

**IBBE**



**Indian Body Builders Federation  
MUMBAI**

# **Indian Body Builders Federation**

## **3<sup>rd</sup> FEDERATION CUP 2012**

**2<sup>nd</sup> – 3<sup>rd</sup> March 2012  
At Ludhiana, Punjab**

**-: Organiser: -**

**PUNJAB AMATEUR 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

Date: 26 January 2012

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

## Sub.: 3<sup>rd</sup> Federation Cup 2012

Dear Sir / Madam,

We are pleased to announce that **Punjab Amateur Body Building Association** has taken the initiative under the leadership and guidance of **Mr. Premchand Degra (Padmashree, Arjun Awardee and Lifetime President of Indian Body Builders Federation)** to organize the most prestigious Body Building Championship, **3<sup>rd</sup> Federation Cup 2012**, at Ludhiana, Punjab on & from 2<sup>nd</sup> & 3<sup>rd</sup> March 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 body builders 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)



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## **3<sup>rd</sup> Federation Cup 2012**

### **PARTICULARS**

- Contest** : **3<sup>rd</sup> Federation Cup 2012**
- Date** : **Friday 2<sup>nd</sup> to Saturday 3<sup>rd</sup> March 2012**
- Organiser** : **Punjab Amateur Body Building Association**
- Venue for Prejudging & Finals** : **Will be informed later**
- Lodging for participants** : **Will be informed later**
- Lodging for Officials** : **Will be informed later**
- Nearest Railway Station** : **Ludhiana Railway Station**
- Nearest Airport** : **Chandigarh Airport**
- Weight Group** : **Total nine 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**  
**Up to & inclusive 80 kgs**  
**Up to & inclusive 85 kgs**  
**Up to & inclusive 90 kgs**  
**Above 90 kgs**
- Eligibility** : **Ten Body Builders from each State unit (Those who have paid their affiliation fees of Rs.3000/- for the year 2012-13 will be allowed to send entries).**

- Entry Fee** : **Rs.200/- per competitor.**
- Last Date for Entry** : **25<sup>th</sup> February 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 each category will receive Gold, Silver & Bronze medals.**
  - 2. First Five places in each category will receive cash prizes of Rs.10000/-, Rs.8000/-, Rs.7000/-, Rs.5000/-, Rs.5000/- along with Merit Certificates.**
  - 3. Overall Champion will receive Rs.50,000/- along with Trophy & Merit Certificate.**
  - 4. Runner up Champion will receive cash prize of Rs.15000/- along with Trophy & Merit Certificate.**
  - 6. All the participants will receive participation certificates.**
- Contact** : **Premchand Degra – 09417013405**  
**Navneet Singh - 09888320009**  
**Pardeep Kumar - 09814480965**
- IBBF Secretariat** : **Mr. Chetan Pathare – Hon. Gen. Secretary**  
**Mobile: 099679 71970 / 09820309972**
- Judges Examination** : **Only State unit will be eligible to nominate & submit the Entries on 25<sup>th</sup> February 2012 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.**
- Rules for the Contest** :
- 1. Team Managers to note that competitors who fail for weighing-in within the time limit will be eliminated from the championship.**
  - 2. All officials & competitors must arrive prior to the schedule.**
  - 4. Organisers will provide free lodging & boarding to all 10 Competitors, coach, manager 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/- each to the organizer for two days stay and food expenses. We require state units co-operation for the same.

5. 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.

6. All the Officials, managers, coaches are requested to come in their proper uniform.

7. Participants and officials who arrive before 2<sup>nd</sup> March 2012 and wish to stay after 3<sup>rd</sup> March 2012 will have to bear for their lodging & boarding.

8. Golden, Silver and Bronze colour tanning cream is not allowed.

**Please note**

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



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# **3<sup>rd</sup> Federation Cup 2012**

## **SCHEDULE**

### **Friday 2<sup>nd</sup> March 2012**

11.00 AM : Arrival of all competitors, officials & judges.  
04.00 PM : Team Managers & Judges Meeting  
06.00 PM : Weighing-in  
09.00 PM : Welcome Dinner

### **Saturday 3<sup>rd</sup> March 2012**

09.00 AM : Pre-judging  
06.00 PM : Finals & Prize distribution  
10.00 PM : Farewell Dinner

### **Sunday 4<sup>th</sup> March 2012**

11.00 AM : Departure of all competitors, officials & judges

# **3<sup>rd</sup> Federation Cup 2012**

## **OFFICIAL ENTRY FORM**

**Please fill this entry form and return on or before 25<sup>th</sup> February 2012**

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

<b>SR.</b>	<b>NAME</b>	<b>DATE OF BIRTH</b>	<b>MOBILE NO.</b>	<b>WEIGHT</b>
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

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

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

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

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

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

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

**SEAL**

**SIGNATURE OF PRESIDENT/SECRETARY**