



# 16TH SOUTH ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS 2026

30TH JUNE - 4TH JULY, 2026 - THIMPHU, KINGDOM OF BHUTAN.

16<sup>th</sup> South Asian Bodybuilding and Physique Sports Championship 2026

30<sup>th</sup> June – 4<sup>th</sup> July 2026, Thimphu, Kingdom of Bhutan

## COMPETITION TERMS AND RULES

Venue of Competition	
Date	30 <sup>th</sup> June to 4 <sup>th</sup> July 2026
Venue	Clock Tower, Thimphu, The Kingdom of Bhutan
Hotel for Officials, Delegates, Supporters, Athletes, Team Managers & Coach	<b>Hotel YARKAY, IHCL SELEQTIONS, 208 GONGDZIN LAM SOUTHEAST, NORZIN, THIMPHU, BHUTAN 11001</b>
REGISTRATION FEES	
Official and Athletes Registration Fees	<p>The total amount of USD 700 for each person for the duration of 4 nights stay in a <b>twin-bedded</b> sharing room. (No triple room will be provided for delegates &amp; 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, shuttle to and from the airport to the hotel and farewell party.</p> <p>The price of the double rooms (USD 700 /4 nights per person x 2 persons= USD1400.00. Single room price USD 1000 for 4 nights. These prices are available for the officials and delegates as well.</p>
IMPORTANT NOTICE	
<p><b>Please note it is compulsory for all the participating athletes, official 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.</b></p>	
SABBF Executive Committee:	<p>SABPF Executive Committee members are exempted from paying the Registration Fees, including Patrons and Honorary Life Members. Their accommodation, Meals, etc. are on gratis. <b>The Executive Committee members (except President, Executive Vice Presidents, Vice Presidents and Secretary) of the SABPF will have to share a twin sharing room. If they requests a single room, he/she must pay the difference of USD 400.00 for a single room for the duration of 4 nights.</b></p>
Early Arrivals and Late Departures	<p>Any team or officials arriving early or departing late are required to pay for the extra days per night for a Standard twin bedroom USD130 each day Inclusive only of breakfast (2 persons per room USD260)</p>

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<b>IMPORTANT NOTICE</b>	
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.
<b>NO EXCEPTION WILL BE MADE UNDER ANY CIRCUMSTANCES.</b>	
Payments	<p>Only cash payments in USD-United States Dollars will be accepted for Registration Fees.</p> <p>You may use Bhutanese ngultrum, US Dollars, Indian Rupees and Credit Card payment in large departmental stores.</p> <p>It is to be noted by the Guests that all Malls/Departmental stores/Chemists are having the facility of accepting US Dollars. The Secretariat may arrange for the Currency Exchange depending on the availability.</p> <p>The rate of exchange from US\$ to Bhutanese ngultrum differ at the time of Registration.</p>
Secretariat	The Organizing Committee will maintain a Secretariat at the Hotel from 8.00 AM to 10.00 PM For 4 days. You may obtain information and assistance from the Secretariat.
<b>Weigh-in and Registration</b>	
The venue for the Registration for athletes and Weigh-in will be Yarkay Room. 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.	
<b>Judges</b>	
<p>In order to assist the WBPF 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 <b>15<sup>th</sup> April 2026</b>. Judges must possess WBPF International recognized judge's card and must produce to the Judges Chairman. Judges nomination to be sent to: Ms Christina Y Kam @ - <a href="mailto:wbpsf.ckam@yahoo.com">wbpsf.ckam@yahoo.com</a> and to the SABBF Secretary-General at <a href="mailto:wbpsecgeneral@gmail.com">wbpsecgeneral@gmail.com</a></p> <p style="text-align: center;"><b>ALL JUDGES MUST POSSESS A VALID WBPF JUDGES LICENCE CARD TO OFFICIATE IN THE SOUTH ASIAN CHAMPIONSHIPS WITHOUT WHICH THEY SHALL NOT BE ALLOWED TO OFFCIATE AS A JUDGE.</b></p>	
<b>IMPORTANT NOTICE</b>	
<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> </ul>	

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<ul style="list-style-type: none"> <li>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.</li> </ul>	
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 WBPF/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 track suits to be worn by delegates and /or officials taking part in the Parade of Nations. Only one (1) delegate and one (1) competitor per country must take part in the Parade of the Nations.
<p>Kindly nominate the name 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.</p> <p><b>NO JUDGES CARDS WILL BE ISSUED DURING THE COMPETITION.</b></p>	
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 SABPF by email <a href="mailto:abbf.adm@hotmail.com">abbf.adm@hotmail.com</a> , and <a href="mailto:wbpsecgeneral@gmail.com">wbpsecgeneral@gmail.com</a>
Athletes without Delegates	All athletes competing at SABBF 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, meal, onsite transportation and other Championship's activities. A failure to respect these deadlines is a breach of the WBPF 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.

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Misrepresentation	Misrepresentation is a serious breach of the SABPF / ABBF / WBPF 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-I 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 SABBF Executive Committee Meeting	All National Federations officially participating in the Championships must attend the Executive Committee Meeting, including National Federations with athletes and no delegates. In this case, the athlete must attend and represent his country at the Executive Committee Meeting.
Visa	<b>It is requested to kindly find out more information from your country’s Embassy / authorities / Immigration / Health Department.</b>
Electrical Current	The electrical current is 220 – 240 voltage.
Language	The official language in Bhutan is <b>Dzongkha</b> . English is spoken in hotels as well as most of the places.
Doping	Doping will be conducted by the SABPF / ABBF / WBPF 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.</p> <p>b) You must also provide your National Anthem (shortened version) on CD/Pen drive. Video or cassette not acceptable.</p>
Posing Music	Posing music must be on CD / Pen drive only and produced with good quality. The music should be cued from the start of the CD/ Pen drive. Each competitor must affix his/her name on the CD / Pen drive for easy identification. <b>The USE OF PROFANE, VULGAR OR OFFENSIVE LANGUAGE IN POSING MUSIC IS PROHIBITED.</b>
Preliminary Entry and Final Entry	Please co-operate and submit your entry forms in time as per the closing dates shown in the forms. You are kindly requested to email to <a href="mailto:wbpsf.ckam@yahoo.com">wbpsf.ckam@yahoo.com</a> , <a href="mailto:wbpsecgeneral@gmail.com">wbpsecgeneral@gmail.com</a> , <a href="mailto:tobgay1955@gmail.com">tobgay1955@gmail.com</a>

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