



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 :12th February, 2018

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—08/2018

Sub.: "North India Body Building & Men's Sports Physique Classic Championship"

Dear Sir/Madam,

The Indian Body Builders Federation is pleased to inform you that Punjabi Amateur Body Building Association has taken initiative to organise " **NORTH INDIA BODY BUILDING & MEN'S SPROTS PHYSIQUE CHAMPIONSHIP 2018**", on 25th February, 2018 at Punjab Agriculture University, 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 here with to make this championship a grand success.

Your kind co-operation is solicited.

Thanking you,

For Indian Body Builders Federation

Chetan M. Pathare
General Secretary





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"North India Body Building & Men's Sports Physique Championship"

PARTICULARS

- Contest : North India Body Building & Men's Sports Physique Championship 2018
- Date : Sunday 25th February 2018
- Organiser : Punjabi Amateur Body Building Association
- Venue for Finals : Punjab Agriculture University, Ludhiana
- Reception : Punjab Agriculture University, Ludhiana
- Nearest Railway Station: Ludhiana
- Contact : Navneet Singh – 09888320009
- Weight Group** :
Men's Body Building : Total Nine weight groups
Upto & inclusive 55kgs
Upto & inclusive 60kgs
Upto & inclusive 65kgs
Upto & inclusive 70kgs
Upto & inclusive 75kgs
Upto & inclusive 80kgs
Upto & inclusive 85kgs
Upto & inclusive 90kgs
Above 90kgs
- Men's Sports Physique : One Open Group
- Eligibility** : All the affiliated State units of North India Zone only can send maximum numbers of athletes for both the competitions since there is no limit on numbers of athletes.
- Entry Fee for Athlete :
Men's Bodybuilding : Rs.500/- per competitor
Men's Sports Physique : Rs.1000/- per competitor
- Last Date for Entry : 17th February 2018.
- Submission of entries : Entries will be accepted in prescribed format
Entries may be sent to
1. General Secretary



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Indian Body Builders Federation

PathareGymco

280/A, Jawalkar Mansion,

Dr. B. Ambedkar Road,

Parel, Mumbai-400 012.

Maharashtra.

2. Email:- ibbf_mumbai@yahoo.in

Prizes & Awards

- Senior Men's Body Building : First Five Places will be awarded with Certificate, Trophies and Gifts
- Men's Sports Physique : First Five Places will be awarded with Certificate, Trophies and Gifts
- Doping : Dope test may be conducted at random by the National Anti Doping Agency (NADA).
- 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. Organizers will provide free lodging & boarding to all Competitors, coach, manager along with Executive Committee Members of Indian Body Builders Federation for three nights.
Other than the above mentioned officials, extra officials & supporters will not be allowed provided with lodging and boarding facility. 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.
5. All the Officials, managers, coaches are requested to come with their proper uniform.
6. Golden, Silver and Bronze colour tanning cream is not allowed.
7. 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 Posing contest.
- Please note : Indian Body Builder's Federation, Punjabi Amateur Body Building Association or no other organizers will be responsible for any mischief, injury or damages sustained in travel, before, during or after the competition.



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"North India Body Building & Men's Sports Physique Championship"

SCHEDULE

Sunday 25th February, 2018

UPTO 12.00 PM : Arrival of all competitors, officials & judges
01.00 PM TO 01.30 PM : Lunch
01.30 PM TO 03.00 PM : Weighing-in
04.00 PM ONWARDS : Finals & Prize Distribution
Dinner after Finals & Prize Distribution

Mondya 26th February, 2018

10.00 PM : Departure of all competitors, officials & judges



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Date: 12th February 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 is to Certify that _____

Body Builders/Officials of _____

is/are taking part in the **North India Body Building & Men's Sports Physique Championship 2018** being organized by **Punjabi Amateur Body Building Association, Ludhiana**; under the authority of **Indian Body Builders Federation**. From 25th February 2018. 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**

Chetan M. Pathare
General Secretary