



**PHUKET 2014**  
Thailand

# TECHNICAL HANDBOOK

4<sup>th</sup> Asian Beach Games  
November 14-23, 2014  
Phuket, Thailand



## Beach Athletics







**PHUKET 2014**  
Thailand





## **Message from the Secretary-General**

On behalf of the Phuket Asian Beach Games Organizing Committee (PABGOC), it is an honor for me to welcome you to the 4th Asian Beach Games to be held from November 14 to 23, 2014, in Phuket, Thailand.

Each edition is a testament that the Olympic Council of Asia, together with the Host Cities, have planned and worked hard to make the Asian Beach Games what it is right now – an exemplary Games platform across continents that mixes the elements of fun and intense competition. The fourth edition is bigger and better – a total of 32 disciplines in 23 Sports – which raises the bar for more individuals, teams and delegates to take part in the Asian Beach Games.

PABGOC is more than eager to welcome all participants to the pristine beaches of Phuket. The event definitely promises a perfect setting for the high-level of competition with a magnificent view of the island as the main backdrop.

Our Sports Technical Committee has prepared this Technical Handbook to set the guidelines and regulations pertaining to the sports competition program for the 4th Asian Beach Games. This handbook will serve as a guide to all participants of the fourth edition of the Asian Beach Games that covers the pertinent information about the Games and the technical aspect for each sport.

We wish everyone a productive endeavor in preparation for the 4th Asian Beach Games.

**KANOKPHAND CHULAKASEM**

Secretary-General

Phuket Asian Beach Games Organizing Committee

Chairman, Sport Technical Committee





OLYMPIC COUNCIL OF ASIA

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**Vice Presidents**

**Secretary General**

**Chairman of Information & Statistics Committee**

**Chairman of Rules Committee**

**Chairwoman of Women Committee**

**Chairman of International Relations Committee**

**Chairman of Advisory Committee**

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**Chairman of Medical Committee**

**Chairman of Sports Environment Committee**

**Chairman of Athletes Committee**

**Chairman of Sports Committee**

**Chairman of Sports for All Committee**

**Chairman of Media Committee**

**Chairman of Finance Committee**

**Chairman of Culture Committee**

**Chairman of Education Committee**

**Chairman of Coordination Committee**

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**Director General & Technical Director**

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**Website**

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Dr. Rashed Hamed Al Heaiwel Al Sebaie (Saudi Arabia)

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Mr. Habib Abdul Nabi Yousuf Macki (Oman)

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## Phuket Asian Beach Games Organizing Committee

### Chairman of High Committee

**Ms. Yingluck Shinawatra**

Prime Minister of The Kingdom of Thailand  
Chairman - Board of Directors of the 4th Asian Beach Games 2014

### High Committee Members

**Mr. Somsak Pureesrisak**

Minister of Tourism and Sports of Thailand  
Chairman - Organizing Committee

**Mr. Kanokphand Chulakasem**

Governor of Sports Authority of Thailand  
Chairman - Secretariat Office  
Chairman - Sports Technical Committee

**Pol.Gen. Adul Saengsingkaew**

Police Commissioner - General  
Chairman - Security and Traffic Committee

**Mr. Somsak Chotrattanasiri**

Director of Bureau of the Budget  
Chairman - Budgeting & Privileges Committee

**Mr. Mitri Intusut**

Governor of Phuket  
Chairman - Accommodation, Transportation and Protocol Committee

**Mr. Thawatchai Arunyik**

Governor of Tourism Authority of Thailand  
Chairman - Public Relations Committee

**Mr. Narong Sahametapat, M.D.**

Permanent Secretary of Ministry of Public Health  
Chairman - Medical and Doping Control Committee

**Maj. Gen Charouck Arirachakaran**

Vice President & Secretary General of NOCT.  
Chairman - Protocol and Ceremony Committee



## Sport Federation

### International Association of Athletics Federation

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### Asian Athletics Association

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<b>Fax.</b>	: +6625643355, +6625643555
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<b>Website</b>	: <a href="http://www.aat.or.th">www.aat.or.th</a>





## Technical Officials

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### **Sports Competition Manager**

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usanee@phuketthailand2014.com

### **Competition Manager**














































Email

**Pol. Maj. Gen. Surapong Ariyamongkol**

surapong@aat.or.th



## Member Countries & Regions

No.	Country/Region	Country Code	Region Code
1	 Afghanistan	AFG	SA
2	 Bahrain	BRN	WA
3	 Bangladesh	BAN	SA
4	 Bhutan	BHU	SA
5	 Brunei Darussalam	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



## Quick Facts about Phuket

### **Introduction to Phuket**

Phuket is an island connected by bridges to southern Thailand's Andaman Sea coast, in the Indian Ocean, lying between 7°45" and 8°15" north latitude, and from 98°15" to 98°40" west longitude on the map. Phuket, Thailand's largest islands, is surrounded by 32 smaller islands that form part of the same administration, with a total area of 570 square kilometers. Measured at its widest point, Phuket is 21.3 kilometers; at its longest, 48.7 kilometers.

Phuket's weather conditions are dominated by monsoon winds that blow year round. It is therefore always warm and humid. There are two distinct seasons, rainy and dry. The rainy season begins in May and lasts till October, during which the monsoon blows from the southwest. The dry season is from November through April, when the monsoon comes from the northeast.

### **Transportation / Getting Here**

Phuket Airport is now an international airport, so Phuket can be reached directly from points all over the world.

Bangkok Airways and Phuket Air have daily flights connecting Phuket with Bangkok, Pattaya and Samui. Thai Airways has numerous daily flights servicing the Bangkok-Phuket route. In addition, they have regular flights connecting Phuket with Hat Yai, Surat Thani, and Narathiwat.

From Bangkok the total distance is about 867 kms. Bus transport includes both air and non-air conditioned coaches leaving from Bangkok's Southern Bus Terminal several times a day.

### **Recreation**

Phuket offers an unrivalled selection of water sports, including deep-sea fishing, snorkeling and scuba diving. The area has become one of Asia's premier yachting destinations with yachts from every continent represented in Phuket's marinas.

There are four world-class golf courses on the island. Other activities include mountain biking, go carting, bungee jumping, horseback riding and shooting.

Spend a morning indulging in your favorite water sport, and then spend your afternoon on an elephant safari. Lie by the beach all day, or visit a spa and get thoroughly pampered. Choose to do nothing or everything - the opportunities are endless.

### **Attractions**

Phuket is incredibly diverse, with rocky and sandy beaches, tall cliffs, forests, waterfalls and temples.

Of course, Phuket's limestone cliffs and palm-fringed tropical beaches are its biggest attractions. Each of Phuket's many beaches has a character and charm of its own and is separated from its neighbors by picturesque headlands. From busy fun beaches, to secluded coves of fine white sand, there is bound to be at least one to suit the mood and mindset of every visitor to the island.

Visitors to Phuket Province generally head for the sea, but the interior is worth exploring for its vivid patchwork of plantations and rice paddies. Take a trek into the island's jungles on an elephant's back or hike through the virgin forests of Khao Phra Thaew, the last remaining rain forest of the island.



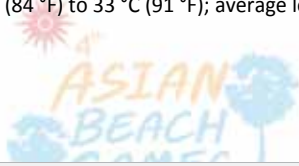
## Nightlife Shopping & Dining

Phuket offers so much for everyone. Walk through some bustling open-air markets laden with the freshest seafood, fruits, vegetables, and sample from vendors selling all manner of tasty treats. Visit some of Phuket's up market boutiques and antique stores situated in renovated Chinese shop houses, or Sino-Portuguese buildings.

Not only do most of the major hotels and resorts offer a wide selection of quality international restaurants and bars, featuring cabaret shows and live music, but every tourist centre has numerous other entertainment venues. Patong is undoubtedly the epicenter of the island's entertainment scene, boasting a wealth of bars, clubs, live music, and cabaret shows, yet there is still plenty to discover around the island, with Kata/Karon and Phuket town offering such a diverse range of clubs and nightspots that it's difficult to know where to start.

## Weather and Climate of Phuket

Phuket has a tropical climate, more specifically a tropical monsoon climate, with a dry season from November to April and a rainy season from May to October. Average temperatures are consistent year-round. Average highs range from 29 °C (84 °F) to 33 °C (91 °F); average lows range from 23 °C (73 °F) to 26 °C (79 °F).



Climate data for Phuket

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
Average high °C (°F)	31.8 (89.2)	32.9 (91.2)	33.5 (92.3)	33.4 (92.1)	32.0 (89.6)	31.6 (88.9)	31.2 (88.2)	31.2 (88.2)	30.7 (87.3)	30.9 (87.6)	31.0 (87.8)	31.2 (88.2)	31.8 (89.2)
Daily mean °C (°F)	27.9 (82.2)	28.7 (83.7)	29.3 (84.7)	29.5 (85.1)	28.4 (83.1)	28.3 (82.9)	27.8 (82.0)	27.9 (82.2)	27.3 (81.1)	27.4 (81.3)	27.5 (81.5)	27.6 (81.7)	28.1 (82.6)
Average low °C (°F)	23.3 (73.9)	23.7 (74.7)	24.3 (75.7)	24.8 (76.6)	24.5 (76.1)	24.5 (76.1)	24.2 (75.6)	24.4 (75.9)	23.9 (75.0)	23.8 (74.8)	23.8 (74.8)	23.7 (74.7)	24.1 (75.4)
Precipitation mm (inches)	29.8 (1.17)	20.9 (0.82)	49.1 (1.93)	121.9 (4.79)	319.4 (12.57)	268.9 (10.58)	290.5 (11.43)	272.6 (10.73)	399.0 (15.70)	309.6 (12.18)	175.7 (6.91)	59.4 (2.33)	2,316.8 (91.21)
Avg. rainy days	4	3	5	11	21	19	19	19	23	22	16	8	170
Mean monthly sunshine hours	286.2	271.5	282.3	247.9	188.5	139.5	172.6	174.1	143.2	179.8	197.1	244.3	2,527.0



## PHUKET 2014 Thailand

The emblem of the 4<sup>th</sup> Asian Beach Games was driven by Phuket's very own beauty and by one of Phuket's most mesmerizing sceneries of Laem Promthep with such beauty that Phuket possesses, Phuket is also widely recognized as the "Pearl of the Andaman and the Southern Paradise" where athletes, spectators and tourists could enjoy watching the ongoing game while at the same time allowing themselves to serenely sink into the spell-binding beauty of Phuket beaches and sceneries. The two palm trees standing side by side represents the coming together of athletes and of all participants from different nations and races, to unite and to participate together in the 4<sup>th</sup> Asian Beach Games.

As for the middle, the Asian Beach Games is the center of this beautiful bonding between the races in which the athletes represents. The ocean waves tinted in the color of the Thai flag symbolizes the qualities in which Thailand possesses; the Thai flag swirling could be understood as a representation of the determination of the athletes in participating in the competition.



"Sea turtle" is a symbol of endurance fertility, sustainability and growth. As Phuket is a home to many rare species of sea turtle, it is a chance to announce to the participants of the 4th Asian Beach Games and also to the public that Thailand pays great attention and an important role to the conservation of sea turtle.

As sea turtle are amphibious creatures, living both on land and in the sea, the 4th Asian Beach Games will have both beach sports and water sports which at the same time is an excellent symbol of the relationships of the different countries in Asia..

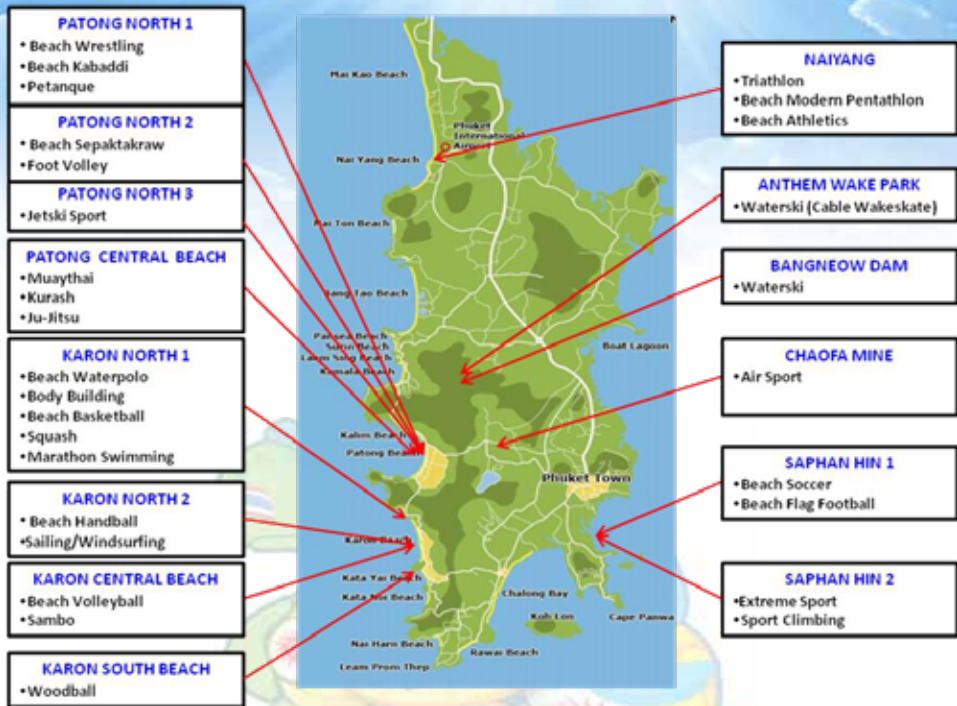
The name Sintu (สินธุ์), Sakorn (สาคร), Samut (สมุทร) shares the same meaning of water. Could be metaphorically be compared to the qualities of athletes which includes the qualities such as tolerance, tranquility, unity, acceptance, sportsmanship and friendship.



## Competition Program for the 4<sup>th</sup> Asian Beach Games 2014 14 - 23 November 2014 in Phuket, Thailand

No.	Sports	Code	Day	No. of Events	November																			Medals			
					11	12	13	14	15	16	17	18	19	20	21	22	23	G	S	B	TOTAL						
Opening Ceremony																											
Chaofa Mine																											
1	Air Sport																										
	Paragliding	APG	7	4																4	4	4	12				
	Power Paragliding	APP	7	4															4	4	4	12					
Karon Beach																											
2	Aquatics																										
	Beach Water Polo	ABW	5	1															1	1	1	3					
	Marathon Swimming	AMS	2	4														4	4	4	12						
3	Beach Handball	HBH	8	2														2	2	2	6						
4	Sambo	SB	2	7														7	7	14	28						
5	Beach Volleyball	VBB	8	2														2	2	2	6						
6	Woodball	WO	6	8														8	8	12	28						
7	Beach Basketball	BBK	4	2														2	2	2	6						
8	Bodybuilding	BO	2	6														6	6	6	18						
9	Sailing																										
	Sailing	SA	4	5														5	5	5	15						
	Windsurfing	SWS	4	4													4	4	4	12							
10	Squash	SQ	5	2													2	2	4	8							
Patong Beach																											
11	Beach Kabaddi	KAB	4	2													2	2	4	8							
12	Beach Wrestling	BWR	4	6													6	6	12	24							
13	Ju-Jitsu	JJ	2	12													12	12	24	48							
14	Kurash	KU	3	8													8	8	16	32							
15	Muaythai	MY	6	16													16	16	32	64							
16	Petanque	PQ	6	9													9	9	18	36							
17	Beach Sepaktakraw	SBS	8	6													6	6	12	24							
18	Foot Volley	FV	2	1													1	1	2	4							
19	Jetski Sport	JS	3	6													6	6	6	18							
Nai-Yang Beach																											
20	Beach Modern Pentathlon	BMP	3	3													3	3	3	9							
21	Triathlon																										
	Duathlon	TRD	1	3													3	3	3	9							
	Triathlon	TRD	1	3													3	3	3	9							
22	Beach Athletics	BAT	4	13													13	13	13	39							
Bangneow Dam/Anthem Wake Park																											
23	Waterski																										
	Waterski/Wakeboard	WSW	4	8													8	8	8	24							
	Cable Wakeboard/Wakeskate	WSH	3	5												5	5	5	15								
Saphan Hin Sport Center																											
24	Beach Flag Football	BFF	3	1												1	1	2	4								
25	Beach Soccer	FBS	7	1												1	1	1	3								
26	Extreme Sports																										
	Inline Stunt	EIS	4	3												3	3	3	9								
	Skateboard	EXS	4	3												3	3	3	9								
	BMX Freestyle	EXF	4	4												4	4	4	12								
	Sport Climbing	ESC	2	4											4	4	4	12									
Closing Ceremony																											
				168													168	168	242	578							

### 4<sup>th</sup> ABG COMPETITION VENUES





**VENUE : CHAO-FAH MINE  
BANG-NIEW DAM  
NAI-YANG BEACH**



**PARAGLIDING**  
**POWER PARAGLIDING**



CHAO-FAH MINE



**WATER SKI**  
**WAKE BOARDING**



BANG-NIEW DAM



**TRIATHLON**  
**BEACH MODERN PENTATHLON**



**BEACH ATHLETICS**



NAI-YANG BEACH







## Technical Delegate Profile



### **C.K.Valson**

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## Competition Technical Information

BEACH ATHLETICS								
No.	Events	Number of Athletes		Maximum Number of Athletes	No. of Medals			
		Men	Women		Gold	Silver	Bronze	Total
1	60m	2	2		2	2	2	6
2	Shot Put	2	2	4	2	2	2	6
3	Long Jump	2	2	4	2	2	2	6
4	High Jump	2	2	4	2	2	2	6
5	Cross Country Team	5	5	10	2	2	2	6
6	Cross Country Individual				2	2	2	6
7	60mts Mixed shuttle relay	4+2	4+2	12	1	1	1	3

**Maximum Number of Athletes for each National Olympic Committee : 34**

- Each participating NOC may enter a maximum of thirty four (34) athletes.
- Each participating NOC may enter a maximum of seventeen(17) men athletes and seventeen (17) women athletes.
- Two (2) athletes in 60m must participate in the 60m Mixed Shuttle Relay.
- Cross-country will consist of team and Individual events.
- Top 3 individual finishers of Cross-country will be awarded medals
- Top 3 teams with the lowest penalty scores of Cross-country will be awarded the team medals.

### 1. Date and Place

**1.1 Beach Athletics (BAT)** competition for the 4<sup>th</sup> Asian Beach Games Phuket 2014 will be held in Phuket, Thailand from 19-22 November 2014.

### 2. Competition Venue

**2.1** Beach Athletics venue is located at Naiyang Beach, 5 minutes away from Phuket International Airport.

### 3. Events

**3.1** Beach Athletics competition will comprise of 13 events, namely:

	Men		Women
1	60m	7	60m
2	Shot Put	8	Shot Put
3	Long Jump	9	Long Jump
4	High Jump	10	High Jump
5	Cross Country Team	11	Cross Country Team
6	Cross Country Individual	12	CrossCountry Individual
13	60mts Mixed shuttle relay		



#### 4. Competition Schedule

Date	Event
19.11.2014	- Long Jump Men Qualify Round - Shot Put Men Qualify Round - 60 m. Women Heats - 60 m. Men Heats - High Jump Women Qualify - 60 m. Women Semi-final - 60 m. Men Semi-final
20.11.2014	- Long Jump Women Qualify Round - High Jump Women Final - Shot Put Men Final - Long Jump Men Final - 60 m. Women Final - 60 m. Men Final
21.11.2014	- Long Jump Women Final - Shot Put Women Final - High Jump Men Qualify - 4 x 60 m. (M - Relay) Heats - Cross Country Women Final
22.11.2014	- High Jump Men Final - Cross Country Men Final - 4 x 60 m. (M - Relay) Final

#### 5. Eligibility

**5.1 The 4<sup>th</sup> Asian Beach Games Athletics Competitions is reserved for athletes representing the OCA member National Olympic Committee.**

**5.2 Only competitions who comply with the conditions laid down in the OCA Constitution and IAAF Rules are entitled to participate.**

#### 6. Entries

**6.1** Entries of each participating NOC must be submitted in accordance with the regulations laid-out by PABGOC.

##### **6.2 Deadline for Entry by Number Forms (Preliminary)**

Each participating OCA member NOC must submit Entry by Number Forms to PABGOC by 24.00hrs

Thailand local time (GMT +7) by **30 June 2014**. This form may be submitted by fax. Original form must be presented during the DRM. PABGOC's detailed address, telephone and fax may be found on the entry form.

##### **6.3 Deadline for Entry by Name Forms (Final)**

The Entry by Name Forms must be received by PABGOC no later than **31 August 2014** at 24.00hrs Thailand local time (GMT +7). The completed Entry by Name Forms must be submitted for each athlete and must include all necessary information including athlete's full name.

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

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

**6.5** Both Entries by Number and Name Forms may be sent by fax and subsequently confirmed with stamped original by posting to the following address:

**Sports Entries/4<sup>th</sup> ABG**

c/o **Tatchanart Tongprakob**

Sports Directorate, Phuket Asian Beach Games Organizing Committee  
13<sup>th</sup> Floor, SAT Building, 286 Ramkhamhaeng Road, Huamark, Bangkok,  
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**6.6** If forms are sent by e-mail or fax, the Chef de Mission must bring the original Sports Entry Forms during the Delegation Registration Meeting (DRM)

## 7. Technical Meetings

Technical Delegate and Technical Officials Meeting will be held on 18<sup>th</sup> November 2014 at 15.00hrs.

General Technical Meeting of Team Managers/Coaches will be held on 18<sup>th</sup> November 2014 at 10.00hrs

## 8. General Rules and Regulations

### **Technical Organization**

THAI Athletics Federation under the guidance of technical delegate will be responsible for the technical organization of the Beach Athletics competition, in collaboration with the Asian Athletics Association.

### 9. Accommodation and Transportation

The Organization Committee will pay expenses for accommodation, meals and local transportation of the Technical Delegate and International Technical officials appointed by the **AAA** / National Athletics Association of those respective countries.

### 10. Technical Officials

#### **10.1 Referees and Officials**

The referees for this competition will from **Thai Athletics Association** and recognized by **AAA**.

#### **10.2 Technical Officials**

AAA will appoint international technical Officials

**10.3 OCA**, with justified reason, may propose to **AAA** some changes of international technical official.



### **11. Protests and Appeals**

Protest and complaints will be handled according to the regulations of the **IAAF**. The participating **NOC** has the right to appeal to **CAS** against the decision of **AAA**.

### **12. Dress Codes**

The Attire for Beach athletic competition should confirm to the regulations stipulated by **Olympic Council of Asia (OCA)**

### **13. Sports Equipment**

Equipment and facilities will be in accordance with the regulation of Specifications set by the **IAAF**

### **14. Penalties in Case of Fraud**

A competitor proven to have fraudulently transgressed the Rules and Regulations of the Games Federation, 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 the **OCA**.

### **15. Doping Control/Gender Verification**

**15.1** Doping Control for all event of the **PHUKET 2014, 4<sup>th</sup> Asian Beach Games** will be conducted according to **OCA** Medical Committee directions and will follow the procedures specified by the **World Anti Doping Agency (WADA)**

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

**15.3** Competitors who are chosen to be tested will be notified after the event or out competition, when notified, the competitors must proceed to the Doping Centre within an hour for examination. The competitor must bring an **AD/ID Card** along for verification. Those who are notified but do not arrive at the centre will be treated as testing positive. Competitor must be accompanied either by team manager, coach or team doctor.

### **16. Victory Ceremonies**

The ceremony will be in Thai and English. Medals, flowers and mascot bearers will enter the field-of-play and take position. Players will be escorted to the podium. The medals will be presented by the **OCA** President or his representative or by the **AAA** representative. The national anthem of the gold medalist will be played and the flag of the winners will be hoisted. Winners must wear their **NOC** official sport uniform.

### **17. Media Interviews**

Competitors should go through the mixed-zone after their contest  
Competitors will be invited to attend press conferences/interviews when requested.

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

**AAA** shall approve this Technical Handbook

### **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**.





# PHUKET 2014

Thailand







Celebrate Charming  
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