



WBPF / ABBF KOREA

Under The Umbrella Of The

WORLD BODYBUILDING AND PHYSIQUE SPORTS FEDERATION

14TH WORLD BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS 2023

6TH - 12TH NOVEMBER 2023

OAK VALLEY RESORT, WONJU CITY, GANGWOK PROVINCE, SOUTH KOREA

INSPECTION REPORT



Christina Y. Kam



Datuk Paul Ch



CONGRATULATIONS MESSAGE FROM DATUK PAUL CHUA, PRESIDENT OF WORLD BODYBUILDING, AND FEDERATION

The 14th World Bodybuilding Championships and Congress to be held at Oak Valley Resort, Wonju City, Gangwon Province from 6th to 12th November 2023 will not have materialized without the immediate response from the newly elected President Ms. Lee Young Seo of WBPF/ABBF Korea and Mr. Diesel Seo Moon Seok, it's Executive Director.

There were no takers for the year 2023, and as President of WBPF, I am indeed grateful to WBPF/ABBF Korea for rescuing this year's world event.

There is no government funding or support for this championship. Ms. Lee took the challenge to organize this world event with her own funds together with Diesel Seo.

We are proud to have people like Ms. Lee and Mr. Diesel who are committed, dedicated, and devoted to our sport.

It is an enormous task to handle with over 400 athletes and 150 officials to be taken care of, and on behalf of WBPF, I would like to thank President Lee and Diesel Seo and their volunteers for their hard work in making our stay comfortable as possible.

I wish all delegates and competitors an enjoyable time in Gangwon Province.

Thank you WBPF/ABBF KOREA



MESSAGE FROM CHRISTINA KAM, WBPf EXECUTIVE DIRECTOR

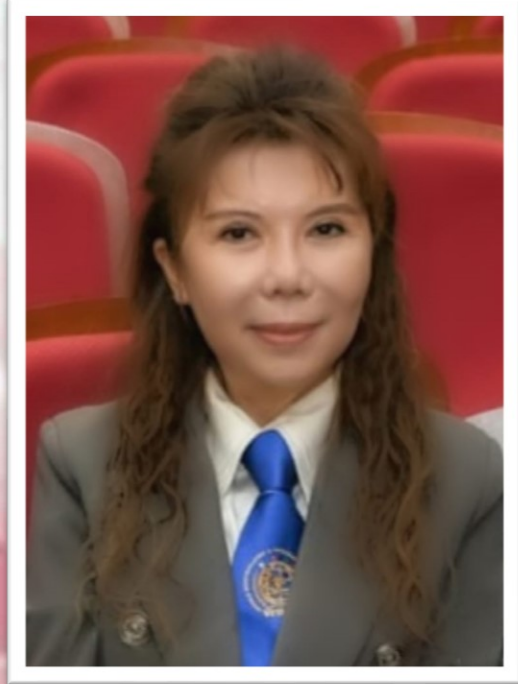
I am impressed with the quality of enthusiasm and energy of the organizer for the 14th World Bodybuilding and Physique Championships and Congress in Oak Valley Resort, Wonju City, Gangwon Province from 6th to 12th November 2023.

The WBPf/ABBF Korea has taken every step to ensure the success of the world competition. They are providing one of the best venues at the Oak Valley Resort and nice meeting rooms for all our functions.

We are fortunate that the two main people, President Ms. Lee Young Seo and Mr. Diesel Seo are experienced in hosting major events, and they are knowledgeable about all the requirements and needs of our sport.

The 14th series will be a great success for you to remember, and I urge you to participate and enjoy the hospitality of our Korean family.

Thank you all



MESSAGE FROM PRESIDENT LEE YOUNG SEO OF WBPF/ABBF KOREA



To all our dear delegates and athletes of the WBPF

I welcome you all to the 14th World Bodybuilding and Physique Sports Championships and Annual Congress to be held at Oak Valley Resort, Wonju City, Gangwon Province from 6th to 12th November 2023.

It is an honor for us to be given the opportunity to organize this year's world event in our country. We have recruited many volunteers to assist us in ensuring the success of this great world championship.

We are all fortunate to have the capable, experienced, and sterling leadership of President

Datuk Paul Chua in the WBPF. He works tirelessly for our sport at his age, and his guidance is a valuable asset to our WBPF.

Another person I would like to mention is our dear Christina Kam, Executive Director of WBPF. She is a dynamic individual with great knowledge of the judging system and has assisted us in conducting a successful judging seminar during her inspection trip to Seoul in early April 2023.

We are organizing this world event to develop the image of WBPF in Korea and to showcase our passion for our sport to the world.

Be assured that we will not leave any stone unturned, but for any reason, if there were to be any errors on our part, please do understand as this is a huge major event.

Again, I seek your support in making this world championships a great success.

United, we stand, divided we fall.

Thank you, and I am looking forward to seeing all our family members in Gangwon Province in November.

MESSAGE FROM EXECUTIVE DIRECTOR OF WBPf /ABBF KOREA - DIESEL SEO MOON SEOK



Korea has hosted under the WBPf/ABBF banner one Asian in 2017 in Seoul and World championships in 2019 at Jeju Island. This year, we again shall be hosting the 14th WBPf World Bodybuilding and Physique Sports Championships in Oak Valley Resort, Wonju City, Gangwon Province from 6th to 12th November 2023.

When we visited Datuk Paul Chua in Singapore in 2022, he asked us if we could organize the 14th World Bodybuilding and Physique Sports Championships as there were no countries to take it up due to the pandemic. Ms. Lee and I straightway responded positively that we will take up the challenge and organize in South Korea.

We hold great respect for Datuk Paul Chua for his honesty, dedication, and integrity, and we love him as the "father of bodybuilding." We felt that it is our duty to support him and the WBPf family.

We did a great inspection in the first week of April together with President Chua and Ms. Christina Kam. WBPf Executive Director at the Oak Valley Resort in Gangwon Province.

The venue and location are ideal for a large gathering of over 500 to 600 people and all the facilities are in one place.

I welcome all my old friends (delegates and athletes) and am looking forward to meeting all old and new friends in the month of November.

We will do our very best to make all of you a memorable stay with us at Gangwon Province.

Best wishes to all.

BRIEF HISTORY OF WONJU CITY, GANGWON PROVINCE, SOUTH KOREA

Wonju City is situated in the Gangwon Province. A serene area, mountainous and forested in the northeast of South Korea. It takes approximately 1hr. 30-minute drive from Wonju City to Seoul

The WBPF/ABBF Korea have meticulously selected the Oak Valley Resort as the venue of the competition and Congress due to the best facilities available for a major event like the 14th WBPF World Bodybuilding and Physique Sports Championships where all delegates and athletes could assemble and stay in one large hotel.

President Lee Young Seo and Executive Director Diesel Seo and their Organizing Committee will do their best to welcome you and ensure your stay is as comfortable as possible.



Oak Valley Resort Hotel, Wonju City, Gangwon Province ...

OAK VALLEY RESORT

Address: 1-Gil, Jijeong-Myeon, Wonju-Si, Gangwon-Do,
South Korea.

Tel: +82-1588-7676

Email: oakvalley@hdc.resort.com

VENUE OF THE COMPETITION

The 3 days competition will take place in the Oak Valley Resort Hotel, which could accommodate over 2000 people seating capacity. The stage is large and spacious. It is ideal for bodybuilding and physique sports activities.

Excellent sound system and is fully equipped with the best LED video wall system



The Competition Hall Is At The Oak Valley Resort Hotel...

HOTEL ACCOMMODATIONS IN OAK VALLEY RESORT

All Executive Council Members, Delegates, and Athletes will be accommodated at the Oak Valley Resort Hotel.

They have various types of rooms available and shall be able to accommodate everyone in the same hotel.



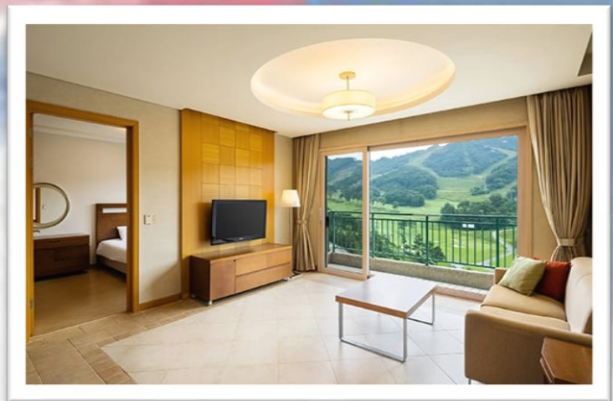
Twin Bed Room...



Double Bedroom...



Family Room For 3 To 4 People...



Family Room 3 Person In A Room...

OTHER AMENITIES



Large And Spacious Dining Hall For Breakfast, Lunch, And Dinner ...



GS 25 Convenient Store ...



Angel In Us...



Oak Café...



TENTATIVE DAILY PROGRAM FROM 6TH TO 12TH NOVEMBER 2023

6TH NOVEMBER (MONDAY)

The arrival of all Executive Council and Sub-Committee Members, Participating teams, delegates and officials.

Check into the Oak Valley Resort Hotel. Prior to the allocation of rooms, all officials and athletes need to pay their registration fee to the officers in charge at the lobby's registration desk. You will be issued the I.D. card and other relevant information. Executive Council members and their spouses are exempted from paying the registration fees.

12:00 PM to 02.30 PM	Lunch at the dining hall provided that the organizer is informed in advance of the number of people having their lunch on 6th November 2023, failing which there will be no lunch for those who fail to notify the organizer.
06:30 PM to 08:30 PM	Dinner for all will be served at the dining hall.

7TH NOVEMBER (TUESDAY)

06:30 AM to 09:30 AM	Breakfast for all officials and athletes at the dining hall.
09:30 AM to 10:30 AM	Team Managers Meeting at the lobby level meeting room.
10:30 AM to 11:30 AM	Judges Meeting at the lobby level meeting room
12:00 PM to 02:30 PM	Lunch at the dining hall.
03:00 PM Onwards	WBPF Executive Council meeting at the lobby level meeting room. (NOTE: ONLY WBPF EXECUTIVE COUNCIL MEMBERS & SUB-COMMITTEE CHAIRMAN AND SECRETARY ARE REQUIRED TO ATTEND.)
06:30 PM to 08:30 PM	Dinner for all will be served at the dining hall.

8TH NOVEMBER (WEDNESDAY)

06:30 AM to 09:30 AM	Breakfast for officials and athletes at the dining hall.
09:00 AM Onwards	WBPF Annual Congress at the meeting hall of the lobby. (NOTE: ALL DELEGATES MUST ATTEND THE CONGRESS. IT IS COMPULSORY.)
12:00 PM to 02:30 PM	Lunch at the dining hall

03:00 PM Onwards	Weigh-in of all weight categories and Height measurements and checking of age groups at the hall of the lobby.
06:30 PM to 08:30 PM	Dinner for all will be served at the dining hall.
9TH NOVEMBER (THURSDAY)	
06:30 AM to 09:30 AM	Breakfast for all will be served at the dining hall.
10:00 AM Onwards	<p>Pre-judging and finals at the competition hall in the hotel lobby.</p> <p>Total: 19 events</p> <ul style="list-style-type: none"> • Men's Junior Bodybuilding up to 75kg • Men's Junior Bodybuilding over 75kg • Men's Bodybuilding up to 55kg • Men's Bodybuilding up to 60kg • Men's Bodybuilding up to 65kg • Men's Bodybuilding up to 70kg • Men's Master Bodybuilding 40-49 yrs. up to 80kg • Men's Master Bodybuilding 40-49 yrs. over 80kg • Men's Master Bodybuilding 50-60 yrs. up to 80kg • Men's Master Bodybuilding 50-60 yrs. over 80kg • Men's Master Bodybuilding over 60 yrs. • Men's Fitness Physique up to 170 cm • Men's Fitness Physique over 170 cm • Women's Bodybuilding up to 55 kg • Women's Bodybuilding over 55 kg • Women's Fitness Physique up to 165 cm • Women's Fitness Physique over 165 cm • Women's Junior Model Physique 21 yrs. and under • Women's Junior Fitness Physique 21 yrs. and under
12:00 PM to 02:30 PM	Lunch will be served at the dining hall
03:00 PM	Opening Ceremony and Parade of the Nation's (march-past)
04:00 PM Onwards	Final Round and prize distribution
07:30 PM to 10:00 PM	Dinner for all at the dining hall
10TH NOVEMBER (FRIDAY)	
06:30 AM to 09:30 AM	Breakfast for all will be served at the dining hall
10:00 AM Onwards	Pre-judging and finals at the competition hall.

	<p>Total 20 events</p> <ul style="list-style-type: none"> • Men's Bodybuilding up to 75kg • Men's Bodybuilding up to 80kg • Men's Bodybuilding up to 85kg • Teenager Athletic Physique (Male) 15-18 yrs. - Open Category • Teenager Athletic Physique Female) 15-18 yrs. - Open Category • Men's Athletic Physique up to 160 cm • Men's Athletic Physique up to 167 cm • Men's Athletic Physique up to 175 cm • Men's Sports Physique up to 170 cm • Men's Sports Physique up to 175 cm • Men's Sports Physique up to 180 cm • Men's Sports Physique over 180 cm • Women's Sports Physique up to 165 cm • Women's Sports Physique over 165 cm • Women's Ladies Sports Physique over 35 yrs. • Women's One Piece Swimsuit • Women's Model Physique up to 155 cm • Women's Model Physique up to 160 cm • Women's Model Physique up to 165 cm • Mixed Pairs
12:00 PM to 02:30 PM	Lunch will be served at the dining hall
03:00 PM Onwards	Final Round and prize presentation
07:00 PM to 10:00 PM	Dinner for all at the dining hall
11TH NOVEMBER (SATURDAY)	
06:30 AM to 09:30 AM	Breakfast for all will be served at the dining hall
10:00 AM Onwards	<p>pre-judging and finals at the competition hall.</p> <p>Total: 11 Events</p> <ul style="list-style-type: none"> • Men's Bodybuilding up to 90kg • Men's Bodybuilding up to 100kg • Men's Bodybuilding over 100kg • Men's Athletic Physique up to 182 cm • Men's Athletic Physique over 182 cm • Women's Athletic Physique up to 165 cm • Women's Athletic Physique over 165 cm • Women's Ladies Athletic Physique over 35 yrs. - open category

	<ul style="list-style-type: none"> • Women's Model Physique up to 170 cm • Women's Model Physique over 170 cm • Women's Ladies Model Physique over 35 yrs. <p>PREJUDGING & FINALS (CONTINUATION)</p> <ul style="list-style-type: none"> • Overall Championship • Men's Team Championship • Women's Team Championship
12:00 PM to 02:30 PM	Lunch will be served at the dining hall
05:00 PM Onwards	Closing Ceremony & Final Prize Distribution
07:30 PM Onwards	Grand Farewell Party For All At The Competition Venue
12TH NOVEMBER (SUNDAY)	
06:30 AM to 10:00 AM	Breakfast for all will be served at the dining hall.
12:00 PM	Departure.

COMPETITION TERMS AND RULES

REGISTRATION FEES

OFFICIAL AND ATHLETES REGISTRATION FEES

1. The total of US\$800.00 for each person for the duration of 6 nights stay in a twin bedded sharing room. Therefore, for 2 people, the total amount for sharing a twin bedroom is US\$1600.00.
2. For a single room, the registration fee is \$1100.00
3. Family room...one double bed for 2 people & 1 room with floor bed (Tatami style) @ \$740.00 per person $\times 3 = \$2220.00$
4. Family big room, one double bed for 2 people and 2 rooms with floor bed (Tatami style) @ \$740.00 $\times 4 = \$2960.00$

These charges include hotel accommodation, 3 meals per day, a shuttle to and fro from the airport and a Farewell party.

Only limited rooms are available for Rooms No. 3 and 4, therefore, the distribution of rooms will be on a first-come, first-serve basis.

IMPORTANT NOTICE

Please note it is compulsory for all the participating athletes, officials and judges must stay in the official hotel provided by the organizers. Those who do not stay in the official hotel will not be allowed to participate in the said championship.

WBPF EXECUTIVE COMMITTEE

WBPF Executive Committee members are exempted from paying the Registration Fees, including Patrons and Honorary Life Members. WBPF Executive Committee Members are allowed to be accompanied by their spouse only. Their accommodation, Meals, etc. are on gratis. Standing Committee Members with the exception of the Chairman and Secretary of each Sub Committee may have to share a twin sharing room. If a Sub Committee Member requests a single room, he/she must pay the difference of USD 300.00 for a single room for the duration of 6 nights.

EARLY ARRIVALS AND LATE DEPARTURES

Any team or officials arriving early or departing late are required to pay for the extra days per night for a Standard twin bedroom USD130 each day Inclusive only of breakfast (2 persons per room USD260)

Please note: For early arrival and late departure, shuttle services will not be provided. You need to find your own transport.

IMPORTANT NOTICE

Please advise your team before departure not to incur additional expenses.

EXTRA OFFICIALS

Any judges, coaches or trainers who are not officially participating as an Athlete or Delegate will be responsible for all of their own expenses. Only those whose names are officially recommended in the official entry form by the respective national federation will be allowed to participate as an athlete, official, judge and supporter of that respective country. This rule is also applicable to family members.

NO EXCEPTION WILL BE MADE UNDER ANY CIRCUMSTANCES.

PAYMENTS

Only cash payments in USD will be accepted for registration fees.

It is to be noted by guests that all stores /chemists, convenience stores, and Cafeterias will accept only Korean Won, therefore you need to bring their local currency of Korean Won to pay for all expenses in Wonju City, Gangwok province.

JUDGES

In order to assist the WBPF Judges Committee in their selection of judges for this Championship, please forward your nomination for Judges from your National Federation as soon as possible but no later than 01st September 2023. Judges must possess WBPF International recognized judge's card and must produce it to the Judges Committee. Judges nominations are to be sent to: Mr. Walter Branden, Chairman Judges' Committee - ***wbpsfwalter@zeelandnet.nl***, CC to Ms. Christina Y Kam - ***wbpsf.ckam@yahoo.com*** and to the WBPF Secretary-General at ***wbpfecgeneral@gmail.com***

ALL JUDGES MUST POSSESS A VALID WBPF JUDGES LICENCE CARD TO OFFICIATE IN THE WORLD CHAMPIONSHIPS WITHOUT WHICH THEY SHALL NOT BE ALLOWED TO OFFICIATE AS A JUDGE.

IMPORTANT NOTICE

Each athlete and the official who wishes to participate in the said championship must stay at the official hotel by paying the requisite Registration Fees. Those who bypass the rules and book directly with the hotel will not be eligible to participate in the said championship, attend all the functions (breakfast, lunch and dinner) including entry into the competition

venue. No I.D. cards will be issued. They will not be picked up at the airport to the hotel via a visa for departure as well.

Kindly nominate the name of your judges in advance; last-minute submissions will be rejected. All judges should use a grey suit with the official logo of WBPF and female judges with a grey blazer with a grey skirt or dress pants.

PARTICIPATION RULES

1. One judge per country will be allowed on gratis (No registration fee to pay) however, the judge must share a twin bedroom with other judges or officials.
2. However, a country participating with woman athletes may send 1 (one) extra female judge and no need to pay the registration fee as well but need to share a twin bedroom with another official of the same gender.

ADDITIONAL IMPORTANT NOTICE

1. No smoking is allowed in the venue hall and dining rooms.
2. From Incheon International Airport, the bus ride will take approximately 2 hours to the hotel. It is very important that you should depart 5 hours earlier to the Incheon International Airport as the traffic is heavy on the highway and if there were to be any breakdown of vehicles or bad weather, you will be delayed.
3. It is to be noted that the organizer will not be responsible for any loss, like valuables, money, or passport.
4. Supporters who are arriving with the athletes (family members) will not be picked up from the airport or shall be boarded on the bus for the return trip to the Incheon International Airport.
5. All delegates and competitors will be staying at Oak Valley Resort.
6. There is no room service in the oak valley resort hotel.

OAK VALLEY RESORT

Address: 1-Gil, Jijeong-Myeon, Wonju-Si, Gangwon-do,
South Korea.

Tel:+82-1588-7676

Email:oakvalley@hdc.resort.com

COMPETITION REGULATIONS

VENUE OF COMPETITION	
Date	06th to 12th November 2023
Venue	Oak Valley Resort, Wonju City, Gangwon Province, South Korea.
Hotel for Officials and Athletes	OAK VALLEY RESORT Address: 1-Gil, Jijeong-Myeon, Wonju-Si, Gangwon-Do, South Korea. Tel:+82-1588-7676 Email:oakvalley@hdc.resort.com

A SIMPLE GUIDELINE ON COMPETITION REGULATIONS FOR THE 14TH WORLD BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS

SECRETARIAT

The organizing committee will maintain a Secretariat at the hotel from 8 am to 10 pm from 6th to 12th November 2023. You may obtain information and assistance from the Secretariat.

WEIGHING-IN AND REGISTRATION

Registration for athletes and Weighing-in will take place at Ski Condo C - 2nd floor (please refer to the day-to-day program) for full details. It is the responsibility of the Chief Delegate or Team Manager to make sure that all athletes are on time for the Weigh-in and Registration. If an athlete is late for the Weigh-in and Registration, that athlete will be disqualified and will have to pay all of his own expenses.

IMPORTANT NOTICE

- Each athlete must bring his/her passport and posing music to the weigh-in and registration, failing which the athlete weigh-in will not be processed.
- No G-string bikinis are allowed. An athlete must comply with the specification sheet attached and they must produce their bikinis for verification and approval for the pre-judging and finals at the weigh-in area.
- During the weigh-in, all female athletes should be properly dressed. NO PYJAMAS OR NIGHT GOWNS are allowed. This is to protect the image of our sport in the event press or VIPs were to be present during the weigh-in, it will put our sport in an awkward position. Please use tracksuits or a decent dress/jeans.

- At the parade of the nations, if you were to allocate female athletes, she should also appear in a tracksuit and not in a bikini.
- All female athletes are to be reminded that they are participating in a sporting event and not in entertainment venues like nightclubs, therefore, we should ask the women to change their behavior when they come on to the stage in the “walk-in” wiggling their rear ends or looking back into the audience when they stand in the quarter turn facing the back of the stage and stretching out their butt and winking at the judges and the audience. This is not a sports presentation, and it will be seen as sexual harassment by the public.

BACKSTAGE ACCESS / DRESSING ROOM ACCESS

Access to the backstage and/or dressing room areas shall be strictly limited to essential personnel only. Coaches and trainers who assist athletes in the dressing room area must be of the same sex as the athlete they are assisting.

CAMERA/VIDEOTAPE EQUIPMENT

Camera and /or Videotape equipment shall be strictly prohibited in the backstage and /or dressing room areas except when used by the WBPF/WBPF authorized media persons and, in any event, these devices shall be strictly prohibited in the dressing room area.

PARADE OF NATIONS

National dress code or tracksuits to be worn by delegates and /or officials taking part in the Parade of Nations. Only one (1) delegate and two (2) competitors per country must take part in the Parade of the Nations.

ENTRY PASS CARD

Entry Pass will be issued to the Weigh-in and backstage area during the Weigh-in, Pre-judging and Finals. It will be distributed at the Judges/Team Managers Meeting as follows: Five (5) or more competitors - Two (2) Passes will be issued and for less than five (5) competitors, one (1) Entrance Pass will be given.

MEDIA ACCREDITATION

All media accreditation, except local media, shall be controlled by the WBPF. All persons wishing to obtain media accreditation for this event must register with the WBPF by completing and signing the WBPF Media Accreditation Form. The form must be submitted to the WBPF by email at wbpsf.ckam@yahoo.com and wbpsecgeneral@gmail.com

ATHLETES WITHOUT DELEGATES

All athletes competing at WBPF Championships must be members in good standing of their National Federations. Any athlete who arrives without a delegate must carry on the official letter of Authorization of Participation from his/her National Federation, failing which the athlete will not be eligible to participate.

FAILURE TO HONOUR THE FINAL ENTRY FORM DEADLINE.

Deadlines are set to assist the Organizer with arranging accommodations, meals, onsite transportation and other Championship's activities. A failure to respect these deadlines is a breach of the WBPF rules. If a National Federation fails to respect the deadline written on the Final Entry Form, each "Official Participant" from that federation will be required to pay all of his or her own expenses, including accommodations, meals, onsite transportation, and access to the Pre-judging, Finals and Farewell Banquet.

MISREPRESENTATION

Misrepresentation is a serious breach of the WBPF Code of Ethics and occurs when an "Official" of a National Federation deliberately misrepresents the number of Athletes and Delegates to obtain free-of-charge accommodations, meals, onsite transportation, and access to the prejudging. Finals and farewell Banquet, and other amenities at the expense of the organizer. Part of this misrepresentation may be a false claim that a person is an Athlete only to have that so-called athlete fail to officially register as a competitor at the Weigh-In or, once having officially.

MEDICAL WITHDRAWAL

Once officially registered, no Athlete may withdraw from the competition, without the prior approval of the WBPF Judges Chairman, who has the right to verify the reason for the withdrawal. Any National Federation that fails to seek the prior approval of the WBPF Judges Chairman before withdrawing an athlete shall, for that athlete's non-participation, is fined an amount equal to the Special Package Rate.

ATTENDANCE AT THE WBPF CONGRESS

All National Federations officially participating in the Championships must attend the Congress meeting, including National Federations with athletes and no delegates. In this case, the athlete must attend and represent his country at the congress.

VISA

Please note that the Organizer will not be able to provide a landed visa to any country. Therefore, please consult the Korean Embassy in your country to determine if you need a visa. Upon request, an official invitation letter shall be signed and issued by the Organizer. It is to be noted that the Visa Administration process differs from country to country and hence kindly apply well in advance.

ELECTRICAL CURRENT

220 voltage at 60-hertz outlet two round leg plug.

LANGUAGE

The official language in South Korea is Korean. English is spoken in hotels and some restaurants.

DOPING

Doping will be conducted by the WBPF Anti-Doping Committee.

NATIONAL ANTHEM/NATIONAL FLAG

- a) You must provide Two (2) National Flags of your country. The flags must be manufactured of dense silk and must measure no more than 2.5 meters x 1.5 meters. You may also provide the digital National Flag on Pen Drive.
- b) You should also provide your National Anthem (shortened version) on Pen drive / CD. Video or cassette is not acceptable.

POSING MUSIC

Posing music must be on Pen drive/ CD only and produced with good quality. The music should be cued from the start of the Pen drive/CD. Each competitor must affix his/her name on the Pen drive/CD for easy identification.

The USE OF PROFANE, VULGAR OR OFFENSIVE LANGUAGE IN POSING MUSIC IS PROHIBITED.