

參賽運動員須知 Information

比賽日期及時間： 2022 年 8 月 21 日 (星期日) 晚上 7:00

比賽地點： 伊利沙伯體育館

參賽者資格： 1) 新秀賽 - 參賽者以往未曾參加任何健美比賽或未曾於任何健美比賽奪得冠、亞及季軍者
2) 元老賽 - 參賽者必須為 40 歲以上人士 (按身份證上的出生日期計算)

備註：總會有權無須提出任何理由而拒絕任何人士參加比賽

請填妥報名表格、教練證申請表格(及教練照片)、運動禁藥規條及承諾表格，連同照片 2 張及劃線支票抬頭中國香港健美總會，於截止日期前寄回香港銅鑼灣掃桿埔大球場徑一號奧運大樓 1028 室〔中國香港健美總會收〕。

截止報名日期: 2022 年 7 月 25 日 (星期一)

比賽級別

(1) 男子古典健美

- 身高低於或等於 170cm + 3kg
- 身高 170cm 以上 + 4kg

(2) 男子健美新秀賽

- 70 公斤或以下
- 70 公斤以上

(3) 男子健美元老賽

- 40 歲以上

(4) 健體小姐

(5) 健身先生

(6) 健身小姐

(7) 學界男子運動模特

(8) 學界女子運動模特

(9) 男子運動模特

(10) 女子運動模特

備註：

- 健體小姐、古典健美、運動模特組別不可以同時參加其他組別。
 - 學界運動模特組別可以同時報運動模特組別，但不能同時參加其他組別。
 - 男子健美新秀賽組別可以同時報男子健美元老錦標賽(40 歲以上) 組別，但不能同時參加其他組別。
- *如有任何爭議，本會保留最終決定權。

評級須知

過磅日期： 二〇二二年八月二十日 (星期六)

過磅時間： 下午四時正

過磅地點： 銅鑼灣奧運大樓 1 樓

***運動員過磅時請出示身份證及學生證(學界組別)及穿著比賽服飾出席，過磅後隨即抽籤出場號碼。敬請準時出席過磅，本會恕不另行通知。**

遞交比賽音樂需知

凡已報名之運動員(男、女子運動模特及健體小姐的參賽者除外)，請於 2022 年 7 月 25 日(星期一)前，以電郵形式傳送比賽用的音樂至 enquiry@hkcbba.org，音樂格式必須為 MP3 檔案，而檔案大小不可多於 3MB。請於電郵中清楚列明參賽者中、英文姓名及參賽級別，如參賽者參加一項或以上的級別，請清楚列明音樂將用作一項或多於一項比賽項目之用。如參賽者須遞交多於一個音樂檔案，請分別清楚列明不同的級別名稱。如參賽者逾期遞交比賽音樂，或參賽者之音樂於比賽時未能播放，將一律取用大會之音樂，不得議異。備註：『國歌不適合比賽用』。

報到需知

凡已過磅之運動員，請於 2022 年 8 月 21 日(星期日)上午十一時正到伊利沙伯體育館向賽事總監報到，領取運動員證及教練證(如已申請)。

參賽運動員須知 Information

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獎項

- 各級第一名 獎牌及獎盃
- 各級第二名 獎牌及獎盃
- 各級第三名 獎牌及獎盃
- 各級第四名 獎牌
- 各級第五名 獎牌
- 各級第六名 獎牌
- 另設有最佳造型獎

比賽規則

- 各級參賽者出場時均由總會後台經理負責召集指示列隊，再由領場員負責帶隊出場。
- 初賽採用淘汰賽制，並用國際規則進行，每級初賽完畢隨即宣佈賽果，甄選六位優勝者進入當晚決賽，參加決賽之運動員需要於當晚六時半前到後台並向後台經理報到，同時作熱身準備出場。
- 參賽之運動員在比賽時身體可噴上 Pro Tan 油。參賽運動員嚴禁使用 Dream Tan 油，以免弄污後台、牆壁及其它地方。如違例使用並被工作人員發現，大會有權將會沒收、甚至取消該運動員之參賽資格。
- 服裝方面，參賽者均需自備合乎國際健美比賽標準之健美比賽服裝，身上不能配戴飾物，體毛要清除。
- 各級參賽者必須遵從裁判長之指示做出規定動作。
- 各級參賽者在台上必須尊重各裁判員之權力，同時絕對服從裁判團之判決。
- 各參賽者必須遵守總會規則。
- 運動員必須於場內配戴大會派發之指定防疫口罩。

藥檢測試規定

比賽大會設有運動禁藥檢測，有關工作由香港運動禁藥委員會根據該委員會的運動禁藥條例執行。大會有權挑選任何參賽運動員接受藥檢。被挑選運動員須在監察下提供尿液樣本或/及血液樣本。拒絕提供樣本或檢測結果呈陽性均屬違反運動禁藥規條，處分可包括：

1. 取消比賽成績
2. 停賽
停賽期間不可以用任何身份(包括作為出賽運動員、教練、領隊、裁判等)參與比賽及體育活動
3. 罰款港幣\$20,000
4. 身份及違例詳情被公佈
5. 其他適用處分

參賽運動員應細閱並了解在香港運動禁藥委員會官方網頁 (www.antidoping.hk)中的運動禁藥規條及資訊。根據嚴格責任原則，運動員需對存在於其體內的任何物質負責，「不知情」並不可用作陽性個案的抗辯理由。如有任何疑問，請聯絡香港運動禁藥委員會。〔資料來源: 香港運動禁藥委員會〕

其他事項

- 凡參賽者需要教練陪同進出後台者，必須申請教練證(詳情見教練證申請表格)。
- 公開健美賽之冠、亞軍可以參加選拔賽，代表香港出席國際性的賽事。運動員應盡量保持狀態，準備出席總會所舉辦之推廣健美運動之活動，包括本地及海外的比賽或匯演。
- 總會會將比賽過程拍攝並製成錄影帶作出售用途或提供給電視台廣播。
- 除申請參加比賽因故被拒之外，所有已繳付之費用恕不退還。
- 如因回郵地址不詳而引致郵遞失誤，本會恕不負責。

閣下所提供的個人資料只用於

- 總會所舉辦的活動及宣傳。
- 總會與合辦機構所舉辦的活動及宣傳。
- 已獲總會授權之職員有需要時使用。

如欲更改或查詢閣下所申報的個人資料，可與總會職員聯絡。

查詢： 電話：2504 8246
傳真：2576 9703
電郵：enquiry@hkcbba.org

2022 全港健美錦標賽 2022 Hong Kong Bodybuilding Championships

參賽運動員須知 Information

Date & Time : 21 Aug 2022 (Sunday) 7:00pm
Venue : Queen Elizabeth Stadium Arena

Qualifying participants :

- (1) Junior Men's Bodybuilding Championship – Competitors who apply to participate in Junior Championship should not participate in any bodybuilding championship before or did not win the first three prizes in any bodybuilding championship
- (2) Master Men's Bodybuilding Championship – Competitors should be age over 40 (According to the DOB of HKID Card).

Remarks : *Hong Kong China Bodybuilding & Fitness Association has the rights to refuse anyone participating in the competitions.*

Entry Procedure

Please return the filled application form, coach pass application form (with coach's photo), Undertaking with Anti-Doping regulations and two photos together with a crossed cheque payable to "Hong Kong China Bodybuilding And Fitness Association" on or before the entry deadline to Room 1028, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong.

Entry Deadline: 25 Jul 2022 (Monday)

Categories

1. Men's Athletic Physique
 - Up to and incl 170cm + 3kg
 - Over 170cm + 4kg
2. Junior Men's Bodybuilding
 - 70 kg & below
 - Over 70 kg
3. Master Men's Bodybuilding
 - Over 40 year-old
4. Women's Model Physique
5. Men's Fitness Physique
6. Women's Fitness Physique
7. Student Men's Sport Physique
8. Student Women's Sport Physique
9. Men's Sport Physique
10. Women's Sport Physique

Remarks:

1. Athlete participating in Model Physique, Athletic Physique or Sport Physique is not allowed to compete in other categories.
2. Athlete if compete in Student Sport Physique, he/she is only allowed to compete in Sport Physique category but not the others.
3. Athlete if compete in Junior Men's Bodybuilding, he is only allowed to compete in Master Men's Bodybuilding category but not the others.

*In case of any dispute, HKCBBA reserves the right of final decision.

Weight-In Information

Weight-In Date : 20 Aug 2022 (Saturday)
Weight-In Time : 4:00 p.m.
Weight-In Venue : 1/F, Olympic House, Causeway Bay

The competitors will draw lots to determine the order of their appearance in the competitions immediately after weight-in. All participants must present HKID Card & Student Card (if applicable) and wear competition attire to attend the weight-in, no reminder will be made in advance.

Submission of Competition Music

After the application, all competitors (except those of Men's / Women's Sport Physique and Women's Model Physique) shall send the music by email to enquiry@hkcbba.org on or before 25 Jul 2022. The format MUST BE in MP3 and less than 3MB. Please indicate clearly Competitor's Name and Category in the email. If the music would be used for more than one category, please clearly state in the email. If there are more than one music file, please indicate different categories respectively. For the late submission or playing error, the official music will be used instead.

Remarks: National Anthem is not allowed to use as competition music.

Registration Information

The competitors shall report to the Director of Competition on 21 Aug 2022 at 11:00 a.m. at the Queen Elizabeth Stadium to collect the athletes' pass and coach pass (if applicable).

參賽運動員須知 Information

Prize

Champion	Medal and Trophy
1 st Runner-up	Medal and Trophy
2 nd Runner-up	Medal and Trophy
4 th Place	Medal
5 th Place	Medal
6 th Place	Medal
“Best Poser” for specific category	

Rules

- Competitors must follow the instructions of the Stage Manager and lead by the stage official to shown up on the stage.
- The first round contests are in the format of elimination in accordance with the international competition rules and regulations. All results will be announced immediately after the preliminary round. Top six finalists from each bodyweight category will be selected to compete in the finals that will be held in the evening. The finalist shall report to the stage manager before 6:30 p.m. and warm-up for the finals.
- Finalists may apply oil on their bodies in moderation, but they must not leave any oil marks on the walls or any places at the backstage and keep the backstage clean. Only Pro Tan oil can be used, Dream Tan oil is forbidden. Competitor will be disqualified when it is found using Dream Tan Oil.
- Finalists must wear trunks, which are clean and decent and follow the international rules. Body hair must be shaved; they must not wear footwear, watches, rings, bangles, pendants, earrings, wigs, distracting ornamentation or artificial aids to the figure.
- Competitors must respect the rules of competition and observe them honestly in co-operation with the officials.
- Competitors must accept and respect the decisions of the judges in the spirit of good sportsmanship without descending to selfish recriminations.
- Athlete must wear medical mask which is provided by HKCBBA.

Drug Test Rules

Doping tests will be conducted at this event. The Hong Kong Anti-Doping Committee (HKADC) will conduct the tests in accordance to the HKADC Anti-Doping Rules. Any participating athletes could be selected for doping tests and requested to provide urine and/or blood sample under witness. Sanctions for Anti-Doping Rules violation, such as refusal to providing sample or returning of positive test results, may include:

1. Disqualification of results achieved at the event
2. Ineligibility in sport

During the period of ineligibility, the individual is not allowed to participate in any capacity (including but not limited to competing athlete, coach, team official, judge etc.) in competitions or other sporting activities.

3. Financial sanction of HK\$20,000
4. Public disclosure of athlete's identity and details of the violation
5. Any other applicable sanctions.

Athletes should read and understand the anti-doping regulations and information available on the official webpage of HKADC (www.antidoping.hk). According to the Strict Liability Principle, athlete is responsible for what could be found in his/her body. Ignorance could not be used as an excuse for a positive test. If there are any uncertainties, please contact HKADC. (**Reference: Hong Kong Anti-Doping Committee**)

Others

- All coaches must apply coach passes for their access to backstage.
- The champions and the first runner-up of the competition are obliged to continue striving for bodily perfection and correct moral principles. They shall also be ready to cooperate with the Hong Kong China Bodybuilding Association in the development of the sport of Bodybuilding of participating in local and overseas exhibitions or competitions.
- The HKCBBA will recorded the competition for video production or for the broadcasting of television
- All the entry fee will not be returned unless the competitors are refused by the HKCBBA
- The HKCBBA do not responsible for mailing errors caused by providing unclear mailing address
- HKCBBA do not allow the participants violate the rules against any illegal drugs, which stated under the Olympic Committee.
- The personal information provided will only be used in the promotion of the related competition.
- For amendment of personal information, please contact us at 2504-8246

Enquiry:

Tel : 2504-8246

Fax : 2576-9703

E-mail: enquiry@hkcbbba.org