



# **BODYBUILDING**

## **Technical handbook**





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# 1. General Competition Schedule

No	Sports		May																				
			05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23		
	Opening ceremony																						
	Closing ceremony																						
1	Athletics																						
2	Aquatics	Swimming																					
		Diving																					
3	Archery																						
4	Badminton																						
5	Basketball	5x5																					
		3x3																					
6	Billiard Sports																						
7	Boxing																						
8	Canoeing/Kayak																						
9	Chess	Chess																					
		Xiangqi																					
10	Cycling	Mountain																					
		Road																					
11	Dancesport																						
12	Fencing																						
13	Football	Men																					
		Women																					
		Men's Futsal																					
		Women's Futsal																					
14	Golf																						
15	Gymnastics	Artistic																					
		Rhythmic																					
		Aerobic																					
16	Handball	Indoor																					
		Beach																					
17	Judo																						
18	Karate																						
19	Muay																						
20	Pencak Silat																						
21	Petanque																						
22	Rowing																						
23	Sepaktakraw																						
24	Shooting																						
25	Table Tennis																						
26	Taekwondo																						

No	Sports	May																				
		05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23		
27	Tennis																					
28	Volleyball	Indoor																				
		Beach																				
29	Weightlifting																					
30	Wrestling																					
31	Wushu																					
32	Bodybuilding																					
33	Bowling																					
34	e-Sports																					
35	Fin swimming																					
36	Kickboxing																					
37	Kurash																					
38	Jujitsu																					
39	Triathlon and Duathlon																					
40	Vovinam																					

## 2. Submission of Entries

Registration of each National Olympic Committee (NOC) must comply with the regulations of Vietnam SEA Games Organizing Committee (VIESGOC).

**2.1** Entry by Number: Deadline for submission of Entry by Number Forms is January 12, 2022 at 24:00 hours Vietnam time (GMT+7).

**2.2** Entry by Name: Deadline for submission of Entry by Name Forms is March 12, 2022 at 24:00 hours Vietnam time (GMT+7).

The completed Entry by Name must be submitted for each athlete and include all necessary information. Original form must be presented during the Delegation Registration Meeting (DRM).

## 3. Eligibility

**3.1** To be eligible for participation in the 31<sup>st</sup> SEA Games, a competitor must

comply with the Asian BodyBuilding and Physique Sports Federation (ABBF) Rules, the SEA Games Federation (SEAGF) Charter and Rules as well as Rule 40 and the By-law to Rule 40 of the Olympic Charter (Participation in the Games).

**3.2** Only nationals of the country of the NOC shall be qualified to represent the NOC in the Games. All disputes relating to the determination of the country, which an athlete may represent in the SEA Games shall be resolved in accordance with SEAGF Charter and Rules as well as Rule 41 and By-law to Rule 41 of the Olympic Charter (Nationality of competitors).

## **4. Doping Control**

**4.1** VIESGOC under the guidance of the SEAGF, will be responsible for the Anti-Doping Programme during the 31<sup>st</sup> SEA Games. The Anti-Doping Programme will be implemented in accordance with SEAGF Anti-Doping Rules and the World Anti-Doping Code and its relevant International Standards.

**4.2** VIESGOC and SEAGF are responsible for providing necessary conditions for Doping testing activities at the 31<sup>st</sup> SEA Games. Doping Control procedures will be implemented according to WADA's International Standards for Testing and Investigations. Sample analysis will be performed at a WADA-accredited laboratory.

**4.3** Doping Control stations will be set up at the competition venue by VIESGOC, where in-competition testing will be conducted. The Test Distribution Plan and criteria for athlete selection for each sport will comply with the Doping Control protocol established by the SEAGF and WADA.

**4.4** During the Games, all athletes are subjected to for the Anti-Doping Programme that is organized by VIESGOC and SEAGF. Testing or sampling can be done at any time and place without any notice.

**4.5** The WADA 2022 List of Prohibited Substances and Methods is applied in

accordance with the WADA Code.

## **5. Approval of the Technical Handbook**

This Technical Handbook was approved by the Asian BodyBuilding and Physique Sports Federation (ABBF).

Any further amendments to the Technical Handbook shall be circulated via e-mail to the NOCs.

## **6. Covid-19 Health Protocol**

During the Games, the Bodybuilding Competitions shall adopt the COVID-19 Epidemic control protocols approved by VIESGOC.

## **7. Competition Information**

### **7.1 Competition Dates**

May 13 - 15, 2022

### **7.2 Competition Venue**

Hanoi Sports Training and Competition Center. Do Xuan Hop str., Nam Tu Liem Dist., Hanoi, Vietnam

### **7.3 Competition training**

Hanoi Sports Training and Competition Center. Do Xuan Hop str., Nam Tu Liem Dist., Hanoi, Vietnam

### **7.3 Training schedule**

TBC



## 8. Events

The Bodybuilding competition will consist of 10 events which include eight (8) men, one (1) women and one (1) mixed pairs.

No	Events	Men	Women	Mix pairs
1	Light Flyweight - up to and incl. 55 kg	✓		
2	Flyweight - up to and incl. 60kg	✓		
3	Bantamweight - up to and incl. 65kg	✓		
4	Lightweight - up to and incl. 70kg	✓		
5	Welterweight - up to and incl. 75kg	✓		
6	Lightmiddleweight - up to and incl. 80kg	✓		
7	Middleweight - up to and incl. 85kg	✓		
8	Men's Athletic Physique (open)	✓		
9	Women's Bodybuilding (open)		✓	
10	Mixed pairs (open)			✓
<b>Total by gender</b>		<b>8</b>	<b>1</b>	<b>1</b>
<b>Total by events</b>		<b>10</b>		

## 9. Quotas

- Each participating country may enter a maximum of 08 (eight) competitors in Men's Bodybuilding events and Men's Athletic Physique event with a maximum of 02 competitors for each event.

- Each participating country may enter a maximum of 02 competitors in Women's Bodybuilding.

- Each participating country may enter a maximum of 02 pairs in Mixed pairs event. One pair consisting of a man and a woman competitor.

No	Events	Men's maximum Entry		Women's maximum Entry
		Events	Total	
1	Light Flyweight - up to and incl. 55 kg	2	8	
2	Flyweight - up to and incl. 60kg	2		
3	Bantamweight - up to and incl. 65kg	2		
4	Lightweight - up to and incl. 70kg	2		
5	Welterweight - up to and incl. 75kg	2		
6	Lightmiddleweight - up to and incl. 80kg	2		
7	Middleweight - up to and incl. 85kg	2		
8	Men's Athletic Physique (open)	2		
9	Women's Bodybuilding (open)			2
10	Mixed pairs (open)	2	2	2
<b>Maximum entry</b>			<b>10</b>	<b>4</b>

## 10. Meetings and Key Activities

### 10.1 Team Managers' Meeting

- Date : May 12, 2022
- Time : 10:00 - 11:00 am
- Venue : Hanoi Sports Training and Competition Center. Do Xuan Hop str., Nam Tu Liem Dist., Hanoi, Vietnam

### 10.2 Technical Official's & Judges Meeting

- Date : May 12, 2022
- Time : 11:00 - 12:00 pm

- Venue : Hanoi Sports Training and Competition Center. Do Xuan Hop str., Nam Tu Liem Dist., Hanoi, Vietnam

### 10.3 Weigh-in and registration

- Date : May 12, 2022
- Time : 15:00 - 17:00 pm
- Venue : Hanoi Sports Training and Competition Center. Do Xuan Hop str., Nam Tu Liem Dist., Hanoi, Vietnam

## 11. Competition Schedule

Date	Time	Events	Remarks
May 11		Arrival of all teams & Technical Officials of ABBF	
May 12	10:00 - 11:00	Team manager's meeting	
	11:00 - 12:00	Technical official's & Judges meeting	
	15:00 - 17:00	Weigh-in and registration	
May 13	14:00 - 18:00	Commencement of the Pre-judging and final of men's bodybuilding 55kg, 60kg, 65kg	
	18:00 -19:00	Victory Ceremony	
May 14	14:00 - 18:00	Commencement of the Pre-judging and final of men's bodybuilding 70kg, 75kg, 80kg, 85kg	
	18:00 -19:00	Victory Ceremony	
May 15	14:00 - 18:00	Commencement of the Pre-judging and final of Men's Athletic Physique open, Women's bodybuilding open and Mixed pairs open	
	18:00 -19:00	Victory Ceremony	
May 16		Check out, Departure	

## **12. Competition Procedures, Rules and Regulations**

### **12.1 Competition procedure and format**

The Bodybuilding Competition will be conducted in accordance to the ABBF rules and regulation in force. In case of translation related disagreement over the interpretation of the rules and regulations the English text shall prevail. Any unforeseen case not addressed by the rules and regulations shall be dealt with as follows:

- General issues: To be resolved in accordance with the SEAGF Charter and Rules
- Technical issues: To be resolved in accordance with International regulation of the ABBF.

### **12.2 Doping**

All competitors must go through the doping test three weeks prior to competition. Doping certificates issued by the World Anti-Doping Agency or IOC accredited anti-doping laboratories must be submitted at the Team Manager's Meeting to the Medical Doctor of the ABBF. Those who do not produce a doping certificate will not be eligible to participate.

### **12.3 Dress**

- Competitors must appear in correct dress in accordance with the ABBF constitution and rules.
- Judges and Technical official must wear the uniform (grey jacket and pants) with the judge's badge on it.

### **12.4 Weigh-in and registration**

The weigh-in shall be conducted by Chairman of the Judges and technical

officials under the supervision of Technical Delegate, representatives of VIESGOC and SEAGF. All competitors shall draw a seed number during the weigh-in.

A representative of each NOC shall be invited to witness the weigh-in.

## 12.5 Posing Music CD

Under the rules of the ABBF, all competitors will be required to hand in their music CDs and this should be handed to the Chairman of the judges' Committee during the weigh-in. Properly cued at the start of the music. Said CD with must be housed within a protective plastic case, NOC and competitor's name must be printed in the plastic case.

**\* Important Note:** The use of profane, vulgar or offensive language in posing music is prohibited under the Rules of ABBF and the competitor will be disqualified from participation in the Games.

## 12.6 Withdraw

An accepted competitor cannot withdraw except for reasons of sickness or injury A request to withdraw must be supported by an official physician's certificate. All decisions must be approved by the Technical Delegate.

## 12.7 Delays, postponements or cancellations

The Technical Delegate must consult the VIESGOC Secretariat if there is any delay, postponement or cancellation of any competition that affects the scheduled times for "live broadcast" or victory ceremonies.

## 13. Technical Officials and Judge

The appointments of Technical Officials, Board of judges will be in accordance with ABBF Competition Rules and the SEAGF Charter and Rules.

## **13.1 International Technical Officials (ITOs)**

**13.1.1** ABBF, shall appoint Technical Officials, Technical Delegate and chief of the board of judge. Other judges shall be approved by VIESGOC. VIESGOC will cover domestic and international transportations, accommodations and duties for the ITOs.

**13.1.2** Each participating NOC member should be accompanied by one international judge holding the ABBF recognised Judges Card. They shall be selected and nominated by ABBF to officiate in the Games. VIESGOC will cover accommodations and duties for the accompanied judges.

**13.1.3** Neutral judges: Three neutral judges (out of the SEA Countries) shall be appointed by ABBF Technical Committee for the competition. VIESGOC will cover domestic and international transportations, accommodations and duties for the neutral judges.

**13.1.4** Statisticians to computerize results shall be appointed by ABBF Technical Committee for the competition. VIESGOC will cover domestic and international transportations, accommodations and duties for the statisticians.

## **13.2 National Technical Officials (NTOs)**

Vietnam Bodybuilding & Weightlifting Federation (VBWF) will appoint such number of National Technical Officials (NTOs) to assist the International Technical Officials.

## **14. Jury of Appeal**

The Jury of Appeal will be established by the ABBF including representatives of VIESGOC. The decision of the Jury of Appeal is final.

## 15. Protests and Appeals

**15.1** Any written protest must be first be made and submitted by the Chef de Mission or Team Manager to the Technical Delegate before or after the competition with the payment of a Protest Fee of USD200.00 per protest payable to VIESGOC. If conditions causing a potential protest are noted prior to the start of the event, a written protest must be lodged before the signal to start the event is given.

**15.2** All protests must be considered by the Technical Delegate concerned who must make a decision as soon as possible. He/she must state the reason(s) for his/her upholding/rejecting the protest.

**15.3** Any Chef de Mission or Team Manager dissatisfied with the decision of the Technical Delegate, may appeal to the Jury of Appeal by submitting the written appeal to the Technical Delegate within sixty (60) minutes of receipt of the Technical Delegate's written decision. The appeal must be heard and decided by the Jury of Appeal for the sport within two (2) hours after receipt of the written protest.

**15.4** Any NOC dissatisfied with any decision by the Jury of Appeal may make any appeal in accordance with the SEAGF Charter and Rules.

**15.5** The protest fee shall be refunded if the protest is upheld; it will be forfeited if the protest is rejected.

## 16. Directory

### 16.1 Asian Bodybuilding And Physique Sports Federation (ABBF)

President : Datuk Paul Chua

Nationality : Singapore

Mailing address : 32D Jalan Tani, Singapore 548576

Telephone : (65) 96163202  
Email : abbfasia@yahoo.com.sg  
Website : www.abbf.asia  
Secretary General : Mr. Sugree Supawarikul  
Nationality : Thailand  
Email : abbf.secretary@yahoo.com

## **16.2 Vietnam Bodybuilding And Weightlifting Federation (VBWF)**

President : Mr. Hoang Xuan Luong  
Secretary General : Mr. Do Dinh Khang  
Address : 65 Doc Ngu - Ba Dinh, Ha Noi, Vietnam  
Telephone : (+84) 24 - 32321811





**31<sup>st</sup> SEA GAMES  
VIET NAM 2021**

