



**The 4th Asian Beach Games**  
**BODY BUILDING CHAMPIONSHIP**  
 Phuket - Thailand  
 From 21<sup>st</sup> to 22<sup>nd</sup> Nov. 2014



## 1. INTRODUCTION

The Olympic Council of Asia (OCA) and the Phuket Asian Beach Games Organizing Committee (PABGOC) have joined together to create this Sport Entries Guide to help National Olympic Committees (NOCs) correctly complete Sport Entry procedures for the 4th Asian Beach Games.

This Guide streamlines the entry process by providing all the information NOCs need to register their athletes for the Games and information on rules and regulations regarding entries and completing their Sport Entry Forms.

The 4th Asian Beach Games will be held from November 14th to November 23rd, 2014 in Phuket. Official entry to the 4th Asian Beach Games has been divided into two phases:

First Phase: Entry by Number - Submission deadline is midnight (Bangkok Time 24:00) of 30 June 2014

Se Phase: Entry by Name - Submission deadline is midnight (Bangkok Time 24:00) of 31 August 2014

## 2. SPORT ENTRIES PROCEDURES

Please note that, as stated in Article 55 of the current OCA Constitution and Rules, only OCA Members can enter competition in the Asian Beach Games. To complete the official entry to the 4th Asian Beach Games, NOCs must complete the entry procedures and submit the Entry Forms as follows:

### 2.1 Sport Entry Form by Number

The Sport Entry Form by Number indicates the total number of male and female athletes that an NOC intends to enter into each sport and related competition events, as per the Sports and Competition Events Program, at the 4th Asian Beach Games. In submitting their entries, NOCs agree to abide by all relevant rules and regulations applying to the Games. Please note that athlete's names are not required to be given in these forms and each athlete should only be counted once towards the total number of athletes being entered, regardless of how many events he or she is competing in.

### 2.2 Sport Entry Form by Name

The Sport Entry form by Name (Individual and Team) officially registers the athlete for the 4th Asian Beach Games competition and must be completed and signed by each eligible athlete entered in the Asian Beach Games by NOC. All the Entry Forms by Name (Individuals and Teams) must also be signed and stamped by NOC and the corresponding National Federations (NFs) so as to be considered as the final legal entry documents.

### 2.3 Accreditation

In order to participate in the Phuket 2014 4th Asian Beach Games, all athletes must submit applications for accreditations to the Phuket 2014 4th Asian Beach Games Organizing Committee (PABGOC) through their National Olympic Committees. The submission deadline for the Accreditation Application Form is 31 August 2014.

### 2.4 Submitting the Forms

The Entry Forms can be submitted by fax, e-mail or express service. And the submission deadlines for the relevant forms are as follows:

#### 2.4.1 Entry by Number Form:

Please send the hard copy of Entry by Number Form with signature and stamp to the 4th Asian Beach Games Organizing Committee no later than of 30 June 2014 (Bangkok Time 24:00).

#### 2.4.2 Entry by Name Form:

Please send the hard copy of Entry by Name Form with personal signature of athlete and signature and stamp of NOC and NF to the Phuket 2014 4th Asian Beach Games Organizing Committee by 31 August 2014 (Bangkok Time 24:00). If the above forms are submitted by fax or e-mail, the Chef de mission has to bring the original sport Entry Forms to the Delegation Registration Meeting.

### 2.5 Late Replacement of Athletes

The Deadline for the submission of Entry by Name Forms for all athletes competing in all sports at

the Games is 31 August 2014. However, under exceptional circumstances (eg. Due to injury or other medical emergencies) and on a case - by - case basis, the OCA and the relevant Asian and/or International Sport Federations may allow the permanent replacement of an athlete by another athlete after the above noted date provided that:

- The replacement athlete is entitled and eligible to take part in the 4th Asian Beach Games in accordance with the OCA Constitution and Rules.
- The appropriate National Olympic Committee (NOC) had applied for accreditation for the replacement athlete prior to the accreditation deadline, i.e.
- In addition, the following procedures must be followed for an athlete to be replaced by another athlete:

The relevant NOC must duly complete an Official Athlete Replacement Form for the athlete being replaced and the replacement athlete.

A Sport Entry Form must be duly completed by the relevant NOC for the replacement athlete.

In principle, it is possible to replace an athlete up to the day of the Technical Meeting for the relevant sport. Any queries regarding this matter should be directed to the Sport Entries Centre. PABGOC's Sport Entries Centre will forward copies of all relevant documents submitted to the Accreditation Centre and the OCA Sports Committee.

## 3. INSTRUCTIONS ON FILLING IN ENTRY BY NAME FORMS

### 3.1 General Instructions

Please read the specific instructions in this

Guide Carefully before entering in any information.

Please follow the sport - specific notes/instructions given on a Sport Entry Form.

Each Entry Form must be completed clearly and in its entirety without any corrections. If alteration has been made, please indicate the correct information clearly.

Please print or type the form in Capital Latin Letters and Arabic Numerals. The letters and numbers should follow the printed style below:

A B C D E F G H I J K L M N O P Q R S T U  
V W X Y Z

0 1 2 3 4 5 6 7 8 9

Please enter any dates requested on an Entry Form in one of the following formats:

E.g. August 1, 1983 shall be filled in as 01/08/1983 or 01/08/83.

There shall be the signature and seal authorized by the President or Secretary General of NOC and the corresponding NF at the bottom of the original copy of all the forms and Entry by Name Forms. The seal shall not cover the information that has been filled in.

All the athletes shall read the Eligibility Code printed in the Sport Entries Manual (Appendix II) and sign under the "Competitors Declaration" in the individual Entry by Name Form.

All Participants entering in team sports must also complete the individual Entry by Name Form.

### 3.2 Specific Instructions

#### Family Name

The family name shall be consistent with that on the athlete's Passports.

#### Given Name

The given name shall be consistent with that on the athlete's Passports.

#### Preferred Name

It refers to common name used during regular competition

#### Passport Number

It refers to the number of the passport held by athlete for entry into Phuket, Thailand. The passport shall be valid for at least six months before entering the Kingdom of Thailand.

#### Accreditation Number

It refers to the six - digit serial number on the Sport Entry Form filled in by NOC for athlete. Please ensure that the accreditation number has been filled in on the Entry by Name Form.

#### Height and Weight

The measuring unit of centimeters (cm) and kilograms (kg) shall be applied when filling in the athlete's height and weight.

#### Date of Birth

The format shall be dd/mm/yyyy or dd/mm/yy. E.g. August 1, 1983 shall be filled in as 01/08/1983 or 01/08/83

#### Nationality

The Nationality of athlete

#### Position

The Position of an athlete in the team

#### Number of Uniform

The number of the uniform worn by an athlete in the competition

#### Color of Uniform

Please specify the color of the shirt and shorts worn by athletes in the competition.

All athletes in a team shall fill in

### 14. BODY BUILDING

No	Events	Maximum Number of Athletes	No. of Medals			
			Gold	Silver	Bronze	Total
1	Up to & incl. 162 cm Max Weight [kg] = (Height [cm] - 100) + 0 [kg]	2	1	1	1	3
2	Up to & incl. 165 cm Max Weight [kg] = (Height [cm] - 100) + 1 [kg]	2	1	1	1	3
3	Up to & incl. 168 cm Max Weight [kg] = (Height [cm] - 100) + 2 [kg]	2	1	1	1	3
4	Up to & incl. 172 cm Max Weight [kg] = (Height [cm] - 100) + 3 [kg]	2	1	1	1	3
5	Up to & incl. 176 cm Max Weight [kg] = (Height [cm] - 100) + 4 [kg]	2	1	1	1	3
6	Over 176 cm Max Weight [kg] = (Height [cm] - 100) + 5 [kg]	2	1	1	1	3

Maximum Number of Athletes for each National Olympic Committee : 6 Athletes in Total (Maximum of 2 Athletes per category and composed of no more than 6 Athletes per NOC)

Note 1: For competitors with a body height of over 190 cm up and up to and including 198 cm, the following formula will be used: Max Weight [kg] = (Height [cm] - 100) + 9 [kg]

Note 2: For competitors with a body height of over 198 cm the following formula will be used: Max Weight [kg] = (Height [cm] - 100) + 10 [kg]

Note 3: All of the above mentioned competitors will participate in the "Over 176 cm" category.

#### Entry by Name Form.

#### Qualification

The "Regulations on Qualification" stipulated in the Article 50 of the OCA Constitution and Rules shall be implemented. Only the athletes conforming to the conditions, regulations stipulated in the Article 50 and the rules of Asian Sports Federation and/or International Sports Federation are qualified to participate in the 4th Asian Beach Games, Phuket 2014.

Please ensure that the following information required on the entry on the Entry by Name Form must be consistent with the information given on the accreditation Application Form:

Name of the NOC and NOC Code

Athlete's Accreditation Number

Date of Birth

Preferred Family Name, Preferred Given Name

#### Events and Number of Entries

Each participating NOC may enter a maximum of six (6) men athletes in Body Building with a maximum of two (2) athletes for each weight category.

#### Venue Site



## TENTATIVE SCHEDULE OF BODYBUILDING CHAMPIONSHIP

Tuesday, November 18<sup>th</sup> 2014

6:00 am – 6:00 pm Arrivals of all delegations

6:30 pm – Registration & Weigh-in

7:00 pm – Doping Tests for all Athletes

Wednesday, November 19<sup>th</sup> 2014

Rest

Thursday, November 20<sup>th</sup> 2014

7:00 am – 10:00 am Breakfast

12:30 pm – 2.00 pm Lunch

4:30 pm – Team Managers Meeting

5:00 pm – Technical Meeting

5:30 pm – Judges Meeting

9:00 pm – Dinner

Friday, November 21<sup>st</sup> 2014

7:00 am – 9:30 am Breakfast

10:00 am – Prejudging

Saturday, November 22<sup>nd</sup> 2014

12:30 pm – 2:00 pm Lunch

3:00 pm – Finals

9:00 pm – Farewell Banquet

Sunday, November 23<sup>rd</sup> 2014

7:00 am – 10:00 am Breakfast

12:00 – Noon Departure