

# **Indian Body Builders Federation**



**JUNIOR / MASTERS/ PHYSICALLY CHALLENGED  
NATIONAL BODY BUILDING CHAMPIONSHIP**

**30<sup>th</sup> – 31<sup>st</sup>  
October 2009**

**-:Organiser:-**

**PUNJAB AMATEUR BODY BUILDING ASSOCIATION**

**IBBF**



Slimwell Gymnasium, Behind Victoria Church, Shitladevi Temple Road, Mahim,  
Mumbai-400 016. Maharashtra.  
Tel.: 022-24466805 - Mobile:09417013405 / 09967971970 / 09820309972  
Telefax:022-24466805 Emai: ibbf\_mumbai@yahoo.in

Date:5<sup>th</sup> August 2009

To,  
The Secretaries  
State Body Building Associations  
Affiliated to Indian Body Builders Federation

Sub.: **Junior / Masters / Physically Challenged National Body Building  
Championship 2009.**

Dear Sir,

We are pleased to announce that **Punjab Amateur Body Building Association** has taken the initiative to organise Junior / Masters / Physically Challenged National Body Building Championship 2009 in Ludhiana, Punjab.

We on behalf of Indian Body Builder's Federation take this opportunity to invite all affiliated States to participate with their full strength in this most prestigious body building championship of the year. The championship will be hosted in Ludhiana on & from 30<sup>th</sup> to 31<sup>st</sup> October 2009.

We are confident that all the units of Indian Body Builder's Federation will participate in large numbers and make the championship a memorable one.

Thanking you.

Yours sincerely

*Prem Chand*

**Premchand Degra**  
Hon. Gen. Secretary

# **Junior / Masters / Physically Challenged National Body Building Championship 2009**

## **PARTICULARS**

- Contest** : Junior / Masters / Physically Challenged  
National Body Building Championship 2009
- Date** : Friday 30<sup>th</sup> – Saturday 31<sup>st</sup> October 2009
- Organiser** : Punjab Amateur Body Building Association
- Venue** : Govt. College (Boys), Ludhiana
- Weight Group**
- Junior** : Total six weight groups  
Up to & inclusive 55 kgs  
Up to & inclusive 60 kgs  
Up to & inclusive 65 kgs  
Up to & inclusive 70 kgs  
Up to & inclusive 75 kgs  
Above 75 kgs
- Masters** : Total two age groups  
Above 40 years & below 50 years  
Above 50 years
- Physically challenged** : Total two weight groups  
Up to & inclusive 70 Kgs  
Above 70 Kgs
- Eligibility**
- Junior** : Below 21 years of age  
Athletes on & above 30<sup>th</sup> October 1988 are  
eligible to participate in Junior category.
- Masters** : 1. Those who are above 40 years and below  
50 Years of age.  
2. Those who are above 50 years of age

- Testimonials** : All the athletes are requested to produce their date of birth certificate (Govt. registered) in original along with one zerox copy at the time of weighing in. Those who fail to produce original certificate will not be entitled to participate in the championship. The athletes and the state units will be fined if they are found with fake certificate.
- Entry Fee**  
**Junior & Masters** : Rs.100/- per competitor for championship  
Rs.200/- per Competitor for Best Poser
- Physically Challenged** : **NO ENTRY FEE**
- Last Day for Entry** : **15<sup>th</sup> October 2009.**
- Submission of entries** : Entries will be accepted in prescribed format  
Entries may be sent to
1. Hon. Gen. Secretary  
C/o. Associate Secretary  
Indian Body Builder's Association  
Pathare Gymco  
280/A, Jawalkar Mansion,  
Dr. B. Ambedkar Road,  
Parel, Mumbai-400 012.  
Maharashtra.
  2. Telefax:- 022-2446 6805
  3. SMS:- 9967971970 / 9820309972
  4. Email:- [ibbf\\_mumbai@yahoo.in](mailto:ibbf_mumbai@yahoo.in)
- Prizes & Awards** :
1. First three places in each category will receive Gold, Silver & Bronze medals.
  2. First Five places in each category will receive cash prizes of Rs.7000/-, Rs.5000/-, Rs.3000/-, Rs.1500/-, Rs.1000/- along with Merit Certificates.
  3. Overall Champion in Junior Category

will receive Rs.50,000/- (Sponsored by Talwalkars – largest chain of gymnasiums in India) along with Trophy & Merit Certificate.

4. Best Poser will receive Rs. 10000/- along with Trophy & Merit Certificate.
5. All the participants will receive participation certificates

- Reception** : **Ludhiana Railway Station  
Platform No. 4, Ludhiana.  
Please inform your itinerary well in advance  
for smooth local transportation and  
accommodation.**
- Contact** : **Arpinder Singh Gill – 098728 50000  
Madan Mahajan – 094178 33945  
094170 11245  
Sukhdev Singh Sodhi – 099888 57733  
Pradeep Kumar – 098144 80965**
- IBBF Secretariat** : **Mr. Premchand Degra - Hon. Gen. Secretary  
Mobile: 094170 13405  
Mr. Chetan Pathare – Associate Secretary  
Mobile: 099679 71970**
- Judges Examination** : **Only State unit will be eligible to nominate &  
send the entries before 15<sup>th</sup> October 2009  
of those who wish to participate in Judges  
Examination along with the Fees of  
Rs.2000/-. These candidates will have to bear  
their own lodging & boarding expenses. All  
State unit secretaries should note that they  
should renew National Judges card by paying  
the fees.**
- Rules for the Contest** : **1. Each unit can send a maximum of two  
competitors in each weight category but not  
more than Ten competitors for Juniors, two  
for Masters & 2 for Physically Challenged.**

**2. For Best Poser category competitors will have to pay a separate fees of Rs.200/- and only these competitors will be allowed to do the free posing. These competitors are requested to bring their own Music CD with their own name written on it. This is extremely important to avoid any confusion.**

**3. Team Managers to note that competitors who fail for weighing-in within the time limit will be eliminated from the championship.**

**4. All officials & competitors must arrive prior to the schedule.**

**5. Organisers will provide free lodging & boarding to all 14 competitors, coach, manager & two judges along with Executive Committee Members of Indian Body Builders federation for two days.**

**Other than the above mentioned officials, extra officials & supporters must pay Rs.3000/- to the organizer for two days stay and food expenses. We require state units co-operation for the same.**

**6. Team Manager note - Bodybuilders using tanning products/oil will be responsible for payment in full for bed sheets & pillow covers wall paint stained by the same.**

**7. All the Officials, managers, coaches are requested to come with their proper uniform.**

**8. Participants and officials who arrive before 30<sup>th</sup> October 2009 will have to bear for their lodging & boarding.**

**Please note**

**: Indian Body Builder's Federation, Punjab Amateur Body Building Association or no the other organizers will be responsible for any mischief, injury or damages sustained in travel, before, during or after the championship.**

# **Junior / Masters / Physically Challenged National Body Building Championship 2009**

## **SCHEDULE**

### **Friday 30<sup>th</sup> October 2009**

**11.00 AM** : Arrival of all competitors, officials & judges.  
**05.00 PM** : Team Managers & Judges Meeting  
**06.00 PM** : Weighing-in  
**07.30 PM** : Executive Committee Meeting  
**09.30 PM** : Welcome Dinner

### **Saturday 31<sup>st</sup> October 2009**

**10.00 AM** : Pre Judging  
**06.00 PM** : Finals & Prize distribution  
**10.00 PM** : Farewell Dinner

### **Sunday 1<sup>st</sup> November 2009**

**11.00 AM** : Departure of all competitors, officials & judges

**Please send your entries/confirmation on or before 15<sup>th</sup> October 2009 to:**

**Mr. Premchand Degra  
Hon. Gen. Secretary  
C/o. Associate Secretary  
Indian Body Builder's Association  
Pathare Gymco  
280/A, Jawalkar Mansion,  
Dr. B. Ambedkar Road,  
Parel, Mumbai-400 012.  
Maharashtra.  
Telefax:- 022-2446 6805  
Mobile: 09967971970 / 09820309972  
Email: [ibbf\\_mumbai@yahoo.in](mailto:ibbf_mumbai@yahoo.in)**

**Contact No. - Mr. Premchand Degra – 0947013405**

**Junior / Masters / Physically Challenged National Body Building Championship 2009**

**OFFICIAL ENTRY FORM**

**30<sup>th</sup> – 31<sup>st</sup> October 2009  
Ludhiana, Punjab.**

**Please fill this entry form and return on or before 15<sup>th</sup> October 2009 to:**

**Hon. Gen. Secretary  
C/o. Associate Secretary  
Indian Body Builder's Association  
Pathare Gymco  
280/A, Jawalkar Mansion  
Dr. B. Ambedkar Road,  
Parel, Mumbai-400 012.  
Maharashtra.  
Telefax:- 022-2446805  
Mobile: 09967971970 / 09820309972  
Email: [ibbf\\_mumbai@yahoo.in](mailto:ibbf_mumbai@yahoo.in)**

**Please complete with name of competitors, team manager, coach & judges.**

<b>SR.</b>	<b>NAME</b>	<b>DATE OF BIRTH</b>	<b>WEIGHT</b>
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			

**TEAM MANAGER: \_\_\_\_\_ COACH: \_\_\_\_\_**

**JUDGES: \_\_\_\_\_ JUDGES: \_\_\_\_\_**

**UNIT NAME: \_\_\_\_\_**

**TRAIN No. & ARRIVAL TIME IN LUDHIANA: \_\_\_\_\_**

**SEAL**

**SIGNATURE OF PRESIDENT/SECRETARY**





Slimwell Gymnasium, Behind Victoria Church, Shitladevi Temple Road, Mahim,  
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Telefax:022-24466805 Email: ibbf\_mumbai@yahoo.in

Date: 5<sup>th</sup> August 2009

To,  
**All the Secretaries**  
State Body Building Associations  
Affiliated to Indian Body Builders Federation

### **NOTICE**

Notice is hereby given to all the members of the Executive Committee of the Indian Body Builders federation, that a Meeting of the Executive Committee will be held on Friday 30<sup>th</sup> October 2009 at 07.30 pm; to discuss the following Agenda.

All the Executive Members are requested to attend the same in proper uniform.

### **AGENDA**

1. To confirm the minutes of the last Executive Committee Meeting held in Mumbai.
2. To discuss and confirm the forthcoming championships.
3. To discuss the matter of International Body building Federations.
4. Any other matter with the permission of chair.

For Indian Body Builders Federation

*Prem Chand*

**Premchand Degra**  
Hon. Gen. Secretary