



54TH ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS

1st SEPTEMBER TO 7th SEPTEMBER, 2021

REPUBLIC OF MALDIVES

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 2021, to be held in Maafushi, in Male' Atoll, from September 01 to 07, 2021.

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

: Organiser :

ASIAN BODY BUILDING AND PHYSIQUE SPORTS FEDERATION

: Supported by :

BODYBUILDING ASSOCIATION OF MALDIVES (BBAM)



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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 1st to 7th September 2021.

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)

: Organiser :

ASIAN BODY BUILDING AND PHYSIQUE SPORTS FEDERATION

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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 1st - 7th September 2021. 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 honour 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 honourable 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

: Organiser :

ASIAN BODY BUILDING AND PHYSIQUE SPORTS FEDERATION

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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, the Maldives from 1st to 7th September 2021.

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.

CHETAN M PATHARE

*Executive Assistant to the President of ABBF
Secretary-General of WBPF*

: Organiser :

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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 1st - 7th September 2021.

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 SUPRAWAKUL

Secretary-General

Asian Bodybuilding and Physique Sports Federation (ABBF)

: Organiser :

ASIAN BODY BUILDING AND PHYSIQUE SPORTS FEDERATION

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DAY TO DAY PROGRAM

01ST SEPTEMBER, 2021: WEDNESDAY

	The arrival of the Executive Committee Members of ABBF, all participating teams, judges, officials together with ABBF Standing Sub-Committee members.
02:00 PM ONWARDS	Check-in at the Kaani Hotel, Aabaadhee Hingun Road, Maafushi, Maldives
07:00 PM - 09:00 PM	Welcome Dinner for all the Executive Committee Members of ABBF. (The name of the restaurant will be notified upon arrival) Dinner for all the officials and athletes at the Kaani Hotel

02ND SEPTEMBER, 2021: THURSDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the Kaani Hotel
09:00 AM - 10:00 AM	Team Managers Meeting – Conference Hall, 7 th Floor, Sunrise Tower, the Kaani Hotel.
10:00 AM - 11:00 AM	Judges Meeting – Conference Hall, 7 th Floor, Sunrise Tower, the Kaani Hotel.
12:00 PM - 02:00 PM	Lunch for all the officials and athletes at the Kaani Hotel
02:30 PM - 05:00 PM	ABBF Executive Council Meeting – Conference Hall, 2 nd Floor, Hotel Kaani Grand.
07:00 PM - 10:00 PM	Dinner for all the officials and athletes at the Kaani Hotel

03RD SEPTEMBER, 2021: FRIDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the Kaani Hotel
10:00 AM - 01:00 PM	ABBF ANNUAL CONGRESS – Conference Hall, 7 th Floor, Sunrise Tower, the Kaani Hotel.
12:00 PM - 02:00 PM	Lunch for all the officials and athletes at the Kaani Hotel
03:00 PM - Onwards	Weigh In of all Body Weight Categories and Height Measurements and Checking of Age Groups – Conference Hall, 2 nd Floor, Hotel Kaani Grand.
07:00 PM - 10:00 PM	Dinner for all the officials and athletes at the Kaani Hotel

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04TH SEPTEMBER, 2021: SATURDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the Kaani Hotel
09:00 AM - 07:00 PM	Commencement of the Pre-judging and finals at the Beach, the Kaani Hotel 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 the Beach, the Kaani Hotel
02:00 PM	Opening Ceremony and speeches and cultural shows.
07:00 PM - 10:00 PM	Dinner for all the officials and athletes at the Kaani Hotel

05TH SEPTEMBER, 2021: SUNDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the Kaani Hotel
09:00 AM - 06:00 PM	Commencement of the Pre-judging and finals at the Beach, the Kaani Hotel TOTAL OF 20 EVENTS: Men's Bodybuilding 75kg, 80kg, 85kg (3categories) Junior Women's Model Physique age not over 21 yrs (1 category) 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 and over 165cm (2 categories) Ladies Women's Sport Physique age 30 to 40 yrs and over 40 yrs (2 category) Men's Fitness Physique up to 170 cm, over 170 cm (2 categories) Men's Athletic Physique up to 160 cm, 167 cm, 175 cm (3 categories)
01:00 PM - 02:00 PM	Lunch for all athletes & officials will be served at the Beach, the Kaani Hotel
07:00 PM - 10:00 PM	Dinner for all the officials and athletes at the Kaani Hotel

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06TH SEPTEMBER, 2021: MONDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the Kaani Hotel
09:00 AM - 06:00 PM	Commencement of the Pre-judging and finals at the Beach, the Kaani Hotel TOTAL OF 15 EVENT: Men's Para Body Building (1 category) 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) 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) Asian Mixed Pairs Championships open (1category)
01:00 PM - 02:00 PM	Lunch for all athletes & officials will be served at the Kaani Hotel
02:00 PM - Onwards	Closing Ceremony & Finals Overall Champion - MR. ASIA 2020 Men's Team Championship Women's Team Championship
09:00 PM - Onwards	Farewell Dinner at the Kaani Hotel

07TH SEPTEMBER, 2021: TUESDAY

06:00 AM - 09:00 AM	Breakfast for all the officials and athletes at the Kaani Hotel
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.

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COMPETITION TERMS AND RULES

FOR THE 54TH ASIAN BODYBUILDING & PHYSIQUE SPORTS CHAMPIONSHIPS

Venue of Competition	
Date	01 st September –07 th September 2021
Venue	The Kaani Hotel, Aabaadhee Hingun Road, Maafushi, Maldives
Hotel for Officials, Delegates, Supporters, Athletes, Team Managers & Coach	The Kaani Hotel, Aabaadhee Hingun Road, Maafushi, Maldives
REGISTRATION FEES	
Official and Athletes Registration Fees	<p>The total amount of USD 720 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 720 /6 nights per person x 2 persons= USD1440.00. Single room price USD 1000 for 6 nights. These prices are available for the officials and delegates as well.</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.
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 USD120 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.

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 Secretariat may arrange for the Currency Exchange depending on the availability.
The rate of exchange from US\$ to Rufiyaa differ at the time of Registration.

Secretariat

The Organizing Committee will maintain a Secretariat at the Hotel from 8.00 AM to 10.00 PM from 01st September to 07th September, 2021. You may obtain information and assistance from the Secretariat.

Weigh-in and Registration

Registration for athletes and Weigh-in will take place at the Conference Hall, 2nd Floor, Hotel Kaani Grand. (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 10th August 2020. Judges must possess an International/Continental recognized judge's 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 President at abbfasia@yahoo.com.sg, Secretary-General - abbf.secretary@yahoo.com and Secretray-General WBPF at wbpfecgeneral@gmail.com

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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.
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 two (2) competitors per country must take part in the Parade of the Nations.
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.	
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.

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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 abbf.adm@hotmail.com and 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, meal, onsite transportation and other Championships 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 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 the congress.

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Visa	Please note that the Organizer will not be able to provide landed visa to any country. Maldives do have Landed Visa for many countries. Upon request, an official invitation letter shall be signed and issued by the BBAM. It is to be noted that the Visa Administration process differs from country to country and hence kindly apply well in advance. The Ministry of Youth, Sports & Community Empowerment of Republic of Maldives will assist all participating countries on visa application matters.
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	<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. Video or cassette not acceptable.</p>
Posing Music	<p>Posing music must be on CD only and produced with good quality. The music should be cued from the start of the CD. Each competitor must affix his/her name on the CD for easy identification.</p> <p>The USE OF PROFANE, VULGAR OR OFFENSIVE LANGUAGE IN POSING MUSIC IS PROHIBITED.</p>
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 wbpfsecgeneral@gmail.com
Participation Rules	
<ol style="list-style-type: none"> 1) Country with less than Two (2) Competitors – Only one (1) Official will be allowed to pay the official registration fee 2) A country with Three (3) and above competitors – Two (2) Officials will be allowed to pay the official registration fee 3) A country participating with woman athletes may send One (1) extra female official and she needs to pay only the official registration fee 4) 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. 5) 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. 6) However, country participating with woman athlete may send 1 (one) extra female judge and no need to pay the registration fee as well. 7) 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. A maximum number of judges should be 3 (three) only. All other extra judges will have to pay the supporters fee in full. 	
IMPORTANT NOTICE	
A country that exceeds the above quota will have to pay for their official and supporters fees.	

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MEDIA ACCREDITATION FORM

FAMILY NAME:
(MR/MRS)

FIRST NAME:

NATIONALITY:

SEX (M/F):

JOB TITLE:

MEDIA ORGANISATION:

.....

PASSPORT NO:

PROFESSIONAL CARD NO:

Duties to be performed in the Championships (please specify)

JOURNALIST	VIDEO CAMERAPERSON	
PHOTOGRAPHICCAMERA PERSON	TECHNICIAN / OTHER	

Please specify

CONTACT ADDRESS:

TELEPHONES:

FAX :

EMAIL:

TIME AND DATE OF ARRIVAL:

DATE AND SIGNATURE OF APPLICANT:

FOR OFFICE USE ONLY .

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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.

Maldivian 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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54TH ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS

1ST SEPTEMBER TO 7TH SEPTEMBER, 2021

REPUBLIC OF MALDIVES

PLACES TO VISIT IN MALDIVES



Grand Friday Mosque



Islamic Center



National Museum



Tsumani Monument

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REPUBLIC OF MALDIVES



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

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1st SEPTEMBER TO 7th SEPTEMBER, 2021

REPUBLIC OF MALDIVES



Datuk Paul Chua – President ABBF / WBPf with Sports Minister of Maldives Mr Ahmed Mahloof and President of Bodybuilding Association of Maldives Mr Ibrahim Hameed and Executive Director of WBPf Ms Christina Y Cam



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COMPETITION VENUE- KAANI BEACH HOTEL, MALDIVES



ACCOMMODATION



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RESTAURANT



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1st SEPTEMBER TO 7TH SEPTEMBER, 2021

REPUBLIC OF MALDIVES

- PRELIMINARY ENTRY FORM -

form to be returned by not later than 15th June 2021.

C.C. this form to abbf.admin@hotmail.com, wbpfecgeneral@gmail.com and abbf.secretary@yahoo.com

FEDERATION NAME: _____

CONTACT PERSON: FAX: _____

EMAIL ID: _____

PLEASE INDICATE "YES" OR "NO"

Our Federation is planning to participate in the 54th Asian Body Building and Physique Sports Championships and Annual Congress from 05th to 11th September 2020.

Yes / No

NUMBER OF DELEGATES	NUMBER OF ATHLETES	NUMBER OF EXTRA DELEGATES & SUPPORTERS

JUNIOR MEN'S BODYBUILDING (2 EVENTS)

- a) Up to 75 Kg.
- b) Over 75 Kg.

SENIOR MEN'S BODYBUILDING (11 EVENTS)

- a) Up to 55 Kg.
- b) Up to 60 Kg.
- c) Up to 65 Kg.
- d) Up to 70 Kg.
- e) Up to 75 Kg.

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- f) Up to 80 Kg.
- g) Up to 85 Kg.
- h) Up to 90 Kg.
- i) Up to 100 Kg.
- j) Over 100 Kg.
- k) Mr. ASIA Overall amongst the winners of each category.

MASTER MEN'S BODYBUILDING (5 EVENTS)

40 – 49 YEARS OLD:

- a) Up to 80 Kg.
- b) Over 80 Kg.

50 - 60 YEARS OLD:

- a) Up to 80 Kg.
- b) Over 80 Kg.

OVER 60 YEARS

- a) One open category

MEN'S FITNESS PHYSIQUE (2 EVENTS)

- a) Up to 170 cm/0 kg.
- b) Over 170 cm/+2 kg.

MEN'S ATHLETIC PHYSIQUE (5 EVENTS)

- a) Up to 160cm + 2 kg.
- b) Up to 167cm + 4 kg.
- c) Up to 175cm + 6 kg.
- d) Up to 182cm + 8 kg.
- e) Over 182cm + 10 kg

MEN'S SPORTS PHYSIQUE (4 EVENTS)

- a) Up to 170 cm - 2 kg.

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- b) Up to 175 cm/ 0 kg.
- c) Up to 180 cm + 2 kg.
- d) Over 180 cm + 4 kg

SENIOR WOMEN'S BODYBUILDING (2 EVENTS)

- a) Upto 55kg
- b) Over 55 kg

LADIES WOMEN'S BODYBUILDING (1 EVENT)

- a) Over 30 yrs. - one open category

JUNIOR WOMEN'S FITNESS PHYSIQUE (1 EVENT)

- a) 21 yrs. and below - one open category

SENIOR WOMEN'S FITNESS PHYSIQUE (2 EVENTS)

- a) Up to 165 cm
- b) Over 165 cm

SENIOR WOMEN'S ATHLETIC PHYSIQUE (2 EVENTS)

- a) Up to 165 cm
- b) Over 165 cm

LADIES WOMEN'S ATHLETIC PHYSIQUE (2 EVENTS)

- a) 30 - 40 yrs. one open category
- b) Over 40 yrs. one open category

SENIOR WOMEN'S SPORT PHYSIQUE (2 EVENTS)

- a) Up to 165 cm
- b) Over 165 cm

LADIES WOMEN'S SPORT PHYSIQUE (2 EVENTS)

- a) 30 – 40 yrs. one open category
- b) Over 40 yrs. one open category

JUNIOR WOMEN'S MODEL PHYSIQUE (1 EVENT)

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- a) 21 yrs. and under - one open category

SENIOR WOMEN'S MODEL PHYSIQUE (5 EVENTS)

- a) Up to 155 cm
- b) Up to 160 cm
- c) Up to 165 cm
- d) Up to 170 cm
- e) Over 170 cm

LADIES WOMEN'S MODEL PHYSIQUE (2 EVENTS)

- a) 30 - 40 yrs. one open category
- b) Over 40 yrs. one open category

MIXED PAIRS (1 EVENT)

- a) One open category

PARA BODYBUILDING (1 EVENT)

- a) One open Category

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54TH ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS

1st SEPTEMBER TO 7th SEPTEMBER, 2021

REPUBLIC OF MALDIVES

IMPORTANT

1. Any National Federation officials who do not meet the official delegate criteria as stipulated below in 2. and 3. responsible for all their own expenses incurred under the extra delegate package.
2. National Federation with up to two [02] participating athletes will be permitted to register only one [01] official delegate.
3. National Federation with three [03] or more participating athletes will be permitted to register only two [02] official delegates.
4. Participating National Federation with women athletes may send one [01] extra female official and she does not need to pay only the official registration fee but will have to share the twin bed room with same gender.

IMPORTANT

PLEASE RETURN THE FINAL ENTRY FORM ALONG WITH PASSPORT COPIES AND PASSPORT SIZE COLOR PHOTOGRAPH, CONFIRMING YOUR PARTICIPATION WITH NAMES OF ALL PARTICIPANTS (DELEGATES, ATHLETES, SUPPORTERS, ETC.), NO LATER THAN 15th June 2021.

MR. IBRAHIM HAMEED President : BBAM Mobile: +960 777 5937 Email ID: Hameed1702@hotmail.com president@bbam.mv	MR CHETAN M PATHARE Executive Assistant to the President, ABBF Mobile: +919967971970 Email ID : wbpfsecgeneral@gmail.com	MS CHRISTINA Y KAM Chairman – Judges Committee, ABBF Email ID: abbf.admin@hotmail.com	MR. SUGREE SUPAWARIKUL Secretary General / Treasurer, ABBF Mobile: +66 818195003 /+66 816494511. Email ID: abbf.secretary@yahoo.com
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54TH ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS

1st SEPTEMBER TO 7TH SEPTEMBER, 2021

REPUBLIC OF MALDIVES

- FINAL ENTRY FORM -

In order to assist in the planning and organization of these championships, please complete the Final Entry Form to be returned by not later than **31st July 2021**.

C.C. this form to abbf.admin@hotmail.com, wbpfsecgeneral@gmail.com and abbf.secretary@yahoo.com

FILL FORM IN CAPITAL LETTERS

FEDERATION NAME	
FAX	
EMAIL ID	

DELEGATE ENTRY

	DELEGATE NAME	PASSPORT NUMBER
1		
2		

JUNIOR MEN'S BODYBUILDING Up to 75 Kg.

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

JUNIOR MEN'S BODYBUILDING Over 75 Kg.

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

SENIOR MEN'S BODYBUILDING Up to 55 Kg.

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

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1st SEPTEMBER TO 7TH SEPTEMBER, 2021

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SENIOR MEN'S BODYBUILDING Up to 60 Kg.

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

SENIOR MEN'S BODYBUILDING Up to 65 Kg.

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

SENIOR MEN'S BODYBUILDING Up to 70 Kg.

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

SENIOR MEN'S BODYBUILDING Up to 75 Kg.

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

SENIOR MEN'S BODYBUILDING Up to 80 Kg.

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

SENIOR MEN'S BODYBUILDING Up to 85 Kg.

	ATHLETES NAME	PASSPORT NUMBER
1		
2		

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1st SEPTEMBER TO 7TH SEPTEMBER, 2021

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3		
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SENIOR MEN'S BODYBUILDING Up to 90 Kg.

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

SENIOR MEN'S BODYBUILDING Up to 100 Kg.

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

SENIOR MEN'S BODYBUILDING Over 100 Kg.

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

MASTER MEN'S BODYBUILDING (5 EVENTS) - 40 – 49 YEARS OLD - Up to 80 Kg.

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

MASTER MEN'S BODYBUILDING (5 EVENTS) - 40 – 49 YEARS OLD –Over 80 Kg.

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

MASTER MEN'S BODYBUILDING (5 EVENTS) - 50 – 60 YEARS OLD –Up to 80 Kg.

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	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

MASTER MEN'S BODYBUILDING (5 EVENTS) - 50 – 60 YEARS OLD –Over 80 Kg.

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

MASTER MEN'S BODYBUILDING (5 EVENTS) – Over 60YEARS OLD – One Open Category

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

MEN'S FITNESS PHYSIQUE Up to 170 cm/0 kg.

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

MEN'S FITNESS PHYSIQUE Over 170 cm/+2 kg.

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

MEN'S ATHLETIC PHYSIQUE Up to 160cm + 2 kg

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

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MEN'S ATHLETIC PHYSIQUE Up to 167cm + 4 kg.

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

MEN'S ATHLETIC PHYSIQUE Up to 175cm + 6 kg.

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

MEN'S ATHLETIC PHYSIQUE Up to 182cm + 8 kg.

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

MEN'S ATHLETIC PHYSIQUE Over 182cm + 10 kg

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

MEN'S SPORTS PHYSIQUE Up to 170 cm - 2 kg.

	ATHLETES NAME	PASSPORT NUMBER
1		
2		

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3		
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MEN'S SPORTS PHYSIQUE Up to 175 cm/ 0 kg.

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

MEN'S SPORTS PHYSIQUE Up to 180 cm + 2 kg.

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

MEN'S SPORTS PHYSIQUE Over 180 cm + 4 kg

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

SENIOR WOMEN'S BODYBUILDING Up to 55 kg.

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

SENIOR WOMEN'S BODYBUILDING Over 55 kg

	ATHLETES NAME	PASSPORT NUMBER
1		

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2		
3		

LADIES WOMEN'S BODYBUILDING Over 30 yrs. - one open category

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

JUNIOR WOMEN'S FITNESS PHYSIQUE 21 yrs. and below - one open category

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

SENIOR WOMEN'S FITNESS PHYSIQUE Up to 165 cm

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

SENIOR WOMEN'S FITNESS PHYSIQUE Over 165 cm

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

SENIOR WOMEN'S ATHLETIC PHYSIQUE Up to 165 cm

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

SENIOR WOMEN'S ATHLETIC PHYSIQUE Over 165 cm

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	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

LADIES WOMEN'S ATHLETIC PHYSIQUE 30 - 40 yrs. one open category

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

LADIES WOMEN'S ATHLETIC PHYSIQUE Over 40 yrs. one open category

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

SENIOR WOMEN'S SPORT PHYSIQUE Up to 165 cm

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

SENIOR WOMEN'S SPORT PHYSIQUE Over 165 cm

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

LADIES WOMEN'S SPORT PHYSIQUE 30 - 40 yrs. one open category

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	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

LADIES WOMEN'S SPORT PHYSIQUE Over 40 yrs. one open category

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

JUNIOR WOMEN'S MODEL PHYSIQUE 21 yrs. and under - one open category

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

SENIOR WOMEN'S MODEL PHYSIQUE Up to 155 cm

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

SENIOR WOMEN'S MODEL PHYSIQUE Up to 160 cm

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

SENIOR WOMEN'S MODEL PHYSIQUE Up to 165 cm

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	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

SENIOR WOMEN'S MODEL PHYSIQUE Up to 170 cm

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

SENIOR WOMEN'S MODEL PHYSIQUE Over 170 cm

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

LADIES WOMEN'S MODEL PHYSIQUE 30 - 40 yrs. one open category

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

LADIES WOMEN'S MODEL PHYSIQUE Over 40 yrs. one open category

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

MIXED PAIRS

	ATHLETES NAME	PASSPORT NUMBER
1		
2		

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3		

PARA BODYBUILDING

	ATHLETES NAME	PASSPORT NUMBER
1		
2		
3		

JUDGE

	JUDGE NAME	PASSPORT NUMBER
1		
2		

TEST JUDGE

	NAME	PASSPORT NUMBER
1		
2		

EXTRA DELEGATES & SUPPORTERS

	NAME	PASSPORT NUMBER
1		
2		
3		

ARRIVAL INFORMATION

DATE	TIME	FLIGHT NO

DEPARTURE INFORMATION

DATE	TIME	FLIGHT NO

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1st SEPTEMBER TO 7TH SEPTEMBER, 2021

REPUBLIC OF MALDIVES

IMPORTANT

PLEASE RETURN THE FINAL ENTRY FORM ALONG WITH PASSPORT COPIES AND PASSPORT SIZE COLOR PHOTOGRAPH, CONFIRMING YOUR PARTICIPATION WITH NAMES OF ALL PARTICIPANTS (DELEGATES, ATHLETES, SUPPORTERS, ETC.), NO LATER THAN **31st July 2021**.

Attn:

MR. IBRAHIM HAMEED President : BBAM Mobile: +960 777 5937 Email ID: Hameed1702@hotmail.com president@bbam.mv	MR CHETAN M PATHARE Executive Assistant to the President, ABBF Mobile: +919967971970 Email ID : wbpfsecgeneral@gmail.com	MS CHRISTINA Y KAM Chairman – Judges Committee, ABBF Email ID: abbf.admin@hotmail.com	MR. SUGREE SUPAWARIKUL Secretary General / Treasurer, ABBF Mobile: +66 818195003 /+66 816494511. Email ID: abbf.secretary@yahoo.com
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