



BODYBUILDING ASSOCIATION OF MALDIVES

Under The Auspices Of
ASIAN BODYBUILDING AND PHYSIQUE SPORTS FEDERATION

Sanctioned By
WORLD BODYBUILDING AND PHYSIQUE SPORTS FEDERATION

Supported By
**MINISTRY OF YOUTH, SPORTS AND COMMUNITY EMPOWERMENT
REPUBLIC OF MALDIVES**

In Collaboration With
MALDIVES OLYMPIC COMMITTEE

54th ASIAN BODYBUILDING and PHYSIQUE SPORTS CHAMPIONSHIPS 2022

REPUBLIC OF MALDIVES

15th - 21st JULY, 2022



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

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

https://www.instagram.com/wbpf_championship

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



54TH ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS

15TH - 21ST JULY 2022

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Date: 25th March 2022

To All ABBF affiliated members countries:

Dear Sir/Madam

We have great pleasure to invite you and your team to participate in the 54th Asian Bodybuilding and Physique Sports Championships and Annual Congress to be held in the island of Maldives, from 15th July to 21st July, 2022.

We are extremely proud to have been given the honor to support this continental event by the Executive Council of the Asian Bodybuilding and Physique Sports Federation and with the support of the Minister of Youth, Sports and Community Empowerment, Maldives, the honorable Mr. Ahmed Mahloof.

President Datuk Paul Chua and Executive Director ABBF Christina Y Kam, who visited and inspected the hotel and the other Venue of the competition were pleased with all the facilities provided by us.

In total there will be 51 events and the competition will run for a period of 3 (three) days and the Annual Congress shall also take place on 17th July 2022, Maldives.

Attached please find the complete program, preliminary entry form, final entry form and the Rules of the Competition for your kind attention.

We assure you that our Organizing Committee of the 54th Asian Bodybuilding and Physique Championships will endeavor and do its best to serve you while you are in the Maldives. We extend our warm welcome to all ABBF Executive Council Members, Officials, Team Managers, Judges and Athletes to attending the 54th Asian Body Building & Physique Sports Championship.

Our Minister of Youth, Sports and Community Empowerment will assist you on visa matters, if you need any help.

Thank you

Ibrahim Hameed

President

Bodybuilding Association of Maldives



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**Ministry of Youth, Sports and Community Empowerment
Republic of Maldives**

25th March 2022

No: 141-B/PRIV/2022/872

TO WHOM IT MAY CONCERN

This is to certify that the Ministry of Youth, Sports and Community Empowerment of Maldives, has sanctioned Body Building Association of Maldives (BBAM) to host the next edition of "54th Asian Bodybuilding and Physique Sports Championships 2022" in Maldives.

In sanctioning the competition to be hosted in Maldives by BBAM, the ministry will provide required resources, both financial and venue, for the Association to ensure that they are in accordance with Asian Bodybuilding and Physique Sports Federation rules and regulations.

The ministry takes this opportunity to thank ABBF for giving the opportunity for BBAM to host this event in Maldives and wish everyone a successful event.

Yours sincerely,

Ahmed Mahloof
Minister of Youth, Sports and Community Empowerment, Maldives



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MESSAGE FROM MR. AHMED MAHLOOF, HONOURABLE MINISTER OF YOUTH, SPORTS AND COMMUNITY EMPOWERMENT, REPUBLIC OF MALDIVES



On behalf of the Government of the Maldives, and the Ministry of Youth, Sports and Community Empowerment, I would like to take this opportunity to welcome the officials and competitors of the 54th Asian Bodybuilding and Physique Sports Championships, and Annual Congress 2022, to be held in Maafushi, in Male' Atoll, from July, 15th – 21st, 2022.

It is an honour and privilege for the Maldives, and for the Bodybuilding Association of Maldives (BBAM) to have been entrusted with hosting the Asian Championships, as well as the Annual Congress with participation from 35 countries. I would like to congratulate the BBAM for being awarded to host the event and express my appreciation to President Datuk Paul Chua and Executive Council members of the Asian Bodybuilding and Physique Sports Federation for their support.

I would like to highlight that hosting such an event in the Maldives will help generate interest, especially among the youth, to take up physical activities such as bodybuilding and physique sports for fitness and health. And I hope participants would maximise this opportunity and build networks and strengthen friendship with one another at the events.

I wish all participants success in the Championship and hope that all visiting teams have an enjoyable stay in the Maldives.

Best Regards

AHMED MAHLOOF

Minister of Youth, Sports and Community Empowerment

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MESSAGE FROM DATUK PAUL CHUA, PRESIDENT OF ASIAN & WORLD BODYBUILDING AND PHYSIQUE SPORTS FEDERATIONS



On behalf of the Asian Bodybuilding and Physique Sports Federation (ABBF) and World Bodybuilding and Physique Sports Federation (WBPF), I am very pleased to pen this message for the upcoming 54th Asian Bodybuilding and Physique Sports Championships and Annual Congress to be held at the Kaani Hotel and Beach resort, Maafushi, the Republic of Maldives from 15th to 21st July, 2022.

This is a great honour for the Maldives to have so many athletes and delegates from numerous Asian countries to assemble and compete in this very important Asian Championships and Congress. This shows the great respect and confidence that the Asian federation and athletes/delegates have in the Bodybuilding Association of Maldives (BBAM). I know full well the amount of dedication and hard work that is required to make such competitions a success, therefore, I respect and admire the leadership of Mr Ibrahim Hameed, President of BBAM and his Executive Committee for undertaking this great adventure.

I wish to acknowledge my sincere gratitude and thanks to the Honourable Mr Ahmed Mahloof, Minister of Youth, Sports and Community Empowerment of the Maldives for his support and source of inspiration and encouragement to the 54th Asian Championships and Congress being held in his beautiful country of the Maldives at Maafushi resort.

The ABBF and WBPF stand for healthy living and by promoting bodybuilding and physique sports, we are promoting a healthier lifestyle and good citizens.

I wish the people of the Maldives good health and great prosperity.

DATUK PAUL CHUA

President - Asian Bodybuilding & Physique Sports Federation (ABBF)

President - World Bodybuilding & Physique Sports Federation (WBPF)

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MESSAGE FROM MR IBRAHIM HAMEED, PRESIDENT OF BODYBUILDING ASSOCIATION OF MALDIVES



Dear Colleagues of ABBF

I wish to extend a warm welcome to all participants of the 54th Asian Bodybuilding and Physique Sports Championships and Annual Congress to the Republic of Maldives from 15th to 21st July, 2022. The competition and congress will be held in the island of Maafushi a 30 minutes ride by boat from the capital of the Maldives.

The Bodybuilding Association of Maldives (BBAM) is extremely proud that we have been given the honor to host this event and congress for the first time in the Maldives. Indeed, we are proud of the Asian Bodybuilding and Physique Sports Federation (ABBF) and the World Bodybuilding and Physique Sports Federation (WBPF) in giving us the confidence to organize this great championships and congress in our country. In particular, I would like to thank the President of ABBF and WBPF Datuk Paul Chua and Ms Christina Y. Kam, Executive member of ABBF and WBPF for their unstinted support to our association.

We assure you that during your stay in the Republic of Maldives, we will do our utmost best to make your stay comfortable and memorable, and make this championship a great success.

BBAM wish to thank our honorable Minister of Youth, Sports and Community Empowerment Mr. Ahmed Mahloof and all other government departments for their support and assistance rendered in making this Asian Championships a great success.

On behalf of the BBAM, I wish you the best of luck and enjoyment during your stay in the Maldives.

IBRAHIM HAMEED

President, Bodybuilding Association of Maldives

Executive Vice-President, ABBF

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MESSAGE FROM MR CHETAN PATHARE, EXECUTIVE ASSISTANT TO THE PRESIDENT OF ABBF AND WBPF SECRETARY-GENERAL



It gives me great pleasure to write this message commemorating the occasion of the 54th Asian Bodybuilding and Physique Sports Championships and Annual Congress in Maafushi Island, Republic of Maldives from 15th to 21st July, 2022.

This is the first time that a continental bodybuilding and physique sport being organised in the Maldives and it is being supported by their Ministry of Youth, Sports and Community Empowerment. I am confident that the Organizing Committee led by President Ibrahim Hameed of the Bodybuilding Association of Maldives (BBAM) will do a great championship.

My colleagues and I from the Asian Bodybuilding and World Bodybuilding and Physique Sports Federation wish the participating teams a healthy competition and a nice stay in Maafushi, Maldives.

All of us missed the competition in the year 2021 and the family fraternity of meeting each other. So this year is the great opportunity for all of us to meet in Maldives...the people of Maldives have opened their hearts for us to assemble and meet in their beautiful country. I missed you all and I hope that you will make every attempt to participate.

It is time for ABBF Family to meet after a long period of time...Absent make heart grow fonder. See you all in Maldives.

CHETAN M PATHARE

Executive Assistant to the President of ABBF

Secretary-General of WBPF

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MESSAGE FROM SUGREE SUPRAWAKUL, SECRETARY-GENERAL OF ASIAN BODYBUILDING AND PHYSIQUE SPORTS FEDERATION



I would like to take this opportunity to thank the Bodybuilding Association of Maldives (BBAM) for organizing the 54th Asian Bodybuilding and Physique Sports Championships and ABBF Annual Congress in the Maldives (Island of Maafushi) from 15th to 21st July, 2022.

The Maldives is a paradise and a great holiday resort and I will urge all member countries to participate with a full team of athletes and delegates. I am certain that the Organizer will do great championships in their country. They have worked hard to bring these championships to fruition and for that my sincere thanks go to the members of the Bodybuilding Association of Maldives as well as all the others involved.

I wish for the great success of the championships and for the good health of the people of Maldives and Asia.

SUGREE SUPAWARIKUL

Secretary-General

Asian Bodybuilding and Physique Sports Federation (ABBF)

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Maldives, officially the Republic of Maldives and also referred to as the Maldivian Islands, is an island nation in the Indian Ocean consisting of a double chain of twenty-six atolls, orientated north-south, that lie about 700 kilometres (430 mi) south-west of Sri Lanka and 400 kilometres (250 mi) south-west of India.

The Maldivian atolls are one of the world's most geographically dispersed and is the smallest Asian country in both population and land area. It is also the planet's lowest country. However, more than 80 per cent of the country's land is composed of coral islands that rise less than one metre above sea level. The reef is composed of coral debris and living coral. This acts as a natural barrier against the sea, forming lagoons.

Maldives Culture & Traditions

The Maldivian ethnic identity is a blend of the cultures reflecting the peoples who settled on the islands, reinforced by religion and language. The earliest settlers were probably from southern India and Sri Lanka. They are linguistically and ethnically related to the people in the Indian subcontinent. They are ethnically known as Dhivehis. The official and common language is Dhivehi.

After the long Buddhist period of Maldivian history, Muslim traders introduced Sunni Islam. Maldivians converted to Islam by the mid-12th century. Since the 12th century AD there were also influences from Arabia in the language and culture of the Maldives because of the conversion to Islam and its location as a crossroads in the central Indian Ocean. This was due to the long trading history between the Far East and the Middle East.

Maldivian Cuisine

Traditional Maldivian cuisine is based on the following three main items and their derivatives: The coconut is used in the grated form, squeezed to obtain coconut milk, or as coconut oil in dishes that are deep-fried. The coconut milk is an essential ingredient in many Maldivian curries and other dishes. The favourite fish is skipjack tuna, either dried or fresh. Dry processed tuna is mainly used to make short eats called gulha, kavaabu, bajiyaa (the local version of the Indian samosa), and fatafolhi. Starchy items like rice, which is eaten boiled or ground into flour, tubers like taro (ala), sweet potato (kattala), or tapioca (dandialuvi), as well as fruits like breadfruit (bambukeyo) or screwpine (kashikeyo).

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PLACES TO VISIT IN MALDIVES



Grand Friday Mosque



Islamic Centre



National Museum



Tsumani Monument

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Datuk Paul Chua – President ABBF / WBPF with Sports Minister of Maldives Mr Ahmed Mahloof.

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At the Ministry of Youth, Sports and Community Empowerment - with the Honorable Minister of Sports Mr Ahmed Mahloof and Datuk Paul Chua and Ms Christina Kam and EC members of BBFM



President of ABBF & WBPB made courtesy call to the office of the Maldives Olympic Committee and met the President Mr Mohamed Abdul Sattar and Vice President Mr Mohamed Tholal



At the airport..Minister Ahmed Mahloof and BBFM officials welcoming Datuk Paul Chua

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KAANI GRAND SEAVIEW HOTEL



KAANI PALM BEACH HOTEL



ARENA BEACH HOTEL



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COMPETITION TERMS AND RULES

Venue of Competition	
Date	15 th July – 21 st July 2022
Venue	The Arena Beach, Maafushi Island, Maldives
Hotel for Officials, Delegates, Supporters, Athletes, Team Managers & Coach	1) Kaani Grand Seaview Hotel (For All Executive Members) 2) Kaani Palm Beach Hotel 3) Arena Beach Hotel
REGISTRATION FEES	
Official and Athletes Registration Fees	<p>The total amount of USD 800 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, speed boat to and from the Velana International Airport (MLE) to the hotel and back.</p> <p>The price of the double rooms (USD 800 /6 nights per person x 2 persons= USD1600.00. Single room price USD 1100 for 6 nights. These prices are available for the officials and delegates as well.</p> <p><i>It is compulsory to pay 50 \$ per person 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.</i></p>
IMPORTANT NOTICE	
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.	
ABBF Executive Committee:	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 250.00 for a single room for the duration of 6 nights.

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Early Arrivals and Late Departures	Any team or officials arriving early or departing late are required to pay for the extra days per night for a Standard single or twin bedroom USD130 each day Inclusive only of breakfast
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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 Athletes 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 for the family members.
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NO EXCEPTION WILL BE MADE UNDER ANY CIRCUMSTANCES.

Payments	<p>Only cash payments in USD-United States Dollars will be accepted for Registration Fees.</p> <p>You may use USD 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 not 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 Rufiyaa differ at the time of Registration.</p>
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Secretariat	The Organizing Committee will maintain a Secretariat at the Hotel from 8.00 AM to 10.00 PM from 15 th July to 21 st July, 2022. 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 the Conference Room on 2nd floor, Kaani Grand 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 all of his own expenses.

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 **30th May, 2022**. Judges must possess an International/Continental recognized judge's valid card and must produce to the Judges Committee. Please send the nomination to Ms Christina Y Kam, Chairperson ABBF Judges Committee - abbf.adm@hotmail.com and c.c. to the ABBF

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President at Hameed1702@hotmail.com, president@bbam.mv, abbfasia@yahoo.com.sg,
Secretary-General - abbf.secretary@yahoo.com and Secretary-General WBPF at
wbpfecgeneral@gmail.com

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. The bikinis will be stamped with a marker as an approval by the Judges Committee.
- 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/jean.
- 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.
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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.
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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.
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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 ABBF/WBPF and female judges with a grey blazer with a grey skirt or dress pants.

NO JUDGES CARDS WILL BE ISSUED DURING THE COMPETITION.

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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 ABBF. All persons wishing to obtain media accreditation for this event must register with the ABBF by completing and signing the ABBF Media Accreditation Form. The form must be submitted to the ABBF by email at Hameed1702@hotmail.com, president@bbam.mv, abbf.adm@hotmail.com, abbf.secretary@yahoo.com and wbpfecgeneral@gmail.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, 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.
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-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

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	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	<p>VISA: LANDED VISA will be arranged provided you meet the deadline of your Final Entry Forms (closing date). You are required to attach all the passport in clear print and send.</p> <p>TOURIST VISA Tourist visa is granted for all nationalities on arrival to Maldives. As such, a foreigner travelling to Maldives as a tourist does not require pre-approval for the visa. However, the person must satisfy the basic entry requirements to get immigration clearance upon arrival.</p> <p>The basic entry requirements are as follows: -</p> <ol style="list-style-type: none"> 1. A passport or a travel document with Machine Readable Zone (MRZ) with at least 3 months validity. 2. A pre-paid hotel booking/accommodation. THE ORGANIZER WILL PROVIDE YOU THIS HOTEL BOOKING. 3. Sufficient funds to last for the intended period of stay in Maldives. DO NOT WORRY TOO MUCH ON THIS. 4. Confirmed onward/return tickets to home country or to country of residence (not applicable for valid resident permit holders). 5. Entry facilities to their onward destinations, for example, the visa. 6. Traveller Health Declaration (THD) must be filled in and submitted by all travellers travelling to and from Maldives, within 48 hours prior to their travel. The form has to be submitted electronically visa IMUGA. <p>It is further requested to kindly find out more information from your country's Embassy / authorities / Immigration / Health Department.</p>
Electrical Current	The electrical current is 220 – 240 voltage.
Language	The official language in Maldives is Dhivehi. English is spoken in hotels as well as most of the places.
Doping	Doping will be conducted by the ABBF Anti-Doping Committee.
National Anthem/National Flag	<ol style="list-style-type: none"> 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. b) You must also provide your National Anthem (shortened version) on CD/Pen drive. Video or cassette not acceptable.

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:In collaboration with:

MALDIVES OLYMPIC COMMITTEE



54TH ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS

15TH - 21ST JULY 2022

REPUBLIC OF MALDIVES

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. The USE OF PROFANE, VULGAR OR OFFENSIVE LANGUAGE IN POSING MUSIC IS PROHIBITED.
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 abbf.adm@hotmail.com and abbf.secretary@yahoo.com and wbpfecgeneral@gmail.com
Participation Rules	
<ol style="list-style-type: none"> 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. 4) If more than 2 (two) judge 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. More than 2 (two) judges nominated will have to pay the supporters fee in full. <p><i>A country that exceeds the above quota will have to pay for their official and supporters fees.</i></p>	
IMPORTANT NOTICE	
<p>Certain countries may require a PCR Test Result when arriving and departing from the Maldives. Before departure it can be arranged and it will take a day for you to obtain the results, and the fee is approximately US\$30 per person. This is provided your country require the PCR TEST before you board the plane at the Check In counter in the Maldives.</p> <p style="text-align: center;">PARTICIPANTS MUST CHECK FROM TIME TO TIME AND ALSO BEFORE LEAVING THEIR COUNTRY AS REGULATIONS KEEP CHANGING.</p> <p style="text-align: center;">ALL MUST CARRY ELECTRONIC COPIES AND HARD COPIES OF ALL DOCUMENTS NEEDED TO BE SUBMITTED AT THE IMMIGRATION.</p>	

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DAY TO DAY PROGRAM

15TH JULY, 2022: FRIDAY

	Upon arrival at the Velana International Airport in the Maldives, you will be received by members of the Organizing Committee and straight-away transferred to the boat to fetch you to the Maafushi Island.
FROM 12.00 PM ONWARDS	The arrival of the Executive Committee Members of ABBF, all participating teams, judges, officials together with ABBF Standing Sub-Committee members. Check-in for registration at Arena Beach Hotel The Executive Committee, VIP's and appointed delegates after the registration will check in at Kaani Grand Seaview Hotel. Others will check-in at the, 1) Kaani Palm Beach Hotel 2) Arena Beach Hotel
07:00 PM - 09:00 PM	Welcome Dinner for all the Executive Committee Members, Sub-Committee Members, Team Managers, Judges, Coaches, Delegates and Invited Guests of ABBF. (The name of the restaurant will be notified upon arrival)

16TH JULY, 2022: SATURDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the respective Hotels.
09:00 AM - 10:00 AM	Team Managers Meeting at Conference Room on 2nd floor, Kaani Grand Hotel.
10:00 AM - 11:00 AM	Judges Meeting at Conference Room on 2nd floor, Kaani Grand Hotel.
12:00 PM - 02:00 PM	Lunch for all the officials and athletes at their respective hotel.
02:30 PM - 05:00 PM	ABBF Executive Council Meeting at Conference Room on 2nd floor, Kaani Grand Hotel.
07:00 PM - 10:00 PM	Dinner for all the officials and athletes at their respective hotel.

17TH JULY, 2022: SUNDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the respective Hotels.
10:00 AM - 01:00 PM	ABBF ANNUAL CONGRESS at Conference Room on 2nd floor, Kaani Grand Hotel.
12:00 PM - 02:00 PM	Lunch for all the officials and athletes at their respective hotel.
03:00 PM – Onwards	Weigh In of all Body Weight Categories and Height Measurements and Checking of Age Groups – at Conference Room on 2nd floor, Kaani Grand Hotel.
07:00 PM - 10:00 PM	Dinner for all the officials and athletes at their respective hotel.

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18TH JULY, 2022: MONDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the respective Hotels.
09:00 AM - 07:00 PM	Commencement of the Pre-judging and finals at the Arena Beach, Maafushi Island, Maldives TOTAL OF 17 EVENTS: Junior Men's Body Building up to 75 Kg and over 75 Kg (2 categories) Men's Bodybuilding 55kg, 60kg, 65kg, 70kg (4 categories) Junior Women's Fitness Physique age not over 21yrs (1 category) Senior Women's Fitness Physique up to 165cm, over 165cm (2 categories) Women's Bodybuilding up to 55kg, over 55kg (2 categories) Ladies Women's Bodybuilding age over 30 yrs (1 category) Men's Master Bodybuilding 40-49 yrs (up to 80kg and over 80kg), 50-60 yrs (up to 80kg and over 80kg), Over 60 yrs (Open category) (all Men Master 5 categories)
01:00 PM - 02:00 PM	Lunch for all athletes & officials will be served at their respective hotels.
03:00 PM	Opening Ceremony, speeches and cultural shows.
07:00 PM - 10:00 PM	Dinner for all the officials and athletes at their respective hotel.

19TH JULY, 2022: TUESDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the respective Hotels.
09:00 AM - 06:00 PM	Commencement of the Pre-judging and finals Arena Beach, Maafushi Island, Maldives TOTAL OF 20 EVENTS: Junior Women's Model Physique age not over 21 yrs (1 category) Women's Model Physique up to 155cm, 160cm, 165cm, (3 categories) Women's Sport Physique up to 165cm and over 165cm (2 categories) Ladies Women's Sport Physique age 30 to 40 yrs and over 40 yrs (2 category) Women's Athletic Physique up to 165 cm, over 165 cm (2 categories) Ladies Women's Athletic Physique age 30-40 yrs and age over 40 yrs (2 categories) Women's Model Physique up to 170cm and over 170cm (2 categories) Ladies Women's Model Physique age 30-40 yrs and age over 40 yrs (2 categories) Men's Athletic Physique up to 160 cm, 167 cm, 175 cm (3 categories) Asian Mixed Pairs Championships open (1 category)
01:00 PM - 02:00 PM	Lunch for all athletes & officials will be served at their respective hotels.
07:00 PM - 10:00 PM	Dinner for all the officials and athletes at their respective hotel.

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20TH JULY, 2022: WEDNESDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the respective Hotels.
09:00 AM - 05:00 PM	Commencement of the Pre-judging and finals at the at the Arena Beach, Maafushi Island, Maldives TOTAL OF 15 EVENT: Men's Bodybuilding 75kg, 80kg, 85kg 90kg, 100kg, over 100kg (6 categories) Men's Fitness Physique up to 170 cm, over 170 cm (2 categories) Men's Para Body Building (1 category) Men's Athletic Physique up to 182 cm, over 182 cm (2 categories) Men's Sport Physique up to 170cm, 175cm, 180cm over 180cm (4 categories)
01:00 PM - 02:00 PM	Lunch for all athletes & officials will be served at their respective hotels.
05:00 PM - Onwards	Finals Overall, Champion - MR. ASIA 2022 Men's Team Championship Women's Team Championship Closing Ceremony
08:00 PM - Onwards	Farewell Dinner for all at the Arena Beach.

21ST JULY, 2022: THURSDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the respective Hotels.
12:00 PM - Onwards	Check out Departure of all the Executive Committee Members of ABBF, all participating teams, judges, officials together with ABBF Standing Sub-Committee members.

HOTEL ADDRESSES AND CONTACT DETAILS:

KAANI GRAND SEAVIEW HOTEL	KAANI PALM BEACH HOTEL	ARENA BEACH HOTEL
AABAADHEE HINGUN ROAD, MAAFUSHI 08090, MALDIVES	ZIYAARAIYA MAGU ROAD, MAAFUSHI 08090, MALDIVES	ZIYAARAIYA MAGU ROAD, MAAFUSHI 08090, MALDIVES
:CONTACT NOS: +960 9533626	:CONTACT NOS: +960 9193626	:CONTACT NOS: +960 7933231

IMPORANTAT

ABBF RESERVES THE RIGHTS FOR THE ABOVE PROGRAM CHANGES IF ANY.

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