari (Nepal)
Secretary - Mr. Seo Moon Seok (South Korea)

Medical & Anti - Doping Committee

Chairman - Dr Chataruporn Na-Nakorn (Thailand)
Secretary - Dr. Margaret Jip Kuo (Chinese Taipei)

Medicare

Chairman - Ms. Lim Woan Jieh (Malaysia)

Women's Committee

Chairman - Ms Ines Yeung Sai Ip (China Macao)
Secretary - Ms. Nguyen Thi Nhu Quynh (Vietnam)

Science & Research Committee

Chairman - Mr Wu Wan Lau (China Hong Kong)
Secretary - Mr. Janaka Samarasingha (Sri Lanka)

Disciplinary Committee

Chairman - Mr Hossein Abodllahi (Iran)
Secretary - Mr. Sohail Anwar (Pakistan)

Board Members

Mr. Batsuuri Batmunkh (Mongolia)
Mr. Hou Jun (China)
Mr. Rajesh Upadhyay (Nepal)
Mr. Armughan Muqem Muhammad (Pakistan)
Mr. Bunvy Tek (Cambodia)

I.T. Manager

Mr Sarvesh R Paradkar (India)

Ambassador At Large

Mr.Aimen Ahmed (Maldives)

Director Of Coaching

Mr. Premchand Degra - (India)

Honorary Life Members

Mr Mergaliev Bulat (Kazakhstan)

Honorary Patrons

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

Legal Counsel

Adv. Vikram Rothe (India)
Adv. Swamy Ramesh (India)

Statistician

Mr. Supanat Smoewong (Thailand)

Official Photographer

Ms. Joo Hye Jeong (South Korea)

Public Relation Officers

Mr. Passang Sherpa (India)
Mr. Santosh Pawar (India)

1st February, 2024.

INVITATION LETTER

It gives us great pleasure to host the 56th Asian Bodybuilding & Physique Sports Championships and Congress in Batam, Riau Island, Indonesia in collaboration with the Indonesia Bodybuilders Federation (PBF) which will take place from 6th to 12th August, 2024.

The competition will be held for 6 nights 7 days at the Pacific Palace Hotel Grand Ballroom. There will be 50 categories altogether for Men and Women. The Batam Sports Authority will render us full support in regard to Visa matters.

We hope that you will send a full team to participate in this prestigious continental event. We assure you the best hospitality during your stay in Batam.

Thank you

DATUK PAUL CHUA

President

Asian Bodybuilding & Physique Sports Federation (ABBF)



**PENGURUS PUSAT
PERSATUAN BINARAGA FITNESS INDONESIA**

Anggota dari: NOC – KONI – SEABPF – ABBF – WBPf

MERAIH PRESTASI TANPA DOPING



No : 003/PP-PBFI/I/2024
Re. : WELCOME LETTER TO ALL ABBF MEMBERS

Date: 21st January 2024

Dear President ABBF
Datuk Paul Chua

Dear Sir.

The Indonesian Bodybuilding and Fitness Federation is pleased to collaborate with the Asian Bodybuilding and Physique Sports Federation (ABBF) in jointly hosting the 56th Asian Bodybuilding and Physique Sports championship and Congress in Batam, Indonesia from 6th to 12th August 2024.

We will render our full support in making this continental event a great success together with ABBF under the leadership of President Datuk Paul Chua.

We look forward to seeing all our Asian family in Batam, Indonesia

INDONESIAN BODYBUILDING and FITNESS FEDERATION
President


IRWAN ALWI
PENGURUS PUSAT



56TH ASIAN BODYBUILDING AND PHYSIQUE CHAMPIONSHIPS AND CONGRESS

6TH TO 12TH AUGUST 2024

PACIFIC PALACE HOTEL BATAM ISLAND – REPUBLIC OF INDONESIA

Under The Umbrella Of The

WORLD BODYBUILDING AND PHYSIQUE SPORTS FEDERATION

PRELIMINARY ENTRY FORM

PLEASE FILL OUT THIS SIMPLIFIED PRELIMINARY ENTRY FORM AND SEND IT ON OR BEFORE 15th APRIL 2024 TO ENABLE THE HOST COUNTRY TO SECURE THE NUMBER OF ROOMS.

Name of Federation	
Email Address	
Person to Contact	
Mobile No	

NUMBER OF DELEGATES

ABBF Officials, Executive Committee Members and Sub-Committee Members	
Delegates, Judges, Team Managers and Coaches	
Number of Male Athletes	
Number of Female Athletes	

Thank you

CHRISTINA KAM

Executive Member - ABBF

: To Be Emailed To :

abbf.adm@hotmail.com

abbfasia@yahoo.com.sg

wbpfsecgeneral@gmail.com





56TH ASIAN BODYBUILDING AND PHYSIQUE CHAMPIONSHIPS AND CONGRESS

6TH TO 12TH AUGUST 2024

PACIFIC PALACE HOTEL BATAM ISLAND – REPUBLIC OF INDONESIA

Under The Umbrella Of The

WORLD BODYBUILDING AND PHYSIQUE SPORTS FEDERATION

FINAL ENTRY FORM

IN ORDER TO ASSIST IN THE PLANNING AND ORGANIZATION OF THIS CHAMPIONSHIP, PLEASE COMPLETE THE FINAL ENTRY FORM TO BE RETURNED BY NOT LATER THAN 15TH JUNE 2024.

FILL FORM IN CAPITAL LETTERS

Name of Federation	
Email Address	
Person to Contact	
Mobile No	

ABBF OFFICIALS, EXECUTIVE COMMITTEE MEMBERS, SUB-COMMITTEE MEMBERS, JUDGES, DELEGATES, TEAM MANAGER COACH ENTRY AND TEST JUDGE

SR NO	NAME	GENDER	DESIGNATION

***KINDLY REFER TO THE ATTACHED LIST OF CATEGORIES FOR ATHLETE ENTRY**

ATHLETES ENTRY

SR NO	NAME	GENDER	CATEGORY
01	SARVESH PARADKAR (EXAMPLE)	MALE	MEN'S BODYBUILDING UP TO 85KG,
			MEN'S MASTER BODYBUILDING 40-49 YRS OVER 80KG





TOTAL NO OF MALE ATHLETES	TOTAL NO OF FEMALE ATHLETES

ARRIVAL INFORMATION		
DATE	TIME	FLIGHT NO

DEPARTURE INFORMATION		
DATE	TIME	FLIGHT NO

PLEASE RETURN THE FINAL ENTRY FORM ALONG WITH PASSPORT COPIES CONFIRMING YOUR PARTICIPATION WITH NAMES OF ALL PARTICIPANTS (DELEGATES, ATHLETES, SUPPORTERS, ETC.), NO LATER THAN 15th June 2024.

Thank you

CHRISTINA KAM

Executive Member - ABBF

: To Be Emailed To :

abbf.adm@hotmail.com

abbfasia@yahoo.com.sg

wbpfecgeneral@gmail.com





LIST OF DISCIPLINES & CATEGORIES

- 1) Men's Junior Bodybuilding up to 75 kg
- 2) Men's Junior Bodybuilding over 75 kg

- 3) Men's Bodybuilding 55 kg
- 4) Men's Bodybuilding 60 kg
- 5) Men's Bodybuilding 65 kg
- 6) Men's Bodybuilding 70 kg
- 7) Men's Bodybuilding 75 kg
- 8) Men's Bodybuilding 80 kg
- 9) Men's Bodybuilding 85 kg
- 10) Men's Bodybuilding 90 kg
- 11) Men's Bodybuilding 100 kg
- 12) Men's Bodybuilding over 100 kg

- 13) Men's Master Bodybuilding 40 - 49 yrs up to 80 kg
- 14) Men's Master Bodybuilding 40 - 49 yrs over 80 kg
- 15) Men's Master Bodybuilding 50 - 60 yrs up to 80 kg
- 16) Men's Master Bodybuilding 50 - 60 yrs over 80 kg
- 17) Men's Master Bodybuilding over 60 yrs

- 18) Men's Fitness Physique up to 170 cm
- 19) Men's Fitness Physique over 170 cm

- 20) Men's Athletic Physique up to 160 cm
- 21) Men's Athletic Physique up to 167 cm
- 22) Men's Athletic Physique up to 175 cm
- 23) Men's Athletic Physique up to 182 cm
- 24) Men's Athletic Physique over 182 cm

- 25) Men's Sports Physique up to 170 cm
- 26) Men's Sports Physique up to 175 cm
- 27) Men's Sports Physique up to 180 cm
- 28) Men's Sports Physique over 180 cm

- 29) Women's Bodybuilding up to 55 kg
- 30) Women's Bodybuilding over 55 kg

- 31) Women's Junior Fitness Physique 21 yrs and below

- 32) Women's Fitness Physique up to 165 cm
- 33) Women's Fitness Physique over 165 cm





- 34) Women's Athletic Physique up to 165 cm
- 35) Women's Athletic Physique over 165 cm

- 36) Women's Ladies Athletic Physique over 35 yrs old - Open category

- 37) Women's Sports Physique up to 165 cm
- 38) Women's Sports Physique over 165 cm

- 39) Women's Ladies Sports Physique over 35 yrs old - Open category

- 40) Women's Swimsuit Physique up to 165 cm
- 41) Women's Swimsuit Physique over 165 cm

- 42) Women's Junior Model Physique 21 yrs and below

- 43) Women's Model Physique up to 155 cm
- 44) Women's Model Physique up to 160 cm
- 45) Women's Model Physique up to 165 cm
- 46) Women's Model Physique up to 170 cm
- 47) Women's Model Physique over 170 cm

- 48) Women's Ladies Model Physique over 35 yrs old - Open category

- 49) Women's Wellness Physique - Open Category

- 50) Mixed Pairs

- 51) Overa Champion - Mr. Asia 2024





TENTATIVE DAILY PROGRAM

06TH AUGUST, 2024 (TUESDAY)	
	The arrival of the Executive Committee members of ABBF, all participating teams, officials together with the ABBF Standing Sub-Committee members. Transportation shall be provided for those who have submitted their ARRIVAL DETAILS by 15th June 2024.
12.00 PM ONWARDS	Check-in at Two (2) hotels : a) Pacific Palace or AP Premier Hotel for all Executive Council Members, teams and athletes. You will pay the registration fees at the PACIFIC PALACE HOTEL REGISTRATION DESK to the officials appointed by the ABBF. <i>(You will be notified in which hotel you shall be accommodated upon receipt of your Final Entry Form.)</i>
12.00 PM - 02.00 PM	Lunch for all will be served at Pacific Palace Hotel on 06th August 2024, provided the number of athletes & officials are informed in advance by 15th June 2024, and reach the hotel before 2:00 pm otherwise, there will be no lunch served for those who fail to abide by this rule.
07:00 PM – 09:00 PM	Dinner will be served at the Pacific Palace Hotel – Athena Restaurant, ground floor FOR EVERYONE.
07TH AUGUST (WEDNESDAY)	
06.30 AM - 08.00 AM	Breakfast for officials and athletes at their respective Hotels
08:30 AM	Those who are staying at AP Premier Hotel please proceed to Pacific Palace hotel (5 minutes by walking – Pacific Palace Hotel is located at the opposite of AP Premier hotel) for the Team Managers & Judges Meeting.
09.00 AM - 10.30 AM	Team Managers Meeting and Judges Meeting at 2nd floor Ferdinand de suex, Function Hall Block, Pacific Palace Hotel.
10:30 AM - 12.00 PM	Anti-Doping Seminar for all Officials and athletes at 2nd floor Ferdinand de suex, Function Hall Block, Pacific Palace Hotel.
12.00 PM - 02.00 PM	Lunch will be served at the Pacific Palace Hotel – Athena Restaurant, ground floor FOR EVERYONE.
03.00 PM ONWARDS	ABBF Executive Council Meeting at Marco Polo Rooms 2nd floor, Pacific Palace Hotel. Only ABBF Executive Members are required to attend, including the Chairman and secretary of each Committee.
05:00 PM - 06.30 PM	ABBF Annual Congress at 2nd floor Ferdinand de suex, Function Hall Block, Pacific Palace Hotel.





	Those who are staying at AP Premier Hotel please proceed to Pacific Palace hotel for Annual Congress. ALL DELEGATES MUST ATTEND THE CONGRESS. IT IS COMPULSORY.
07:30 PM - 09.30 PM	Welcome Dinner at the Golden Prawn Chinese Restaurant. FOR EXECUTIVE COUNCIL MEMBERS AND INVITED GUESTS ONLY. All Executive Members and invited guests please assemble at the Pacific Palace Hotel for transportation. Delegates and athletes will have dinner at the Pacific Palace Hotel – Athena Restaurant, ground floor FOR EVERYONE dinner.
08TH AUGUST (THURSDAY)	
06.30 AM - 08.30 AM	Breakfast for officials and athletes at the respective Hotels
09:00 AM - 12.00 PM	Weigh-in of all Body Weight Categories and Height Measurements and Checking of Age Groups (Athletes competing in Junior and Master Category must bring along their passport) at Napoleon & Columbus Room, 2nd floor, Pacific Palace Hote.
12.00 PM - 02.00 PM	Lunch for all officials and athletes at the Pacific Palace Hotel – Athena Restaurant, ground floor FOR EVERYONE.
07:00 PM – 09:00 PM	Dinner for officials and athletes at the Pacific Palace Hotel – Athena Restaurant, ground floor FOR EVERYONE.
09TH AUGUST (FRIDAY)	
06.30 AM - 08.30 AM	Breakfast for the officials and athletes at the respective Hotels
08.30 AM	Those who are staying at AP Premier Hotel please proceed to Pacific Palace hotel for the Prejudging and Finals.
09.30 AM	Pre-judging & Finals at Pacific Grand Ballroom at the 4th floor, Pacific Palace Hotel
	<p>TOTAL OF 18 EVENTS</p> <ul style="list-style-type: none"> • <i>Men's Junior Bodybuilding up to 75kg, over 75kg (2 Categories)</i> • <i>Men's Bodybuilding 55kg, 60kg, 65kg, 70kg (4 Categories)</i> • <i>Women's Junior Fitness Physique age up to 21years (Open Category)</i> • <i>Women's Senior Fitness Physique up to 165cm, over 165cm (2 Categories)</i> • <i>Women's Junior Model Physique 21 years or below (Open Category)</i> • <i>Women's Swimsuit Model Physique up to 165 & over 165 cm (2 Categories)</i> • <i>Men's Master Bodybuilding 40-49 years Up to & Over 80 kg (2 Categories)</i> • <i>Men's Master Bodybuilding 50-60 years Up to & Over 80 kg (2 Categories)</i>





	<ul style="list-style-type: none"> • <i>Men's Master Bodybuilding Over 60 years (Open Category)</i> • <i>Mixed Pairs (Free Posing and Quarter Turns only)</i> <p>(Lunch will be provided ONLY at Pacific Palace Hotel 5th floor from 12 pm to 2.30 pm.)</p>
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 Pacific Palace Hotel – Athena Restaurant, ground floor FOR EVERYONE.
10TH AUGUST (SATURDAY)	
06.30 AM - 08.30 AM	Breakfast for the officials and athletes at the respective Hotels
08.30 AM	Those who are staying at AP Premier Hotel please proceed to the Pacific Palace Hotel for the Prejudging and Finals.
09.00 AM	<p>Prejudging & Finals at Pacific Grand Ballroom, 4th floor, Pacific Palace Hotel.</p> <p>TOTAL OF 23 EVENTS</p> <ul style="list-style-type: none"> • <i>Men's Fitness Physique up to 170 cm, over 170 cm (2 Categories)</i> • <i>Men's Bodybuilding 75kg, 80kg, 85kg (3 Categories)</i> • <i>Women's Bodybuilding up to 55 & over 55 kg (2 Categories)</i> • <i>Women's Model Physique up to 155cm, 160cm, 165cm, (3 Categories)</i> • <i>Men's Sport Physique up to 170cm, 175cm, 180cm over 180cm (4 categories)</i> • <i>Women's Sport Physique up to 165cm & over 165cm (2 Categories)</i> • <i>Women's Ladies Sports Physique over 35 years (Open Category)</i> • <i>Men's Athletic Physique up to 160 cm, 167 cm, 175 (3 Categories)</i> • <i>Women's Athletic Physique up to and over 165 cm (2 Categories)</i> • <i>Women's Ladies Athletic Physique over 35 years old (Open Category)</i> <p>(Lunch will be provided ONLY at Pacific Palace Hotel 5th floor from 12 pm to 2.30 pm.)</p>
03.00 PM	Final Round & Prize Distribution
07:00 PM – 09:00 PM	Dinner for officials and athletes at the Pacific Palace Hotel – Athena Restaurant, ground floor FOR EVERYONE.
11TH AUGUST (SUNDAY)	
06.30 AM - 08.30 AM	Breakfast for the officials and athletes at the respective Hotels
08.30 AM	Those who are staying at AP Premier Hotel please proceed to the Pacific Palace Hotel for the Prejudging and Finals
09.00 AM	Prejudging & Finals at Pacific Grand Ballroom, 4th floor, Pacific Palace Hotel.





	<p>TOTAL OF 9 EVENTS</p> <ul style="list-style-type: none"> • <i>Men's Bodybuilding 90kg, 100kg, over 100kg (3 categories)</i> • <i>Men's Athletic Physique up to 182 & over 182 cm (2 Categories)</i> • <i>Women's Wellness Physique (Open Category)</i> • <i>Women's Model Physique up to 170cm and over 170cm (2 Categories)</i> • <i>Women's Ladies Model Physique over 35 years old (Open Category)</i> <p>(Lunch will be provided ONLY at Pacific Palace Hotel 5th floor from 12 pm to 2.30 pm.) Pacific Palace Hotel 5th floor</p> <ul style="list-style-type: none"> • <i>Prejudging & Finals (continuation)</i> • <i>Overall Championship (MR. ASIA 2024)</i> • <i>Men's Team Championship</i> • <i>Women's Team Championship</i>
05.00 PM	Closing Ceremony & Final Prize Distribution
	Farewell Party for all the Athletes, Officials, Delegate & Supporters at Olympus Banquet Hall, 9th floor, Pacific Palace Hotel.
12TH AUGUST (MONDAY)	
06.30 AM - 09.30 AM	Breakfast for officials and athletes at the respective Hotels
12.00 PM	Departure.





COMPETITION TERMS AND RULES

REGISTRATION FEES	
Official and Athletes Registration Fees	<p>The total amount of USD 850 for each person for the duration of 6 nights stay in a twin-bedded sharing room. (No triple room will be provided for delegates & athletes with the exception for a child under 12 years old accompanied by their parents upon request, it could be arranged.)</p> <p>This fee includes hotel accommodation, 3 meals per day, shuttle to and from the Batam Hang Nadim International airport and Harbour Bay ferry pier (other ferry pier need to find your own transport) to the hotel and to competition venue and farewell party.</p> <p>The price of the double rooms (USD 850 /6 nights per person x 2 persons= USD1700.00. Single room price USD 1000 for 6 nights. These prices are available for the officials and delegates as well.</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 organisers. 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 500.00 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, as from 06th to 12th August 2024, 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 Delegate 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 for the 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 Indonesia Rupiah 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 15th June, 2024. Judges must possess WBPF International recognized judge's card and must produce to the Judges Committee. Judges' nomination to be sent to: Ms Christina Y. Kam at abbf.adm@hotmail.com

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

IMPORTANT NOTICE

- Each athlete and the official who wish 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 and attend all the functions (breakfast, lunch, and dinner). No I.D. cards will be issued. They will not be picked at the airport to the hotel vis a vis for departure as well.

Kindly nominate the names of your judges in advance; last minute submission 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, country participating with woman athlete 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) is nominated, he or she has to pay the registration fee, however, a country will be limited to enter two extra judges only, including one female judge to enjoy this privilege on sharing a twin room.

ADDITIONAL IMPORTANT NOTICE

- 1) No smoking allowed at the venue hall. A fine will be imposed if you break the Rules
- 2) at the venue.
- 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 days stay or other expenses has 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 Batam airport or Harbour Bay ferry pier.

TWO (2) hotels has been booked for your comfortable stay in Batam Island, Republic of Indonesia from 06th to 12th August, 2024

- a) Pacific Palace Hotel – Jl. Duyung, Sungai Jodoh, Kec. Batu Ampar, Kota Batam, Kepulauan Riau 29444, Indonesia
Tel : +62 778 421111 / +62 778 459799
- b) AP Premier Hotel – Jl. Duyung, Sungai Jodoh, Kec. Batu Ampar, Kota Batam, Kepulauan Riau 29453, Indonesia
Tel : +62 778 425555

The Complete Inspection report of the Hotel, venue and other vital information of the 56th Asian Bodybuilding & Physique Sports Championship and Congress is submitted herewith for your easy reference.

NOTE : The 56th ABBF & Congress solely organized and funded by ABBF President Datuk Paul Chua in collaboration with the Indonesian Bodybuilding & Fitness Federation.





COMPETITION REGULATIONS

VENUE OF COMPETITION

Date	06th – 12th August, 2024
Venue	Batam Island, Republic of Indonesia
Hotel for Officials	Pacific Palace Hotel – Jl. Duyung, Sungai Jodoh, Kec. Batu Ampar, Kota Batam, Kepulauan Riau 29444, Indonesia Tel : +62 778 421111 / +62 778 459799
Delegates & Supporters, Athletes, Team Managers & Coach	AP Premier Hotel – Jl. Duyung, Sungai Jodoh, Kec. Natu Ampar, Kota Batam, Kepulauan Rjau 29453, Indonesia Tel : +62 778 425555

A SIMPLE GUIDELINE ON COMPETITION REGULATIONS FOR THE 56TH ASIAN BODYBUILDING & PHYSIQUE SPORTS CHAMPIONSHIPS IN BATAM ISLAND, REPUBLIC OF INDONESIA

Secretariat	The Organizing Committee will maintain a Secretariat at the TWO Hotels from 8.00 AM to 10.00 PM from 06th to 12th August, 2024. You may obtain information and assistance from the Secretariat.
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WEIGH-IN AND REGISTRATION

Registration for athletes and Weigh-in will take place at Napoleon & Columbus Room, 2nd floor, Pacific Palace 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

- 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/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 track suits 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 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 abbf.adm@hotmail.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 athlete will not be eligible to participate.
Failure to Honour Final Entry Form Deadline.	Deadlines are set to assist the Organizer with arranging accommodations, meal, 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. US\$300.00 Penalty Fee for failure to submit 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, is 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	Please note that the Organizer will assist in providing letters for visas to all countries.
Electrical Current	220 voltage at 60-hertz outlet plugs two round holes.
Language	The official language in Batam is Indonesian. English is commonly spoken in hotels and some restaurants/shopping centers.
Doping	Doping will be conducted by the ABBF Anti-Doping Committee.
National Anthem	You should also provide your National Anthem (shortened version) on a 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. <i>The USE OF PROFANE, VULGAR OR OFFENSIVE LANGUAGE IN POSING MUSIC IS PROHIBITED.</i>

