



**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 : 22<sup>nd</sup> April, 2017**

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/SN/CR-01 -17

**Sub.: "North India Zonal Body Building & Fitness Model  
Championship of Men and Women 2017"**

Dear Sir / Madam,

The Indian Body Builders Federation is pleased to inform you that Punjabi Amateur Bodybuilding Association has taken initiative to organise "**NORTH INDIA ZONAL BODY BUILDING & FITNESS MODEL CHAMPIONSHIP 2017**", on 14<sup>th</sup> May, 2017 at G.S.Memorial School, New Bhai Randhir Singh Nagar, Lodhi Club Road, Ludhiana. This Championship is open only for the athletes of the affiliated state associations of the North India Zone.

We, on behalf of Indian Body Builders Federation request all the affiliated state Associations of the North India Zone to send their team as per the Circular attached herewith to make this championship a grand success.

Your kind co-operation is solicited.

Thanking You,

**For Indian Body Builders Federation**

*Chetan M. Pathare*

**Mr. Chetan M. Pathare**  
General Secretary





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## **"North India Body Building and Fitness Model Championship for Men and Women 2017"**

### **PARTICULARS**

- Contest :** "North India Body Building & Fitness Model Championship Of Men's & Women's 2017"
- Date :** Sunday 14<sup>th</sup> May, 2017
- Organiser :** Punjabi Amateur Body Building Association
- Venue :** G.S.Memorial School, Lasure New Bhai Randhir Singh Nagar, Lodhi Club Road, Ludhiana, Punjab
- Weight Group**  
**Men's Body Building :** Total ten 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 & below 100 kgs Above 100 kgs
- Men's Fitness Model :** One open Group
- Women's Fitness Model :** One open Group
- Eligibility :** All the affiliated State units of North India Zone only can send maximum numbers of body builders for both the competitions since there is no limit 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 Medals, Certificate and Gifts.
  2. First Five places in each category will receive cash prizes of Rs.3000/-, Rs.2500/-, Rs.2000/-, Rs.1500/-, Rs.1000/- along with Merit Certificates respectively.
  3. Overall Champion will receive cash prize Rs.31000/- along with Trophy & Merit Certificate.
  4. All the participants will receive participation certificates.
- Men's & Women's Fitness Model :**
1. First Five places in each category will receive Medals, Certificate and Gifts.
  2. First Three places in each category will receive cash prizes of Rs.5000/-, Rs.3000/-, Rs.2000/-
  3. All the participants will receive participation certificates.



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**Entry Fees :**

Men's Bodybuilding : Rs.500/- per competitor  
Men's Fitness Model : Rs 500/- per competitor  
Women's Fitness Model : Rs.500/- per competitor

Last Date for Entry : 30<sup>th</sup> April, 2017.

Contact :  
IBBF Secretariat : Mr. Navneet Singh – Organising Secretary – 09888320009 / 09307520009

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 & 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 & 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. Those who does not have 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 color 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, Punjabi Amateru Bodybuilding Association or no other organizers will be responsible for any mischief, injury or damages sustained in travel, before, during or after the championship.

**SCHEDULE**

**Sunday 14<sup>th</sup> May, 2017**

UPTO 01.00 PM : Arrival of all competitors, officials & judges  
01.00 PM TO 02.00 PM : Lunch  
03.00 PM TO 04.00 PM : Weighing-in  
04.00 PM TO 05.00 PM : Meeting  
06.00 PM : Finals & Prize Distribution  
Dinner after Finals & Prize Distribution

