

ORGANIZATIONS

1. International Federation of Bodybuilding (IFBB)

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2. Asian Bodybuilding Federation and Fitness Federation (ABBFFF)

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3. Philippine Federation of Bodybuilders, Inc. (PFBI)

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4. Technical Committee

a. Chairperson: Ross Hilario
b. Secretary: May Lim
c. Results System: Jesus Pono
d. Training: Antipas Celorio

COMPETITION INFORMATION

1. Dates and Venues

The 23rd SEA Games Bodybuilding Competition will be held on the 2nd – 4th of December 2005 at the GSIS Theater (Treatro Ng GSIS), GSIS Financial Center, Roxas Boulevard, Pasay City. The Training Venues for this competition will be at the Gold's Gym, Glorietta 3, Makati City, Super Sharp Fitness Center, 3/F Airport Global Plaza, 4646 Seaside Drive, NAIA Road, Barangay Tambo, Parañaque City and 704 Pablo Ocampo, Sr. Street, Malate, Manila which will be opened from 0800 to 2200 hrs.

2. Events

The 23rd SEA Games Bodybuilding Competition will be contested in the following events:

Men: 6 events

Light Flyweight	55 kg.
Flyweight	60 kg.
Bantamweight	65 kg.
Lightweight	70 kg.
Welterweight	75 kg.
Light Middleweight	80 kg.

3. Competition Schedule

02 December

08:00	-	<i>Team Managers' Meeting</i>
09:00	-	<i>Judges' Meeting</i>
10:00	-	<i>Weigh-in of Bodyweights</i>

03 December

	-	<i>Pre-judging</i>
13:00	-	<i>55kg. Light Flyweight</i>
14:00	-	<i>60 kg. Flyweight</i>
15:00	-	<i>65 kg. Bantamweight</i>
16:00	-	<i>70 kg. Lightweight</i>
17:00	-	<i>75 kg. Welterweight</i>
18:00	-	<i>80 kg. Light Middleweight</i>

04 December

	-	<i>Finals</i>
13:00	-	<i>55 kg, Light Flyweight</i>
14:00	-	<i>60 kg. Flyweight</i>
15:00	-	<i>65 kg. Bantamweight</i>
16:00	-	<i>70 kg. Lightweight</i>
17:00	-	<i>75 kg. Welterweight</i>
18:00	-	<i>80 kg. Light Middleweight</i>

GENERAL RULES & REGULATIONS

1. Rules

The 23rd SEA Games Bodybuilding Competition will be conducted in accordance with the IFBB Rules. In case of a disagreement in the interpretation of rules from

versions in different languages, the English text will prevail. Any unforeseen incident not covered by the Rules shall be dealt with accordingly in the following manner:

- 1.1. Technical questions shall be resolved in accordance with the IFBB Rules.
- 1.2. Cases of general nature shall be resolved in accordance with the SEA Games Federation (SEAGF) Statutes and Rules (2005). Particularly, the following rules shall have precedence:

SEAGF Rules 31 : Eligibility Code

To be eligible for participation in the SEA Games, a competitor must comply with the SEA Games Federation Statutes and Rules as well as Rules 45 and the By-Laws to Rule 45 of the Olympic Charter.

SEAGF Rule 32 – Nationality of Competitor

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 competitor may represent in the SEA Games shall be resolved by the Executive Committee in accordance with the By-Laws to Rule 46 of the Olympic Charter.

SEAGF Rule 34 – Medical Code:

- a. Doping violation as defined by the WADA Code is forbidden.
- b. All competitors are liable to medical control and examination carried out in conformity with the rules of the International Olympic Committee Medical Commission, the WADA Anti-Doping Code and Explanatory documents.
- c. Competitors in sports restricted to women must comply with the prescribed tests for femininity, when needed.
- d. Any competitor refusing to submit for a medical control or examination or is found guilty of an Anti-doping violation shall be excluded from the SEA games. The principles of exclusion for teams and individuals shall be in accordance with the WADA Code.
- e. A medal may be withdrawn by order of the Executive Committee on the proposal of the Chairman of the Organizing Committee.
- f. A Medical Commission as approved by the Medical Committee of the SEAG Federation will be set up to implement these rules. Members of which be nominated by their respective NOC as approved by the Medical Commission of the SEAG Federation.
- g. The above regulations shall in no way affect further sanctions by the International Federation.

SEAGF Rule 38 – Number of Entries:

The maximum number of entries from each nation in each event is fixed by the Federation in consultation with the Host NOC. However, the following numbers cannot be exceeded:

- a. For individual events, including singles and doubles event, there shall only be two (2) entries from each NOC (excluding reserves). For the sports of Arnis, Bodybuilding, Boxing, Judo, Karate-do, Muay, Pencak Silat, Taekwondo, Weightlifting, Wrestling, and Wushu, there shall only be one (1) entry per weight category from each NOC, and for Sailing where there shall only be one (1) entry per event from each NOC. Any event with three (3) or more

- members to make up a team shall be deemed to be a team event, and there shall only be one team (entry) from each NOC.
- b. For team events, one (1) team per nation, the number of reserves shall not exceed the number of players allowed by the International Federation.
 - c. For events where both team and individual competitions are conducted at the same time, the competitors for any one NOC cannot win more than two (2) medals in their respective individual events.

SEAGF Rule 41 – International Federation:

- a. The Organizing Committee shall write to the International Federation or the Asian Sports Federation concerned for their permission to hold their sport in the Games. The Organizing Committee may invite a representative who shall arrive at least three (3) days before the beginning of the first event of their sport in order to check the facilities and equipment and arrange the entries, which conform to its rules and the rules of the SEAGF.
- b. The Organizing Committee shall pay the accommodation, meals and local expenses of its representative at the established rate of the Organizing Committee until two (2) days after the closing of their competition.
- c. In exceptional cases, if for technical reasons the presence of additional delegates is necessary, the appropriate arrangements shall be made with the Organizing Committee; the Executive Committee must be previously informed. In case of disagreement, the Executive Committee shall decide.

SEAGF Rule 42 – Technical Officials and Jury of Appeal:

- a. The necessary Technical Officials (referees, judges, umpires, timekeepers, inspectors, etc.) and a Jury of Appeal for each sport shall be appointed by the appropriate National Federation of the Host Country, which shall direct their work in conjunction with the Organizing Committee.
- b. If technical officials are needed from the other Member Organizations, to be invited to the Games, the Organizing Committee shall seek approval from the Executive Committee. Should the Executive Committee approve the request, the Organizing Committee shall pay their expenses for accommodation, meals, and local transport for the whole period of the Games.
- c. The technical officials and the members of the Jury of Appeal must have never been professionals in sport.
- d. No official who has participated in a decision may serve in the Jury of Appeal that reviews it. The findings of the Jury shall be communicated as soon as possible to the Organizing Committee and the Executive Committee.
- e. Technical officials may not live in the Games Villages, but the Organizing Committee shall ensure and bear the cost of their living accommodation, including board and local transport facilities.
- f. The Jury of Appeal's decision on all technical questions concerning its respective disciplinary nature is final. They shall, however, be without prejudice to any further penalty, which may be imposed by the Executive Committee.
- g. The Jury of Appeal shall be composed of a Chairman/ woman, which position shall be filled up by the Host Country of the Games with a representative of each member country as members.
- h. The International Technical delegates to the Games may be appointed ex-officio members of the body and shall act only in an advisory capacity, unless their respective International Federation requires otherwise

- i. In the event of a dispute or protest relative to technical questions concerning its respective sporting event, representatives of countries in the Jury of Appeal whose countries are involved in the dispute or protest may be allowed to participate in the deliberations, but cannot vote in the resolution of the protest or dispute.

SEAGF Rule 43 – Court of Appeal

The Executive Committee on behalf of the Federation is the Court of Appeal, which will decide finally on all questions concerning the Games. NOCs or the Organizing Committee may submit questions to the Court of Appeal. In addition the Court of Appeal may intervene in all questions of non-technical nature outside the Jurisdiction of the Juries of Appeal set up for each sport in the programme.

SEAGF Rule 44 – Claims and Protests

- a. Claims and protests made to the judges on the grounds concerning matters of fact are decided by them without appeal. Appeals against other decisions of the Judges or with regard to any other matter must be addressed to the Chairman of the Jury of Appeal for the sport concerned by a representative of the NOC of the country making the appeal.
- b. For exceptional circumstances, any claim must be made within thirty (30) minutes of the decision giving rise to the claim. The Jury of Appeal after an investigation shall then give a decision and this decision shall be irrevocable, except for the case of a disqualification of a team or of a competitor for infraction of the Southeast Asian Games Federation, which shall be decided by the Court of Appeal. All claims and appeals must be made in writing.

SEAGF Rule 45 – Penalties in Case of Fraud:

A competitor proved fraudulently to have transgressed the Rules and Regulations of the Southeast Asian Games Federation, shall be disqualified and lose any position he/she may have gained. If this competitor's NOC is proved to have been a party to the fraud, his/her country shall be disqualified in the sport involved.

2. Participants

- 2.1. The 23rd SEA Games Bodybuilding Competition is reserved for teams representing National Olympic Committees affiliated to the SEA Games Federation.
- 2.2. Only competitors who comply with the conditions laid down in the SEAGF Statutes and Rules (2005) and the IFBB Rules are entitled to participate. Competitors must also be affiliated with a National Bodybuilding Federation that belongs to the IFBB and the ABBF.
- 2.3. Each participating country may enter a maximum of six (6) competitors in the events with no more than one (1) competitor per weight category.
- 2.4. Competitors must go through the doping test before their departure for the host country, bringing their certificates issued by IOC-accredited anti-doping laboratories and submitting them before weigh-in.

3. Entries

- 3.1.** Entries in each participating country must be submitted in accordance with the regulation laid down by the Organizing Committee of the 23rd SEA Games.
- 3.2.** Preliminary Deadline for “Entry by Number”
Preliminary entry forms by number from each participating country, forwarded through the respective National Olympic Committee (NOC), must be completed and should be received by PhilSOC not later than 31 May 2005 at 2400 hours Philippine time (GMT +8).
- 3.3.** Final Deadline for “Entry by Name”
The entry forms by name must be received by PhilSOC not later than 27 October 2005 at 2400 hours Philippine time (GMT +8).
- 3.4.** Both entries by number and name may be sent by fax or e-mail, but must subsequently be confirmed with the original documents, by mailing them to the following address:

PhilSOC Secretariat Office
3rd floor Room 358
Philippine International Convention Center
CCP Complex, Roxas Blvd., Pasay City
Tel no.: (632) 8342432/36
Fax: +63 2 834-2434
Website: www.2005seagames.com.ph

- 3.5.** Final Declaration and Confirmation of Entries
Team Leaders or their representatives must confirm the names of those competitors already entered who will actually take part in the competition. Confirmation of athletes will not be accepted after the deadline. This will be informed at the Technical Meeting.

For events held on and after the 2nd day of competition, confirmation of entries must be made by 1200 hours on the day before the event.

Team Leaders will also have the possibility to confirm all entries prior to the first day of competition. Any changes should be made prior to 1200 hours on the day before the event.

The final confirmation of members of the relay teams and their order will be accepted at the stadium no later than one hour before the start of the event.

Forms for the final declaration and confirmation will be distributed to each delegate upon arrival. The forms must be completed and submitted to the competition director prior to the Technical Meeting.

4. Technical Meeting

The Technical Meeting will be held one (1) day before the commencement of the competition. The time and venue of the meeting will be announced later.

COMPETITION GENERAL RULES & REGULATIONS

1. Competition Management

- 1.1. The SEA Games Organizing Committee and the Philippine Federation of Bodybuilders, Inc. will be in charge of the operation and organization of the bodybuilding competition under the guidance of the Technical Delegate assigned by the IFBB and ABBF.
- 1.2. Each participating NOC Member should be accompanied by one (1) international judge holding the IFBB or ABBF Grade "A" Card and they shall be selected and nominated by ABBF to officiate in the Games.
- 1.3. Two (2) Neutral Judges (from SEA Countries) and the Judges Chairman shall be appointed by the IFBB/ABBF Technical Committee for the competition.

2. Dress Code

- 2.1. Competitors must appear in correct dress in accordance with the IFBB Constitution and Rules.
- 2.2. Judges and Technical Officials must wear blue jacket and grey pants with the judge's badge on it.

PRIZES AND COMMENDATION

1. Victory Ceremonies

The Victory Ceremonies shall normally be held after the completion of each event. Participants receiving awards must wear official NOC uniform.

2. Prizes

The prizes will be awarded as follows:

First Prize:	Gold Medal and Diploma to the winner of each category.
Second Prize:	Silver Medal and Diploma to the athlete placed second in each weight category.
Third Prize:	Bronze Medal and Diploma to the athlete placed third in each weight category.
4 th – 6 th :	Diploma to the athletes placed fourth to sixth in each weight category.

There shall be no tie for gold, silver or bronze medal placing, except in events where there is no play-off between semi-Finalists for the bronze medal. Should there be a tie at the end of a competition for the gold, silver, or bronze placing, a sudden death play-off shall be held to break the tie.