



Recognized by : Government of India, Ministry of Youth Affairs & Sports, New Delhi
Sports Authority of India, New Delhi, National Anti Doping Agency, 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 : 24th December, 2018

To,
The Secretaries / Executive Committee Members / Life Members
Units of Western India Zone
Affiliated to Indian Body Builders Federation, Mumbai.

Ref. No. : IBBF/SN/CR-06-18-19

**Sub. : “Khasdar Shree - Western Zone National
Senior Men’s Body Building & Women’s Model Physique Championship 2019 “**

Dear Sir/Madam

It gives us immense pleasure to inform you that **Shri. Nitinji Gadkari** – Union Minister for Road Transport & Highways, Shipping and Water Resources, River Development & Ganga Rejuvenation, Govt.of India has taken initiative to organise the National Body Building Competition "**KHASDAR SHREE – Western Zone National Senior Men’s Body Building & Women’s Model Physique Championship 2019**", under patronage of **Body Building and Physique Sports Association, Nagpur, Vidarbha** to be held on **Saturday 12th January 2019** at Yashwant Stadium, Dhantoli, Nagpur (Maharashtra).

We on behalf of Indian Body Builders Federation humbly request all the affiliated Units of Western zone to participate with best of their body builders to make this championship a grand success.

This Championship is open only for the athletes of the affiliated state association of the Western Zone.

Your kind co-operation is solicited.

Thanking you,

For Indian Body Builders Federation

Mr.Chetan M. Pathare
General Secretary



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“Khasdar Shree – Western India Body Building Championship 2019”

PARTICULARS

- Contest** : Khasdar Shree – Western Zone National
Senior Men’s Body Building &
Women’s Model Physique Championship 2019
- Date** : 12th January, 2019
- Organizer** : Body Building and Physique Sports Association
Nagpur, Vidarbha
- Reception / Registration** : Hotel Hardev,
Dr.Munje Marg, Sitabudli, Nagpur
- Venue for Finals** : Yashwant Stadium, Dhantoli, Nagpur
- Nearest Railway** : Nagpur
- Nearest Airport** : Nagpur
- Weight Group** :
Men’s Bodybuilding : **Total Eight 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 90 kgs
Above 90 kgs
- Women’s Model Physique: One Open Group
- Eligibility** : All the affiliated Units of Western Zone only can send Maximum numbers of athletes since there is no limit on numbers of athletes.
- Doping** : Dope test will be conducted at random by the National Anti Doping Agency (NADA), New Delhi
- Prizes & Awards for** :
Men’s Body Building : 1. First Five places in each category will receive Cash, Medals, Certificates.
2. First FIVE places in each category will receive cash



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Prizes of Rs. 25,000/-, Rs.15,000/-, Rs.10,000/-, Rs.7,000/-,
Rs.5,000/- along with Merit Certificates respectively.

3. Overall Champion will receive Cash Prize of Rs.51,000/-
Along with Merit Certificate.
4. 1st Runner-Up will receive Cash Prize of Rs.30,000/-
5. All the participants will receive participation certificate.

- Women's Model Physique :
1. First Five places in each category will receive Cash, Medals,
Certificates.
 2. First FIVE places in each category will receive cash
Prizes of Rs. 25,000/-, Rs.15,000/-, Rs.10,000/-, Rs.7,000/-,
Rs.5,000/- along with Merit Certificates respectively.
 3. All the participants will receive participation certificate.

Entry Fees : Rs.500/- per competitor

Last Date for Entry : 5th January, 2019

Contact : Rajesh Tomar : 9823334441 /
Arun Deshpande: 9372734007

IBBF Secretariat : Mr. Chetan Pathare –General Secretary
Mobile: 099679 71970

- Rules for the Contest** :
1. Team Managers please note that the competitors who fail
To report for the weighing-in within the time limit will be eliminated
from the championship.
 2. All officials and competitors must arrive prior to the schedule.
 3. Team Manager please note Bodybuilders using tanning products / oil
will be responsible for payment in full for bed sheets, pillow covers
and wall paint stained by the same and the State Association/Union
Territories and Sports Boards will have to bear the cost of the same
before departure.
 4. All the officials, managers, coaches are requested to come in uniform
prescribed by IBBF will not be allowed to participate in any official
activities and will not be allowed to sit as judge.
 5. Golden, Silver, and Bronze colour tanning cream is not allowed.
 6. It is compulsory for the participants participating for Best Poser
contest to bring their own music CD, Vulgar songs and actions will not
be allowed and the said participant will be banned from the Best
Poser contest.

Please Note : The Indian Body Builders Federation, Body Building and
Physique Sports Association, Nagpur, Vidarbha 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

Saturday 12th January, 2019

Upto 12.00 PM : Arrival of all competitors, officials and judges
12.00 PM to 2.00 PM : Lunch
02.00 PM to 04.00 PM : Weighing-in
05.00 PM Onwards : Finals & Prize Distribution
09.30 PM : Dinner

Sunday 13th January, 2019

8.00 AM to 9.00 AM : Breakfast
9.30 AM Onwards : Departure



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**"Khasdar Shree - Western Zone National Senior Men's Body Building
& Women's Model Physique Championship 2019"**

OFFICIAL ENTRY FORM

Please fill this entry form and return on or before 5th January, 2019

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

SR.	NAME	DATE OF BIRTH	CATEGORY	WEIGHT
1.			Men's Body Building	
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.			Women's Model Physique	
17.				
18.				
19.				
20.				
21.				

TEAM MANAGER: _____ COACH: _____

JUDGE: _____ JUDGE: _____

UNIT NAME: _____

TRAIN No. & ARRIVAL TIME: _____

TRAIN No. & DEPARTURE TIME: _____

SEAL

SIGNATURE OF PRESIDENT/SECRETARY



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Ref. No.:IBBF/TC/CR-05 -18-19

Date: 24th December, 2018

RAIL TRAVEL CONCESSION

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

MOR/Ref:- No.TC-II/2035/06/BodyBuilding(Dt.5/8/2013)

This to certify that that _____ Body Builders/Officials of _____ is/are taking part in the "**Khasdar Shree - Western Zone National Body Building & Physique Sports Championship 2019**", being organize by Body Building and Physique Sports Association, Nagpur, Vidarbha, under the authority of **Indian Body Builders Federation**. From 11th to 13th January 2019 at Nagpur, Maharashtra. 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