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**IBBF**

**MUMBAI**

**Indian Body Builders Federation**

**1<sup>ST</sup> MISS INDIA**

**FITNESS PHYSIQUE 2012**

**ALL INDIA WOMENS FITNESS PHYSIQUE CHAMPIONSHIP**

**20<sup>th</sup> – 22<sup>nd</sup> April 2012**

**At Bidar, Karnataka**

**-: Organiser: -**

**KARNATAKA STATE BODY BUILDING AND FITNESS ASSOCIATION  
BIDAR DISTRICT BODY BUILDING ASSOCIATION**

**-:Affiliated to:-**





Affiliated to:- Asian Body Building and Sports physique Federation, Singapore  
World Body Building and Sports Physique Federation, Dubai, UAE  
Recognized by: Olympic Council of Asia, Kuwait

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Date: 24 January 2012

To,  
The Secretaries / Executive Committee Members / Life Members  
State Body Building Associations  
Affiliated to Indian Body Builders Federation

Sub.: 1<sup>st</sup> Miss India Fitness Physique 2012, All India Women's Fitness Physique Championship.

Dear Sir / Madam,

We are pleased to announce that **Karnataka State Body Building And Fitness Association** has taken the initiative under the leadership and guidance of **Mr. Chandran, Mr. Bettegouda & Mr. Tanveer Ahmed Khan** to organize the most prestigious Body Building Championship of the year **1<sup>st</sup> Miss India Fitness Physique 2012**, at Bidar, Karnataka on & from 20<sup>th</sup> to 22<sup>nd</sup> April 2012.

We on behalf of Indian Body Builders Federation humbly request all the affiliated State units / Boards of Indian Body Builders Federation to participate with best of their female athletes to make this championship a grand success.

Thanking you.  
For Indian Body Builders Federation

**Mr. Pradeep (Baba) Madhok**  
President

**Mr. Chetan M. Pathare**  
Hon. Gen. Secretary

**Registered Address:** Slimwell Gymnasium, Shitladevi Temple Road, Mahim, Mumbai-400 016. Maharashtra.  
**Correspondence Address:** Pathare Gymco, 280/A, Javalkar Mansion, Dr. B. A. Road, Parel, Mumbai-400 012 Maharashtra.  
Mobile:+91-9967971970 / +91-9820309972. Email: [ibbf\\_mumbai@yahoo.in](mailto:ibbf_mumbai@yahoo.in) Website: [www.ibbf.in](http://www.ibbf.in)



Affiliated to:- Asian Body Building and Sports physique Federation, Singapore  
World Body Building and Sports Physique Federation, Dubai, UAE  
Recognized by: Olympic Council of Asia, Kuwait

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# 1<sup>st</sup> Miss India Fitness Physique 2012

## All India Women's Fitness Physique Championship

### PARTICULARS

- Contest** : 1<sup>st</sup> Miss India Fitness Physique 2012  
All India Women's Fitness Physique Championship
- Date** : Friday 20<sup>th</sup> to Sunday 22<sup>nd</sup> April 2012
- Organiser** : Karnataka Body Building And Fitness Association
- Venue for Prejudging & Finals** : Nehru Stadium, Bidar, Karnataka
- Lodging for participants** : Boys Hostel, Near Nehru Stadium
- Lodging for Officials** : Hotel Mayura International & Hotel Shiva International, Bidar
- Nearest Railway Station** : Bidar Railway Station  
110 Kms from Gulbarga Railway Station  
136 Kms from Hyderabad railway station  
135 kms from Secunderabad Railway Station  
145 Kms from Kacheguda Railway Station
- Nearest Airport** : Shamshabad Airport (Rajiv Gandhi International Airport)  
Hyderabad.
- Group** : Only one group
- Eligibility** : Affiliated State units and Boards of Indian Body Builders Federation only can send the entries on the attached prescribed format.
- Entry Fee** : Rs.100/- per competitor.

- Last Date for Entry** : **15<sup>th</sup> April 2012.**
- Submission of entries** : **Entries will be accepted in prescribed format**  
**Entries may be sent to**
- 1. Hon. Gen. Secretary**  
**Indian Body Builder's Association**  
**Pathare Gymco**  
**280/A, Jawalkar Mansion,**  
**Dr. B. Ambedkar Road,**  
**Parel, Mumbai-400 012.**  
**Maharashtra.**
  - 2. SMS:- 9967971970**
  - 3. Email:- ibbf\_mumbai@yahoo.in**
- Prizes & Awards** :
- 1. First three places in will receive Gold, Silver & Bronze medals.**
  - 2. First Five places will receive cash prizes of Rs.21000/-, Rs.12000/-, Rs.8000/-, Rs.5000/-, Rs.4000/- along with Merit Certificates.**
  - 3. All the participants will receive gifts & participation certificates.**
- Contact** :
- Tanveer Ahmed Khan – 09901784688 / 09341110988**  
**Email:tanveerbodylinegyms@gmail.com**  
**Chandran – 09900541158**  
**Email:chandran.mavila@tentacle.in**  
**Bettegauda – 09845697584**
- IBBF Secretariat** : **Mr. Chetan Pathare – Hon. Gen. Secretary**  
**Mobile: 099679 71970 / 09820309972**

# 1<sup>st</sup> Miss India Fitness 2012

## All India Women's Fitness Championship RULES FOR THE CONTEST

- Competition attire & Stage presentation for female athletes :** Female Fitness Physique Competitors for the routine will wear a costume of their own choice which must conform the accepted standards of taste and decency.
- Stage Presentation :** Women's Fitness Physique Competitors may have their hair styled and may wear jewellery (Limited). Please take note that using excessive jewellery may cause injury.
- Competitors can remove their Number Tag with pins before they start their Round 2 performances.
- Fitness Physique Competitors may perform the routine bare footed or in athletic shoes.
- Fitness Physique competitors can wear high-heel-stiletto-type-pumps.
- Body Lotion & Tanning Cream :** Artificial body colouring may be used provided that it is applied at least twenty-four hours prior to the Prejudging. Tanning lotion and/or creams should be applied evenly over the entire body and in such a manner so as not to cause streaking. The excessive application of oil on the body is strictly prohibited.
- 1<sup>st</sup> Round :**
- a. Quarter turn right
  - b. Quarter turn back
  - c. Quarter turn right
  - d. Quarter turn front
- The judges will then compare the competitors while they are directed to perform the following poses, up to a maximum of five athletes at a time.
- 2<sup>nd</sup> Round :** Competitor will be wearing their fitness routine attire, To perform their routines to their own choice of music, the length of music shall be up to a maximum of 90 seconds. Each finalist will be introduced by number, name and State or unit.
- 3<sup>rd</sup> Round :** Final Round of Quarter turns with Traditional attire of their respective state or liking. Judgement will be given how the competitor carry themselves with the attire and how it fits on their physique.

## ASSESSMENT OF A FITNESS PHYSIQUE COMPETITOR:

Competitors are strongly reminded that they are competing in a **FITNESS Physique** competition and not a **BODYBUILDING** or **Athletic Physique** competition. The type of muscularity, vascularity, muscular definition, and/or dieted leanness displayed by a bodybuilder will not be considered acceptable if displayed by a fitness physique competitor and therefore, will be marked down.

### GENERAL PRESENTATION

Competitors are reminded that the competitor's posture and bearing, at all times while onstage, is to be considered. The overall image displayed should demonstrate poise and self-confidence.

This is especially true at all times when the competitor is standing in line or walking and during the comparisons of the quarter turns.

When standing, the competitors will still adopt a tense pose, so her body is erect and displayed favorably. A relaxed stance means that the competitor must stand erect, head and eyes towards the front, shoulders back, chest out, stomach in, feet together, and arms at the side.

During each of the quarter turns, the same rules shall apply. Again, the stance shall be erect, head and eyes towards the front, shoulders back, chest out, stomach in, feet together, and arms at the side.

### COMPARISONS IN THE QUARTER TURNS

In this portion of the competition, the competitors are brought onstage, in numerical order and in a single line. They are directed through the comparisons of the quarter turns, first as an entire group and then in smaller groups of no more than 5 competitors at a time in the finals just to top 5 competitions.

The Competitor shall first be assessed the overall appearance of the physique. This assessment should begin at the head and extend downwards, taking the whole physique into account.

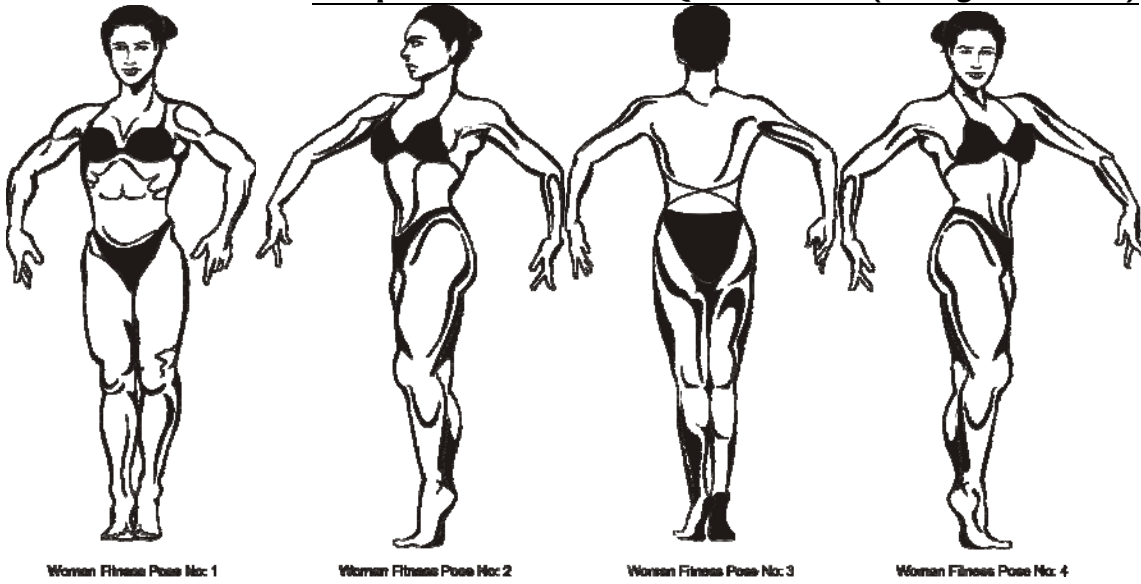
The assessment, beginning with a general impression of the physique, shall be taken into consideration the whole physique including hair and face; the overall athletic development of the musculature; the presentation of a balanced, symmetrically developed physique; the condition of the skin and the skin tone; and the athlete's ability to present herself with confidence, poise and grace.

The physique should be assessed as to its level of overall muscle tone, achieved through athletic endeavors. The muscle groups should have a round and firm appearance with a small amount of body fat. The physique should neither be too muscular nor excessively lean and should be free from deep muscle separation and/or striations. Physiques that are considered either too muscular or too lean must be marked down.

The assessment should also take into consideration the tightness and tone of the skin. The skin tone should be smooth and healthy in appearance. The face and hair should complement the "Total Package" presented by the athlete.

The judge's assessment of the athlete's physique will include the athlete's entire presentation, from the moment the competition walks onstage until the moment she walks offstage. At all times, the fitness physique competitor must be viewed with the emphasis on a "healthy, fit, athletic" physique, in an attractively presented "Total Package".

### The performance of the Quarter turns (see figures below)



### ASSESSMENT OF THE ROUTINE

In this round, the athletes perform a fitness routine, to her own choice of music, the length of which shall not exceed 90 seconds.

Once again, the judge will consider the “Total Package”, that is, the entire routine from the moment the athlete presents herself onstage until the moment the athlete walks offstage.

During this Round, they are judges will be judging **ONLY** the fitness routine and **NOT** the physique. The judge should look for a well-choreographed and creative routine performed at a high tempo/speed.

Although compulsory movements are not a requirement, the routine should include:

1. Elements of **STRENGTH** - for example, straddle hold, leg extension hold, and/or one-arm pushups (gymnastic movements such as front and back flips, handsprings, and cartwheels are not considered strength elements). The number of strength moves, their degree of difficulty, and the overall creativity of the moves should be considered in the judging of the routine.
2. Elements of **FLEXIBILITY** – for example, high kicks, side splits, and/or front splits. The number of flexibility moves, their degree of difficulty, and the overall creativity of the moves should be considered in the judging of the routine.
3. The **SPEED** or tempo of the routine demonstrates a degree of cardiovascular fitness, stamina, and endurance. For example, if two routines contain the same type and number of strength and flexibility movements, the routine that is performed at a faster tempo is the more difficult to achieve so long as the movements are correctly performed.

Once again, the judges will always consider the “Total Package” and not just the sum of the individual movements. There is a component - an element of “showmanship”, which competitors bring to a fitness routine that is unique to them. This is their personality, charisma, stage presence, and charm, as well as a natural rhythm that should play a part in the final placing of each competitor.

# **1<sup>st</sup> Miss India Fitness 2012**

## **All India Women's Fitness Championship**

### **SCHEDULE**

#### **Friday 20<sup>th</sup> April 2012**

**11.00 AM** : Arrival of all competitors, officials & judges.  
**09.00 PM** : Welcome Dinner

#### **Saturday 21<sup>st</sup> April 2012**

**10.00 AM** : Registration of all competitors  
**11.30 AM** : Judges Meeting  
**04.00 PM** : Pre Judging of Round One.

#### **Sunday 22<sup>nd</sup> April 2012**

**04.00 PM** : Finals & Prize distribution  
**10.00 PM** : Farewell Dinner

#### **Monday 23<sup>rd</sup> April 2011**

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



# 1<sup>st</sup> Miss India Fitness 2012

## All India Women's Fitness Championship

### OFFICIAL ENTRY FORM

Please fill this entry form and return on or before 15<sup>th</sup> April 2012

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

SR.	NAME	DATE OF BIRTH	MOBILE NO.	WEIGHT
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10				
11				
12				

TEAM MANAGER: \_\_\_\_\_

COACH: \_\_\_\_\_

JUDGE: \_\_\_\_\_

JUDGE: \_\_\_\_\_

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

TRAIN No. & ARRIVAL TIME: \_\_\_\_\_

SEAL

SIGNATURE OF PRESIDENT/SECRETARY