



TECHNICAL HANDBOOK

The 5th Asian Beach Games
From September 24th to October 3rd 2016
Danang, Vietnam



BODYBUILDING

I. ORGANIZATIONS

1 . OLYMPIC COUNCIL OF ASIA

OCA Executive Board

President	Sheikh Ahmad Al-Fahad Al-Sabah (Kuwait)
Honorary Life Vice-Presidents	Raja Randhir SINGH (India) Mr. Jizhong WEI (China)
Vice Presidents	Maj. Gen. Charouck Arirachakaran (Thailand) Mr. Timothy Fok Tsun Ting (Hong Kong, China) Lt Gen. Syed Arif Hasan (Pakistan) HE Sheikh Isa Bin Rashed Al Khalifa (Bahrain) Mr. Temirkhan Dosmukhambetov (Kazakhstan) Mr. Tsunekazu Takeda (Japan) Mr. Yu Zaiqing (China) Prof. Dr. Hoang Vinh Giang (Vietnam) Mr. Sapardurdy Toylyyev (Turkmenistan) Mrs. Rita Sri Wahyusih Subowo (Indonesia) Mr. Hemasiri FERNANDO (Sri Lanka)
Honorary Vice-President	
Chairmen/Chairwomen of OCA Standing Committees	
Chairman of Rules Committee	Sheikh Talal Fahad Ahmad J Al-Sabah (Kuwait)
Chairwoman of Women and Sports Committee	Mrs. Natalya Sipovich (Kazakhstan)
Chairman of Advisory Committee	Mr. Ng Ser Miang (Singapore)
Chairman of Peace through Sport Committee	HRH Prince Faisal Bin Al-Hussein (Jordan)
Chairman of Athletes Committee	Mr. Koji Murofushi (Japan)
Chairman of Sports Environment Committee	Mr. Kyung-Sun Yu (Korea)
Chairman of Medical Committee	Dr. Manikavasagam Jegathesan (Malaysia)
Chairman of Sports for All Committee	Brig Gen. Mowaffak Joumaa (Syria)
Chairman of Media Committee	Mr. Charles King Chiu Lo (Macau, China)
Chairman of Finance Committee	Mr. Kevin Kuo-I Chen (Chinese Taipei)
Chairman of Culture Committee	Mr. Mohammad Al-Kamali (United Arab Emirates)
Chairman of Entourage Committee	Mr. Daesung MOON (Korea)
Chairman of Education Committee	HRH Prince Abdulhakim Bin Mosaa (Saudi Arabia)
Chairman of Coordination Committee	Mr. Tsunekazu Takeda (Japan)
Chairman of Ethics Committee	Mr. Jizhong WEI (China)
Chairman of Information & Statistics Committee	Dr. Demchigjav ZAGDSUREN (Mongolia)
Chairman of International Relations Committee	HRH Prince Jigyel Ugyen WANGCHUCK (Bhutan)
Chairman of Sports Committee	Mr. SONG Luzeng (China)
Members	HRH Prince Haji Sufri Bolkiah (Brunei Darussalam) Mr. Mirabror Usmanov (Uzbekistan) Mr. Kieumers Hashemi (Iran) Mr. Raad Hamoodi Salman AL-DULAIMI (Iraq) Mr. ZHANG Jilong (China) Mr. Habib Abdul Nabi Yousuf MACKI (Oman) Gen. Souhail Khoury (Lebanon) Mr. Husain A H Z Al-Musallam (Kuwait)
Honorary Members	
Director General & Technical Director	

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2. THE 5th ASIAN BEACH GAMES ORGANIZING COMMITTEE

No	Name	Title	Duty
1	Le Khanh Hai	Deputy Minister of Culture, Sports & Tourism	Chairman
2	Vuong Bich Thang	Chairman of Vietnam Sports Administration	Standing Deputy Chairman
3	Nguyen Van Tuan	Chairman of Vietnam Tourism Administration	Deputy Chairman
4	Huynh Duc Tho	Chairman of Danang City People's Committee	Deputy Chairman
5	Hoang Vinh Giang	Standing Vice President of Vietnam Olympic Committee	Deputy Chairman
6	Dang Viet Dung	Deputy Chairman, Danang City People's Committee	Deputy Chairman
7	Tran Dang Yen	Lieutenant-General, Ministry of Public Security	Member
8	Dau Dinh Toan	Major General, Ministry of National Defence	Member
9	Pham Van Tuan	Deputy Chairman of Vietnam Sports Administration	Member
10	Tran Duc Phan	Deputy Chairman of Vietnam Sports Administration	Member
11	Luong Ngoc Khue	Director of Diagnosis and Treatment, Ministry of Health	Member
12	Ho Viet Ha	Director of Planning and Finance, Ministry of Culture, Sports and Tourism	Member
13	Phan Dinh Tan	Chief of Office - Ministry of Culture, Sports and Tourism;	Member
14	Pham Cao Phong	Director of Foreign Culture Affairs and UNESCO, Ministry of Foreign Affairs	Member
15	Tran Van Manh	Secretary General of Vietnam Olympic Committee	Member
16	Nguyen Manh Hung	Director of Elite Sport Department I, Vietnam Sports Administration	Member
17	Nguyen Trong Ho	Director of Elite Sport Department II, Vietnam Sports Administration	Member
18	Nguyen Van Binh	Director of Finance Planning, Vietnam Sports Administration	Member
29	Tan Le Minh	Director of Personnel Department , Vietnam Sports Administration	Member
20	Nguyen Hong Minh	Chief of Office, Vietnam Sports Administration	Member
21	Hoang Quoc Vinh	Director of International Relation Department, Vietnam Sports Administration	Member
22	Vu Van Thanh	Director of Hotel Department, Vietnam Tourism Administration	Member
23	Nguyen Manh Hung	Director of Ha Noi National Sports Training Center	Member
24	Le Hong Son	Director of Danang National Sports Training Center	Member
25	Dang Ha Viet	Director of Ho Chi Minh National Sports Training Center	Member
26	Phan Ngoc Tien	Director of Sport Program production Center, Vietnam Television	Member
27	Dam Quoc Chinh	Director of Sport information Center, Vietnam Sports Administration	Member
28	Hoang Du	Editor-in-chief, Vietnam Sport Newspaper	Member
29	Nguyen Phuc Linh	Deputy Director of Danang Department Culture, Sports and Tourism	Member
30	Tran Quoc Phuong	Deputy Director of Labor, Culture, Social, Ministry of Planning and Investment	Member
31	Le Manh Hung	Deputy Director of Student Affairs, Ministry of Education and Training	Member
32	Representative	Ministry of Finance	Member

3. VIETNAM OLYMPIC COMMITTEE

Contact Information

Address: No 36 Tran Phu street, Ba Dinh district, Ha Noi, Vietnam
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Email: olympic @vn.vnn ; voc@hn.vnn.vn
Tel: +84.4. 3845 7420 +84.4. 3747 3245
Fax: +84.4. 3843 6008

4. SPORT FEDERATIONS

International Bodybuilding & Fitness Federation (IFBB)

President: Dr. Rafael Santonja
Address: IFBB Head Office – Madrid, Spain
Tel: (+34)91535 2819
Email: internacional@santonija.com
Website: www.ifbb.com

Asian Federation of Bodybuilding & Fitness (AFBF)

President: H.E. Shaikh Abdullah Bin Rashid Al Khalifa
Address: Manama, Kingdom of Bahrain – P.O. Box 5754
Tel: (+973)17740435
Fax: (+973)17720084
Email: afbfags@gmail.com or tariqbbh@yahoo.com
Website: www.afbf.asia

Vietnam Bodybuilding and Weightlifting Federation (VBWF)

President: Mr. Hoang Xuan Luong
Secretary General: Mr. Do Dinh Khang
Address: 36 Tran Phu – Ba Dinh – Ha Noi, Vietnam
Tel: (+84) 4 - 37330098
Fax: (+84) 4- 3 7475909
Email: khangchienvn@gmail.com

5. MEMBERS OF OLYMPIC COUNCIL OF ASIA:

No.	Country/Region	Code	Region code
1	Afghanistan	AFG	SA
2	Bahrain	BRN	WA
3	Bangladesh	BAN	SA
4	Bhutan	BHU	SA
5	Brunei	BRU	SEA
6	Cambodia	CAM	SEA
7	China	CHN	EA
8	D.P.R. Korea	PRK	EA
9	Hong Kong, China	HKG	EA
10	India	IND	SA
11	Indonesia	INA	SEA
12	Iran	IRI	WA
13	Iraq	IRQ	WA
14	Japan	JPN	EA
15	Jordan	JOR	WA
16	Kazakhstan	KAZ	CA
17	Korea	KOR	EA
18	Kuwait	KUW	WA
19	Kyrgyzstan	KGZ	CA
20	Laos	LAO	SEA
21	Lebanon	LIB	WA
22	Macau, China	MAC	EA
23	Malaysia	MAS	SEA
24	Maldives	MDV	SA
25	Mongolia	MGL	EA
26	Myanmar	MYA	SEA
27	Nepal	NEP	SA
28	Oman	OMA	WA
29	Pakistan	PAK	SA
30	Palestine	PLE	WA
31	Philippines	PHI	SEA
32	Qatar	QAT	WA
33	Saudi Arabia	KSA	WA
34	Singapore	SIN	SEA
35	Sri Lanka	SRI	SA
36	Syria	SYR	WA
37	Chinese Taipei	TPE	EA
38	Tajikistan	TJK	CA
39	Thailand	THA	SEA
40	Timor- Leste	TLS	SEA
41	Turkmenistan	TKM	CA
42	United Arab Emirates	UAE	WA
43	Uzbekistan	UZB	CA
44	Vietnam	VIE	SEA
45	Yemen	YEM	WA

II. GENERAL INFORMATION

1. Vietnam country profile

Geography

Vietnam is situated towards the eastern part of the Indochinese Peninsula. The geographic coordinates of Vietnam consist of latitude 102° 08' - 109° 28' east and longitude 8° 02' - 23° 23' north. Its borders are with China in the north, Laos and Cambodia in the west and Eastern Sea in the east.

Weather

Vietnam is located in the tropical and temperate zone with high temperature and humidity all year round. Vietnam's different regions have different climates and the climate changes by season and by region from lowlands to highlands, from North to South and from East to West.

There are two major climate regions in Vietnam. Northern Vietnam has a tropical monsoon climate with four distinguishable seasons (spring, summer, autumn and winter). Southern Vietnam has a rather moderate tropical climate given the weak influence of monsoons and is characterized by dry and rainy seasons and warm weather all year round.

Climate

The average temperature in Vietnam varies between 21°C and 27°C and increases from the North to the South. In summer, the average temperature is 25°C (Ha Noi 23°C, Danang 25°C, Ho Chi Minh City 26°C). In winter, temperature in the North reaches the lowest in December and January.

Culture

The culture of Vietnam is agricultural civilization based on wet rice cultivating. The culture has been influenced by neighboring China due to long historical relations. One characteristic of Vietnamese culture is filial duty in the families. Education and self-betterment are highly valued. Vietnam has an age-long and special culture that is closely attached to the history of the formation and development of the nation.

Vietnam has 54 ethnicities living across the country and each ethnicity has its own cultural colour, thus, the Vietnamese culture is a diversified unification.

Population

The total population in Vietnam was last recorded at 90.7 million people in 2014. Vietnam is a multi-nationality country with 54 ethnic groups. The Viet (Kinh) people account for 87% of the country's population.

Languages

The official spoken and written language of Vietnam is Vietnamese, various other languages are spoken by several minority groups in Vietnam. English, French, Russian and Chinese are widely spoken.

Monetary unit

The monetary unit of Vietnam is Dong (VND). The currency exchange is approximately 1 US dollar = 22,000 VND. Most foreign currencies are easily changed at airports, banks, hotels or money changers.

2. Danang

Danang in brief

Danang, the host city of the 5th Asian Beach Games is located in the central part of Vietnam with a coastline 30 kilometers long, famous for many beautiful beaches stretching from the North to the South.

Danang is one of the largest tourist destinations in the country, and located in the central point of three World Cultural Heritage Sites in Central Vietnam including My Son Holy Land, Hoi An Ancient Town and Hue Citadel.

Geography

Danang is situated in the centre of Vietnam, 764km from Ha Noi and 964km from Ho Chi Minh City. It lies on the north-south transport axis of land, rail, sea and air routes.

The city has a natural land area of 1,283.42km², comprising 241.51km² of urban districts and 1,041.91 km² of rural districts.

Climate

Danang is located in the zone of typical tropical monsoon, temperate and equable climate. There are two seasons: the wet from August to December and the dry season from January to July.

Average temperature is about 26°C, the highest is 28-30°C in June - August. The average humidity is 83.4%; highest in October - November the average of 85.67 to 87.67%.

Climate data for Danang													
Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
Record high °C (°F)	32	35	37	41	39	38	38	38	37	36	35	32	41
	90	95	99	106	102	100	100	100	99	97	95	90	106
Average high °C (°F)	24.8	26.1	28.7	31.0	33.4	33.9	34.3	33.9	31.5	29.6	27.0	24.9	29.9
	76.6	79	83.7	87.8	92.1	93	93.7	93	88.7	85.3	80.6	76.8	85.8
Daily mean °C (°F)	21.7	23.0	25.1	27.2	29.2	29.7	29.8	29.7	27.8	26.4	24.3	22.1	26.3
	71.1	73.4	77.2	81	84.6	85.5	85.6	85.5	82	79.5	75.7	71.8	79.3
Average low °C (°F)	18.5	19.8	21.5	23.3	24.9	25.5	25.3	25.5	24.1	23.2	21.6	19.3	22.7
	65.3	67.6	70.7	73.9	76.8	77.9	77.5	77.9	75.4	73.8	70.9	66.7	72.9
Record low °C (°F)	8	7	11	7	18	20	17	21	21	12	7	11	7
	46	45	52	45	64	68	63	70	70	54	45	52	45
Avg. precipitation mm (inches)	96.2	33.0	22.4	26.9	62.6	87.1	85.6	103.0	349.7	612.8	366.2	199.0	2,044.5
	3.787	1.299	0.882	1.059	2.465	3.429	3.37	4.055	13.768	24.126	14.417	7.835	80.492

Transportation

Danang is on the North-South axis of roads, railways, waterways and airlines.

* Road: National Highways 1A and 14B run through the city, providing road connections to Hanoi in the north and Ho Chi Minh City in the south, as well as the Central Highlands and Laos to the west.

* Railway: Danang station is located in the center of city. The trans-Vietnam railway from Lang Son to Ho Chi Minh City goes through Danang. Danang is a major station along the North-South Railway, also known as the Reunification Express.

* Waterway: Tien Sa is one of the largest deep-water ports in central Vietnam. This is an international seaport receiving big vessels and is an excellent harbour located in a wonderful position.

* Airline: Danang International Airport, located at the center of the city, is the third largest international airport in Vietnam. It is an important gateway to access central of Vietnam. The airport has domestic connections to Ha Noi, Ho Chi Minh City, Hai Phong, Da Lat, Nha Trang, Buon Ma Thuot, Vinh, Can Tho and Pleiku, as well as international connections to China (Guangzhou, Kunming, Chengdu, Xian...), Siem Reap (Cambodia), Singapore, Korea (Incheon, Busan), Kuala Lumpur (Malaysia), Macau, Hong Kong and Narita (Japan).

3. The 5th Asian Beach Games in brief

The Asian Beach Games is a multi-sport event held every two years among athletes representing 45 National Olympic Committees from Asia. The Games is regulated by the Olympic Council of Asia. The Asian Beach Games celebrates cooperation and unity despite differences. Athletes from a wide variety of nations are able to travel, meet new people, and bring back memories about the rest of the world to their home nations. The Asian Beach Games forge unity and friendship between their member nations by joining athletes, trainers, and officials together. The 5th Asian Beach Games is to be held in Vietnam by 2016. The Olympic Council of Asia (OCA), the highest governing body of sports in Asia, has awarded the right to Vietnam to host the 5th Asian Beach Games during the 16th Guangzhou Asian Games in November, 2010.

The 5th Asian Beach Games is being pegged as the biggest ever in terms of the number of sports and participants that will revel in the pristine beaches of Danang - coming into mind the sea, sun and sand - these attributes make Danang a complete sporting destination that offers a lot beyond its beauty. Visitors to Danang will be welcome with the warm and beautiful smiles of its people, and will definitely be smitten by the distinct charm of the City.

Games Emblem

- The 5th Asian Beach Games emblem is designed to simulate waves and sand in the shape of young, healthy and dynamic athletes performing sports (volleyball, handball) with the symbol of the Olympic Council of Asia inside.

- With the power and strength of sports, all parts of the logo rise up to form a big V shape (which means "Vietnam", "Victory", "V"- the fifth in Greek symbol...) that affirm the role of the host country, highlight the competition spirit as well as the athletes' aspirations of winning.



The combination between the sea and the sand waving together reflects the strength and strong will of Vietnam Sports as well as carries the message of friendliness and welcome to all sport delegations; represents the solidarity and friendship of the Asian family with the expectation of a successful 5th Asian Beach Games.

Games Mascots:

- The 5th Asian Beach Games Mascot is swiftlet, a special characteristic of the coastal Central South of Vietnam which is famous for bird nests - a high economic value product in general and a specialty of Danang in particular.

- The mascot is a stylized boy with funny hair on top of the head, small V-shaped tail (a characteristic of swiftlet), holding a lighted torch which represents solidarity, peace and vitality of mankind. The sun of the Olympic Council of Asia and the traditional waves on the outfit of the Mascot symbolize the Asian Beach Games.



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The colors used for the Mascot are blue, red, black and yellow which represent blue sea, yellow sand and the bird's feathers. The Mascot with childish, lovely and innocent facial expression, simple shape and various colors is expected to touch people's hearts and easily to become a popular souvenir.

Slogan of the Games

SHINING SEA, BRIGHT FUTURE

"Shining" means the glory that gathers and spreads from the sea. It also looks like the sunshine, with gentle and intense moments, representing an exciting beach sports event taking place in the Asia. It highlights a dynamic and strong growing Asia with the power to inspire the world in not only sport but also the socio-economy of the continent for the development in the future.

The slogan conveys a message from Vietnam to the world about a beautiful Vietnam with glorious sunshine, blue sea, white sand, friendly and hospitable people that always express their solidarity and integration together in a peaceful world for a bright future.

4. Competition Program for the 5th Asian Beach Games 2016

No	Sports	Code	Day	No. of Events	September 24 th – October 3 rd														
					M	T	W	T	F	S	S	M	T	W	T	F	S	S	M
					19	20	21	22	23	24	25	26	27	28	29	30	01	02	03
					-5	-4	-3	-2	-1	OC	1	2	3	4	5	6	7	8	CC
	Opening Ceremony										OC								
1	Aquatic Sports																		
1.1	Marathon Swimming	AMS	2	4															
1.2	Beach Water Polo	ABW	7	1															
2	Beach Kabaddi	KAB	4	2															
3	Beach Soccer	FBS	10	1															
4	Beach Volleyball	BV	8	2															
5	Beach Handball	HBH	8	2															
6	3x3 Basketball	B33	4	2															
7	Beach Sepaktakraw	BSR	8	6															
8	Beach Martial Arts																		
8.1	Wrestling	BWR	3	8															
8.2	Sambo	SB	3	8															
8.3	Ju-Jitsu	JJ	3	18															
8.4	Kurash	KU	3	10															
8.5	Pencak Silat	PSB	5	18															
8.6	Vovinam	VV	3	9															
8.7	Muay	MY	5	16															
8.8	Traditional Martial Art	TMA	4	11															
9	Beach Shuttlecock	SC	6	7															
10	Beach Petanque	PQ	6	9															
11	Beach Bodybuilding	BO	2	7															
12	Beach Woodball	WOB	8	11															
13	Beach Rowing	ROB	5	6															
14	Beach Athletics	ABA	4	14															
	Closing Ceremony			172															

	Opening/Closing Ceremony
	Technical/Jury meeting
	Competition dates

Note: In the CC Column, the Sport has the same number is mean the same Venue

III. COMPETITION TECHNICAL INFORMATION

1. Dates

Bodybuilding competition for the 5th Asian Beach Games 2016 will be held in Danang, Vietnam, from September 27th to 28th, 2016.

2. Competition Venue

The 5th Asian Beach Games will be held along Vo Nguyen Giap and Truong Sa coastline Road, Danang city, which is divided into 4 main competition sections.

The Bodybuilding competition venue is located in the Section 1 at Bien Dong Park Beach, Danang city.

3. Events

Bodybuilding competition will comprise of seven (07) events

1. Up to & Include 158 cm	Max Weight (kg) = (Height (cm) – 100) + 0 (kg)
2. Up to & Include 162 cm	Max Weight (kg) = (Height (cm) – 100) + 0 (kg)
3. Up to & Include 165 cm	Max Weight (kg) = (Height (cm) – 100) + 1 (kg)
4. Up to & Include 168 cm	Max Weight (kg) = (Height (cm) – 100) + 2 (kg)
5. Up to & Include 172 cm	Max Weight (kg) = (Height (cm) – 100) + 3 (kg)
6. Up to & Include 176 cm	Max Weight (kg) = (Height (cm) – 100) + 4 (kg)
7. Up to & Include 180 cm	Max Weight (kg) = (Height (cm) – 100) + 5 (kg)

* Number of Medals

No.	Events	Maximum Number of Athletes	No. of Medals			
			Gold	Silver	Bronze	Total
1	Up to & Incl 158 cm	2	1	1	1	3
2	Up to & Incl 162 cm	2	1	1	1	3
3	Up to & Incl 165 cm	2	1	1	1	3
4	Up to & Incl 168 cm	2	1	1	1	3
5	Up to & Incl 172 cm	2	1	1	1	3
6	Up to & Incl 176 cm	2	1	1	1	3
7	Up to & Incl 180 cm	2	1	1	1	3
	Total	07	07	07	07	21

- Each National Olympic Committee may entry maximum 02 athletes per event.
- Each National Olympic Committee may send maximum 07 athletes
- Each NOC may enter a maximum of 02 delegates (one coach + one team manager).

4. Competition Management

4.1. Technical Delegate:

Email:

Mr. Tariq Ali Omar

tariqbhb@yahoo.com

4.2 Competition Manager:

Email:

Mr. Huynh Anh

huynhanh.vbbf@yahoo.com.vn

5. Competition Schedule

The daily competition schedule will be disclosed after the Entry by number is finalized.

6. General Rules and Regulations:

6.1 Competition Rules

The Bodybuilding Competition will be conducted in accordance to the AFBF 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 shall be resolved in accordance with Olympic Council of Asia (OCA) Constitution.

- Technical issues shall be resolved in accordance with international regulation of the AFBF/IFBB.

6.2 Weigh - in: The weigh - in shall be conducted by DABGOC and supervised by OCA and IFBB with representatives of the NOCs invited to witness the weigh - in on 26 September 2016 at 10:00 hrs at the competition venue.

6.3 Posing Music CD

Under the rules of the AFBF, all competitors will be required to hand in their music CDs, properly cued at the start of the music and should be handed to the Chairman of the judges' Committee during the Team Manager's meeting, said CD with must be housed within a protective plastic case with the competitor will not be registered for participation

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

7. Eligibility

7.1 Only OCA member NOCs are entitled to send athletes to participate in the 5th Asian Beach Games.

7.2 The 5th Asian Beach Games competition is reserved only for those athletes affiliated international sports federations.

7.3 All athletes participating in the 5th Asian Beach Games should be in conformity with OCA Constitution eligibility rules.

7.4 Each athlete must possess an International Competitor's Medical License; valid through 2016. The medical examinations should be carried out in the competitor's home country before taking part in the 5th Asian Beach Games.

8. Entries

8.1 Entries of each participating NOC must be submitted in accordance with the regulations laid-out by DABGOC.

8.2 Deadline for Entry by number (Preliminary): Each participating OCA member NOC must submit Entry by number to DABGOC by 24:00hrs Vietnam local time (GMT +7) by 30 April, 2016.

8.3 Deadline for Entry by name (final): The Entry by name must be received by DABGOC no later than 30 June, 2016 at 24.00hrs Vietnam local 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).

NOC may make changes or submit amended Entry by name up to and including the day of deadline, but no such amendments will be permitted after the deadline.

8.4 Both Entry by number and Entry by name may be sent by fax and subsequently confirmed with stamped original by posting to the following address:

5th Asian Beach Games Organizing Committee

Technical & Sports Sub Committee

Address: No 36 Tran Phu street, Ba Dinh district, Ha Noi, Vietnam

Website: abg2016.com

Email: technical@abgdanang2016.com

Tel: 84.4.3.747.6187

Fax: 84.4.3.823.2455

8.5 Any late entries will be decided by OCA for acceptance or rejection.

8.6. NOCs that withdraw their athletes after the submission of the final entries by name will be faced with disciplinary action by the OCA.

9. Technical Meeting

General Technical Meeting of Team Managers/Coach will be held on 24 September 2016 at 10:00 hrs at the competition venue.

Technical Official Meeting of judges will be held on 25 September 2016 at 10:00 hrs at the competition venue.

10. International Technical Officials

10.1 All International Technical Officials including the technical delegates will be proposed by the AFBF or IFBB and approved by OCA. OCA reserves the right to propose to the AFBF or IFBB to change any international technical official with justified reason.

10.2 All The international technical officials should have international recognition.

10.3 All National technical official and competition officials will be proposed by the NSF and approved by DABGOC.

11. Protests and Appeals

11.1 All technical protests should be carried out according to AFBB or IFBB procedures. A jury will be established by the AFBB or IFBB including representatives of OCA and the organizing committee.

11.2 Appeal against the Jury's decision can be brought to CAS.

12. Equipment and Clothing

12.1 The equipment used in the competition and clothes worn by the athletes and officials must comply with the rules and regulations of the OCA first then with AFBF regulations.

12.2 Each team must possess two different color sets of playing jerseys;

13. Penalties in Case of Fraud

A competitor proven to have fraudulently transgressed the Rules and Regulations of the Games shall be disqualified and lose any position he/she may have gained. If this competitor's member organization is proven to have been a party to the fraud, his/her NOC may be disqualified in the sport involved, by decision of OCA.

14. Gender Verification/Doping Control

14.1 Gender Verification tests may be carried out in accordance with the OCA Constitution and Rules.

14.2 Doping Control during the 5th Asian Beach Games will be conducted in accordance with OCA Anti- Doping Rules.

14.3 All competitors must go through the doping test three weeks prior to competition. Athletes to provide doping certificate form their recognized NADO certified by the NOC. Doping Control Certificate must be presented during the Delegation Registration Meeting (DRM) to complete final entry. Those who do not produce a doping certificate will not be eligible to participate.

14.4 The athletes to arrive 3 days before the competitions for pre competition doping tests which will be mandatory for all. Asian Federation of Bodybuilding & Fitness (AFBF) to provide funds for the additional pre competition tests.

14.5 All champion of each body – weight category will be tested for doping tests.

14.6 Competitors who are chosen to be tested will be notified after the match or out competition. When notified, the competitor accompanied by the Doping Control Assistant must proceed to the Doping Control Centre immediately for examination. The competitor must bring an Accreditation/ID Card along for verification. Those who are notified but do not arrive in time at the Centre will be treated as testing positive. Competitor must be either accompanied by team manager, coach of team doctor.

15. Victory Ceremony

Gold, silver and bronze medals will be awarded to the athletes ranked top three of each event respectively.

Fifteen minutes before the Victory Ceremony starts, the medalists shall be escorted to the Waiting Area to get ready for the ceremony. Medalists must wear their NOC official uniforms.

16. Media Interview

All athletes should pass through the Mixed Zone. Athletes and/or coaches should attend press conferences and interviews when requested.

17. Sport Information Center (SIC)

All sports information will be available at the sport information desks at the competition venue.

18. Approval of the Technical Handbook

This Technical Handbook was approved by Asian Federation of Bodybuilding & Fitness.

19. General Clause

Changes or revisions may be made after publication of this Technical Handbook. For reference and guidance, appropriate updates will be disseminated through the NOC.

V. VENUES MAP

EAST SEA PARK



No	No	No	No
1	4	7	10
2	5	8	
3	6	9	

1	BEACH SOCCER	4	BEACH KABADDI + WRESTLING	7	SAMBO + KURASH	10	MARATHON SWIMMING + WATER POLO
2	BASKETBALL 3X3	5	BODY BUILDING	8	PENCAK SILAT		
3	TRADITION ART + MUAY	6	JU-JITSU + VOVINAM	9	ROWING		