

2018 全港沙灘健美賽參賽運動員須知

2018 Hong Kong Bodybuilding Beach Championships Athlete Notes

- 比賽日期及時間： 2018 年 11 月 17 日 (星期六) 下午一時至五時
比賽地點： 屯門新咖啡灣泳灘
報名程序： 請填妥報名表格連同劃線支票抬頭中國香港健美總會(*學界組別需連同學生證副本)，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： 2018 年 10 月 26 日 (星期五)

2018 全港健美沙灘賽級別	獎項
男子 Sport Model	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
女子 Sport Model	
學界男子 Sport Model	
學界女子 Sport Model	
男子 Beach Model	
女子 Bikini	
健身先生	
健身小姐	

評級須知

- 過磅日期： 2018 年 11 月 17 日 (星期六)
過磅時間： 中午十二時
過磅地點： 屯門新咖啡灣泳灘

- ◆ **各級運動員請穿著比賽服飾出席，過磅後隨即抽籤領取出場號碼。**
- ◆ 各級運動員，請於 2018 年 11 月 17 日(星期六)中午十二時到屯門新咖啡灣泳灘向賽事總監報到，領取運動員證及教練證(如已申請)。

比賽規則

- 除了健身先生/小姐可以搭配其他組別外，其他組別只限報一項
- 學界男子/女子 Sport Model 組別只能同時報 Sport Model 或健身組別
- 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：
1) 男/女 Sport Model：運動服飾 + 道具 2) Beach Model：沙灘褲 3) Bikini：分體式兩件裝 Bikini (顏色不限)
4) 健身小姐：後交叉綁帶 Bikini + 表演服飾 5) 健身先生：≥15cm 黑色平腳褲(不透及無光澤) + 表演服飾
- 身上不能配戴飾物，體毛要清除。
- 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。
- 參加比賽之運動員在比賽時身體可塗 Pro Tan 油，但必須戴上手套(參賽者自備)，以免弄污後台、牆壁及其它地方。
- 各級參賽者必須遵從裁判長之指示做出比賽動作，並遵守總會規則。
- 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。

藥檢測試規定

大會有權挑選任何參賽運動員接受藥檢。被挑選運動員需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、領隊等)參與由受世界運動禁藥法規管制之組織所舉辦的比賽及活動
3. 罰款港幣\$20,000，直至繳清罰款，受處分人士在第二項的停賽期過後，仍不可以用任何身份參與受世界運動禁藥法規管制之組織所舉辦的比賽及活動
4. 身份及違例詳情被公報
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。運動員在參賽表格上提供的聯絡資料可被用來發放關於此比賽的運動禁藥資訊。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

- 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。

Date & Time： 17 November 2018 (Saturday) 1p.m. to 5p.m.

Venue： Tuen Mun Cafeteria New Beach

Enquiry 查詢： Tel 電話：2504 8246/Fax 傳真：2576 9703/E-mail 電郵：info@hkbba.org

2018 全港沙灘健美賽參賽運動員須知

2018 Hong Kong Bodybuilding Beach Championships Athlete Notes

Entry Procedure: Please return the filled application form 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. Student card copy is also needed for the Students Categories.

Entry Deadline: 26 Oct 2018 (Friday)

2018 Hong Kong Bodybuilding Beach Championships	Prize
Men's Sport Model	Champion Medal and Trophy 1st Runner-up Medal and Trophy 2nd Runner-up Medal and Trophy 4th Place Medal 5th Place Medal 6th Place Medal “Best Poser” for specific category
Women's Sport Model	
Student Men's Sport Model	
Student Women's Sport Model	
Men's Beach Model	
Women's Bikini	
Men's Fitness	
Women's Fitness	

Weight-In Information

Weight-In Date : 17 November 2018 (Saturday)

Weight-In Time : 12:00 noon

Weight-In Venue : Tuen Mun Cafeteria New Beach

◆ **The competitors will draw lots to determine the order of their appearance in the competitions immediately after weight-in. All participants must wear competition attire to attend the weight-in, no reminder will be made in advance.**

The competitors shall report to the Director of Competition on 17 November 2018 at 12:00 noon at Tuen Mun Cafeteria New Beach to collect the athletes' pass, coach pass (if applicable).

Rules

- Athlete if compete in Sport Model, he/she can also compete in Fitness but NOT Beach Model or Bikini.
- Competitors must wear competition attire, which are clean and decent and follow the international rules.
 - Sport Model: Sportswear + Theatrical Props
 - Beach Model: Beach Trunks
 - Bikini: Bikini (two-piece)
 - Women's Fitness : Bikini (Back Crossing) + Performance costume
 - Men's Fitness : Posing Trunks (≥ 15cm, black color) + Performance costume
- 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 follow the instructions of the Stage Manager and lead by the stage official to shown up on the stage.
- Competitors 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.
- 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.

Drug Test 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, etc) in competitions or other activities organized by organizations affiliated to the World Anti-Doping Code (WADC).
 3. Financial sanction of HK\$20,000
 - Until this payment has been settled, the individual will remain ineligible to participate in competitions or other activities organized by organizations affiliated to the WADC even after the period of ineligibility in Point 2 has been expired.
 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). Athletes' contact information, provided at the registration form, may be used for the dissemination of anti-doping information related to the Championships. 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

- 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
- The personal information provided will only be used in the promotion of the related competition.
- The personal information may use by authorized staff when necessary