



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

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>