



Recognized by : Government of India, Ministry of Youth Affairs & Sports, New Delhi

Affiliated to : South Asian Bodybuilding & Fitness Federation
Asian Body Building and Physique Sports Federation, Singapore
World Body Building and Physique Sports Federation, Dubai, UAE

Recognized by : The Association for International sports for All (TAFISA), Frankfurt, Germany
Pacific Games Council (PGC), Australia

Date: 25 September 2014

To,

The Secretaries / Executive Committee Members / Life Members
State Body Building Associations / Union Territories / Sports Boards
Affiliated to Indian Body Builders Federation
Mumbai.
Ref. No.: IBBF/JR/CR-02-14

Sub.: **"5th Junior / Masters / Physically challenged
National Body Building Championship 2015"**

Dear Sir / Madam,

The Indian Body Builders Federation is pleased to invite all its affiliated State Units/ Union Territories and Sports Boards to participate in the **"5th Junior / Masters / Physically Challenged National Body Building Championship 2015"**; organized by **Chattisgarh Pradesh Body Builders Association** on and from 9th to 11th January 2015 at Dalli Rajhara, Durg, Chattisgarh.

We on behalf of Indian Body Builders Federation humbly request all the affiliated State Associations / Union Territories / Sports Boards 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
General Secretary



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Dalli-Rajhara is a city and a [municipality](#) in [Balod district](#) in the state of [Chhattisgarh](#), [India](#). Dalli Rajhara is home of iron ore captive mines for Bhilai Steel Plant, the largest integrated steel plant in India. Dalli mines deposit was discovered by [Pramatha Nath Bose](#), the first Indian graded officer of the Geological Survey of India around 1900.

Dalli-Rajhara is the twin mine and part of the Rajhara group of mines. These are captive iron ore mines for Bhilai Steel Plant (BSP) – a SAIL enterprise. Iron ores mined from the area are of the [hematite](#) and [magnetite](#) variety. The other mines in the neighbourhood produce dolomite, lime and other raw materials which go into steel production.

Dalli-Rajhara is about 83 km south of Durg and comes under the south-eastern section of the Indian Railways. While both Dalli and Rajhara have mines, the residential area is predominantly in Rajhara. Dalli-Rajhara is a self-sufficient township with BSP having set up hospitals and a considerable number of educational institutes.

Dalli-Rajhara rose to prominence as a result of the labour rights movement in the 1970s.

The mines are open cast mines and the poignant view as one enters the township at dusk is that of thousands of glittering lights on the hills.

Transport - This area is connected via rail and road with its district balod. It is well connected by bus to the Durg and Bastar region. The road is in quite good shape. Only one passenger train runs between Dalli and Durg. Much development is due on the rail connectivity front.

Education - Although Dalli Rajhara is a small town, being a SAIL mine area it is very well positioned in terms of education, specifically up to senior secondary education. In a small town like Dalli, having several large schools on English and Hindi medium is unusual.

Culture - The majority of the population is dependent on BSP for their livelihood. Being a public sector company, BSP has attracted people across India from Bihar to Bangal to Kerla. The pace of life is slower than in the cities. Festivals ranging from Durgapuja to Chatt Puja to ONAM to Christmas are all celebrated.

In brief, the culture is quite cosmopolitan with a flavour of modesty in lifestyle. The cost of living is relatively low.

Sports - Sports such as football (soccer) for which rajhara Mines is famous in whole of India, cricket and athletics are quite popular in Dalli-Rajhara.

Places of Interest - The Bordih dam is a beautiful picnic spot. The surrounding hills and forests are home to many species of wildlife. Dalli Rajhara is surrounded by seven beautiful hills. Rajhara is rich in green patches across the town. Rajhara Baba Mandir Saptagiri Park, Dev Pandum, Munda Pahad, Bordih Dam, Mahamaya Mandir, Siyadevi, Ganga Maiya, and Borshi Dam are all places of interest.

5th Junior / Masters / Physically Challenged

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.
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National Body Building Championship 2015

PARTICULARS

- Contest** : 5th Junior / Masters / Physically Challenged
National Body Building Championship
- Date** : Friday 9th to Sunday 11th February 2015
- Organiser** : Chattisgarh Pradesh Body Builders Association
Balod District Body Building Association
- Venues**
- Reception** : Nirmal Lodge, Dalli Rajhara, Durg, Chattisgarh
- Pre-Judging** : Open Theater Hall, Dalli Rajhara, Durg, Chattisgarh
- Final** : BSP Cricket Ground, Dalli Rajhara, Durg, Chattisgarh
- Nearest Railway Station** : Dalli Rajhara, Durg Railway Station
Howrah - Mumbai main route.
Durg to Dalli Rajhara (DRZ) (2 hours journey from Durg)
Durg to Dalli Rajhara (DRZ) Train No. 078815 - 10.30 AM
Durg to Dalli Rajhara (DRZ) Train No. 08785 - 15.30 PM
- Nearest Airport** : Swami Vivekananda Airport, Raipur.
By Road 2.30 Hours Journey from Airport to Dalli Rajhara.
- Weight Group for 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
- Weight Group for Physically Challenged** : Up to & inclusive 60 kgs
Above 60 kgs
- Age Group for Masters** : Total three age groups
Above 40 years & below 50 years
Above 50 years & below 60 years
Above 60 years

Eligibility

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- Junior :** **Below 21 years of age**
Athletes on & above 11th January 1994 are eligible to participate in Junior category.
Twelve Body Builders from each State / Union Territories/ Sports Board and not more than two body builders in each group will be allowed.
- Masters :** 1. Those who are above 40 years and below 50 Years of age.
2. Those who are above 50 years of age and below 60 years of age.
3. Those who are above 60 years of age.
Two Body Builders in each masters category and not more than six Body Builders from each State / Sports Board will be allowed.
- Physically Challenged :** **In this championship state associations / Sports board can send best of their athletes and there is no limit for the same.**
- Testimonials :** All the athletes are requested to produce their date of birth certificate (Govt.registered) / Passport / PAN Card in original along with one zerox copy dully attested by Gazetted Officer at the time of weighing in. Those who fail to produce original certificate will not be entitled to participate in the championship.

The athletes will be suspended and criminal proceedings will be registered and the state units will be fined as per the Government of India, National Sports Development Code, if they are found with fake certificate.

Medical Officer may be recruited to find the genuine age of the athlete as per his body status and if Medical Officer after accessing the athlete finds him to be over age, then such athlete will be restricted from participation and the further legal proceedings will be initiated against such athlete and the state unit.
- Annual Fees :** All those affiliated state Associations / Union Territories / Sports Board who have not paid their Annual Membership Fees for the year 2014-2015 are requested to pay of Rs.3,000/- for State and Sports Board Rs.5000/- on or before 9th January 2015.
- Entry Fees**
- Junior & Masters : Rs.200/- per competitor.
- Best Poser : Rs.200/- per competitor.
- Physically Challenged :** **NO ENTRY FEE**
- Last Date for Entry :** 1st January 2015.
- Submission of entries :** Entries will be accepted in prescribed format Entries may be sent to
- General Secretary**
Indian Body Builders Federation
C/o. Pathare Gymco
280/A, Jawalkar Mansion,
Dr. B. Ambedkar Road,
Parel, Mumbai-400 012.
Maharashtra.

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2. SMS:- 09967971970 / 07506267970

3. Email:- ibbf_mumbai@yahoo.in

Doping : Dope test will be conducted at random by the National Anti Doping Agency (NADA), New Delhi.

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 scholarships of Rs.6000/-, 5000/-, 3000/-, 2000/- and 1000/- along with Merit Certificates.
3. Overall Champion in Junior will receive cash scholarship of Rs.51000/-, Masters will receive cash scholarship of Rs. 25000/- and Physically Challenged will receive cash scholarship of Rs.25000/- along with Trophy & Merit Certificate.
4. Best Poser will receive cash scholarship of Rs.11000/- along with Trophy & Merit Certificate
5. All the participants will receive participation certificates.

Contact : Mr. Arvind Singh (General Secretary CG- 09862400831
Mr. O. Ajit Singh - 09856165243
Mr. Thambal Sharma-09436029278
Mr. Gojemdra Singh-09856334452
Mr. Kisan Singh - 09862573922

IBBF Secretariat : Mr. Chetan Pathare –General Secretary
Mobile: 09967971970 / 07506267970

Judges Examination : Only affiliated State units / Union Territories / Sports Boards will be eligible to nominate & submit the Entries by 1st January 2015 of those who wish to participate in Judges Examination along with the Fees of Rs.5000/-. 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.
3. Organisers will provide free lodging & boarding to Competitors as per the list, coach, manager along with Executive Committee Members of Indian Body Builders Federation for three days.
Other than the above mentioned officials, extra officials & supporters must pay Rs.5000/- each to the organizer for three days stay and food expenses. We require state units co-operation for the same.
4. 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.

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

6. Participants and officials who arrive before 9th January 2015 and wish to stay after 12th January 2015 will have to bear for their lodging & boarding.

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

8. It is compulsory for the participants participating for Best Poser contest to bring their own Music CD. Vulgar songs and actions will not be tolerated and the said participant will be banned from the Best Poser contest.

Please note : Indian Body Builder's Federation, Chattisgarh Pradesh Body Builders 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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SCHEDULE

Friday 09th January 2015

- 08.00 AM ONWARDS : Arrival of all competitors, officials & judges
Registration and reception office at: -
Nirmal Lodge, Dalli Rajhara,.
- 08.00 AM TO 10.00 AM : Break Fast (Venue will be informed later)
- 01.00 PM TO 03.00 PM : Lunch (Venue will be informed later)
- 04.30 PM TO 05.30 PM : Judges / Coaches / Team Managers Meeting
(Venue will be informed later)
- 05.30 PM ONWARDS : Weighing In (Venue will be informed later)
- 08.00 PM ONWARDS : Welcome Dinner (Venue will be informed later)

Saturday 10th January 2015

- 08.00 AM TO 10.00 AM : Break Fast (Venue will be informed later)
- 10.00 AM : Pre-judging (Venue will be informed later)
- 12.30 PM TO 03.00 PM : Lunch (Venue will be informed later)
- 07.00 PM : Executive Committee Meeting
(Venue will be informed later)
- 09.00 PM : Dinner (Venue will be informed later)

Sunday 11th January 2015

- 08.00 AM TO 10.00 AM : Break Fast (Venue will be informed later)
- 10.00 AM : Extra Ordinary General Body Meeting
(Venue will be informed later)
- 12.30 PM TO 03.00 PM : Lunch (Venue will be informed later)
- 04.30 PM : Finals and Prize Distribution
- 09.00 PM : Dinner (Venue will be informed later)

Monday 12th January 2015

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

5th Junior / Masters / Physically Challenged National Body Building Championship 2015

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OFFICIAL ENTRY FORM

Please fill this entry form and return on or before 01st January 2015

SR.	NAME	CATEGORY	MOBILE NO.	WEIGHT
1		Junior		
2		Junior		
3		Junior		
4		Junior		
5		Junior		
6		Junior		
7		Junior		
8		Junior		
9		Junior		
10		Junior		
11		Junior		
12		Junior		
1		Masters (40 -50 yrs)		
2		Masters (40 -50 yrs)		
3		Masters (50 -60 yrs)		
4		Masters (50-60 yrs)		
5		Masters (60yrs above)		
6		Masters (60yrs above)		
1		Physically Challenged		
2		Physically Challenged		
3		Physically Challenged		
4		Physically Challenged		
5		Physically Challenged		
6		Physically Challenged		

TEAM MANAGER: _____

COACH: _____

JUDGE: _____

JUDGE: _____

TRAIN No. & ARRIVAL TIME: _____

TRAIN No. & DEPARTURE TIME: _____

SEAL

SIGNATURE OF PRESIDENT/SECRETARY

Date: 25th September 2014

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To,
The Executive Committee Members
Indian Body Builders Federation
Mumbai

EXECUTIVE COMMITTEE MEETING

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 Saturday 10th January 2015 at 07.00 P. M. at Dalli Rajhara, Durg, Chattisgarh during 5th Junior / Masters /Physically Challenged National Body Building Championship, 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 at Belgaum, Karnataka on 20th December 2014.
2. To discuss about the letters if any received from Executive Committee Members or State Associations before 01st January 2015.
5. Any other matter with the permission of chair.

For Indian Body Builders Federation

Mr. Pradeep (Baba) Madhok
President

Mr. Chetan M. Pathare
General Secretary

Date: 25th September 2014

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To,
**The Executive Committee Members / Representatives
Of Affiliated State Associations / Union Territories / Sports Boards
Of Indian Body Builders Federation
Mumbai.**

EXTRA ORDINARY GENERAL BODY MEETING

NOTICE

Notice is hereby given to all the members of the Executive Committee & the representatives of the affiliated state associations of the Indian Body Builders federation, that Extra Ordinary General Body Meeting will be held on Sunday 11th January 2015 at 10.00 PM, at Durg, Chattisgarh during 5th Junior / Masters / Physically Challenged National Body Building Championship 2015, to discuss the following Agenda.

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

AGENDA

1. To confirm the minutes of the last Annual General Body Meeting held in Pune, Maharashtra on 26th March 2014.
2. Discuss on the conduction and the organization of the 6th WBPF World Body Building Championship 2014 and deliberation there on.
3. To resolve the state associations issues if any.
4. To discuss about the letters if any received from Executive Committee Members or State Associations before 18th March 2014.
5. Any other matter with the permission of chair.

For Indian Body Builders Federation

Mr. Pradeep (Baba) Madhok
President

Mr. Chetan M. Pathare
General Secretary

Ref. No.: Ref. No.:IBBF/JR/CR-02-14

Date:25th September 2014

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RAIL TRAVEL CONCESSION

(Rule 101 of IRCA Coaching Tariff No.25, Part-I (Vol.II))

This is to Certify that _____

Body Builders/Officials of _____

is/are taking part in the **5th Junior / Masters / Physically Challenged National Body Building Championship 2015** being organized by **Chattisgarh Pradesh Body Builders Association** under the authority of **Indian Body Builders Federation**. From 09th to 12th January 2015. This/These participant(s) is/are entitled to rail concession under S.No. 1 & 2 of annexure to Rule 101 of IRCA Coaching Tariff No.25, Part-I (Vol.II). Concession Order for both journeys on paying 25% each journey from _____ to _____ and back.

For Indian Body Builders Federation

Mr. Chetan M. Pathare
General Secretary

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