



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: 29th January 2019

To,

The Secretaries / Executive Committee Members / Life Members

State Body Building Associations / Union Territories / Government Sports Boards

Affiliated to Indian Body Builders Federation

Mumbai.

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

Sub.: "12th Senior Body Building (Mr. India) Men's & Women's & 7th Men's Physique Sports and Women's Model Physique National Championship 2019"

Dear Sir / Madam,

The Indian Body Builders Federation is pleased to inform you that the most prestigious Championship of the year, "**12th Mr. India, Senior Men's and Women's Body Building & 7th Men's Physique Sports and Women's Model Physique National Championship 2019**"; will be held on and from **29th to 31st March, 2019** at Chennai, Tamil Nadu under the organization of **Tamil Nadu Amateur Body Building Association**.

We on behalf of Indian Body Builders Federation humbly request all the affiliated State Associations / Union Territories / Government Sports Boards to participate with best of their athletes as prescribed in the circular to make this championship a grand success.

Thanking you

For Indian Body Builders Federation

Mr. Chetan M. Pathare
General Secretary





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PARTICULARS

Contest : 12th Mr. India, Senior Men's & Women Body Building &
7th Men's Physique Sports & Women Model Physique Championship 2019

Date : Friday 29th March 2019 to Sunday 31st March 2019

Organizer : Indian Body Builders Federation
Tamil Nadu Amateur Body Building Association

Venue for Pre-Judging : Late Col. Jeppiaar Auditorium, Chennai, Tamil Nadu.

Venue for Finals : Late Col. Jeppiaar Auditorium, Chennai, Tamil Nadu.

Reception : Hotel Novotel,
478/2, Near Sholingnallur Signal, OMR, Chennai-600119

Lodging for Officials & Participants(Athletes) : Hotel Novotel,
478/2, Near Sholingnallur Signal, OMR, Chennai-600119

Lodging will be provided for Three nights only.

Nearest Railway Station: Chennai Central (20 kms) approx. 40 mins.
Please note: No pick and drop will be arranged

Nearest Airport : Chennai Airport (12 kms) approx. 30 mins.
Please note: No pick and drop will be arranged

Contact :

Mr. M.Araasu	—	09841030772
Mr. Bala Murugan	-	09600769089
Mr. Senthil Kumaran	-	09840545773
Mr. Muniappan	-	09940558272

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

Categories :
For 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



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For Women's Body Building : One Open Group

For Men's Sports Physique : One Open Group

For Women's Model Physique : One Open Group

Eligibility : Twelve Body Builders from each affiliated State units/ Union Territories / Government Sports Boards for Men's Body Building but not more than two Body Builders in one weight group will be allowed. The host State Association will be allowed to field two teams that is 24 Body Builders (A and B Team). For Team Championship only A team points will be calculated.

For Women's Body Building there is no restriction of entries.

For Women's Model Physique there is no restriction of entries.

For Men's Physique Sports category each unit can send only **FOUR** athletes and the host State Association will be allowed to field two teams that is **EIGHT** athletes (A and B Team)

Entry Fee :

Men's Body Building	Rs.1000/- per competitor
Women's Body Building	Rs.1000/- per competitor
Men's Physique Sports	Rs.3000/- per competitor
Women's Model Physique	Rs.3000/- per competitor
For Best Posing	Rs.1000/- per competitor for Best Poser Contest

Registration Fee for Official: Rs. 1000/- per official

Security Deposit: Rs.5000/- per State units/ Union Territories / Government Sports Boards

Last Date for Entry : 15th March, 2019.

Submission of entries : Entries will be accepted in prescribed format
Entries may be sent to

1. General Secretary
Indian Body Builders Federation
Pathare Gymco
280/A, Jawalkar Mansion,
Dr. B. Ambedkar Road,
Parel, Mumbai-400 012.
Maharashtra.
2. Email:- ibbf_mumbai@yahoo.in

Annual Fees : All the affiliated State Associations/Union Territories are requested to pay their Annual Membership Fees of Rs.10000/- and Government Sports Board are requested to pay Fees of Rs.15000/- on or before 29th March,2019.



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Those who fail to pay the annual fees for the year 2019 before 29th March 2019 will not be allowed to participate.

Judges Examination : Only affiliated State Units/Union Territories/Government Sports Boards will be eligible to nominate and submit the entries for Judges Examination on or before 29th March, 2019 to those who wish to participate in Judges Examination along with the Fees of Rs.10000/- with two photographs and copy of Aadhar card. These candidates will have to pay Rs. 7500/- as an additional charges towards lodging and boarding to IBBF.

Prizes & Awards

Senior Men's

Body Building

1. First three places in each category will receive Gold, Silver & Bronze Medals.
2. First Five places in each category will receive Cash Prizes along with Merit Certificates and trophy respectively.
3. Overall Champion will receive Cash Prize along with Trophy & Merit Certificate.
4. Runner-up will receive Cash Prize along with Trophy & Merit Certificate.
5. 1st Runner-up will receive Cash Prize along with Trophy & Merit Certificate.
6. Best Poser will receive Cash Prize along with Trophy & Merit Certificate.
7. Most Improved Body Builder will receive Cash Prize along with Trophy & Merit Certificate.
8. Team Championship will receive Trophy & Merit Certificate
9. 1st and 2nd Runner-up in Team Championship will receive Trophy & Merit Certificate respectively.
10. All the Participants will receive participation certificate.

Women's

Body Building

1. First three places in the category will receive Gold, Silver & Bronze Medals respectively.
2. First Five places in each category will receive Cash Prizes along with Merit Certificates and trophy respectively.
3. All the Participants will receive participation certificate.

Men's Physique Sports :

1. First three places in the category will receive Gold, Silver & Bronze Medals respectively.
2. First Five places in each category will receive Cash Prizes along with Merit Certificates and trophy respectively.
3. All the Participants will receive participation certificate.

Women's Model

Physique

1. First three places in the category will receive Gold, Silver & Bronze Medals respectively.



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2. First Five places in each category will receive Cash Prizes along with Merit Certificates and trophy respectively.
3. All the Participants will receive participation certificate.

Please note that above cash prizes may be subject to income tax deduction at source and winner will have to produce their Pan card and Aadhar card clear Xerox copies for claiming prize money cheque. Without these documents the prize money cheque will not be issued.

Doping : Dope test may be conducted at random by the National Anti Doping Agency (NADA).
In order to participate in the above mentioned championship, it is mandatory to fill up and sign the drug testing consent and waiver off liability form.

- 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 the athletes, President, Secretary, Coach, Manager and Maximum 1 Judges of each Unit along with Executive Committee Members of the Indian Body Builders Federation for three nights only.
Other than the above mentioned officials, extra officials, supporters and family members will not be provided with lodging and boarding facility. **If requested prior with the charges of Rs. 7500/-, triple occupancy lodging and boarding facility will be provided.**
We require affiliated 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 and the State Association/Union Territories and Sports Boards will have to bear the cost of the same before departure.
As mentioned above security deposit of Rs. 5000/- is mandatory to be paid at the time of registration and if there is any damage the said security deposit will be forfeited against the same.
 5. All the Officials, managers, coaches are requested to come in uniform prescribed by IBBF in all the schedules activities. Those who do not have uniform as prescribed by IBBF will not be allowed to participate in any official activities and will not be allowed to sit as a Judge.
 6. Participants and officials who arrive before 29th March 2018 and wish to stay after 31st March 2018 will have to bear for their own lodging & boarding.
 7. Golden, Silver and Bronze color 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, actions and dancing will not be tolerated and the said participant will be banned from the Best Posing contest.



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Please note : Indian Body Builders Federation, Tamil Nadu Amateur Body Building Association and 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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SCHEDULE

Friday 29th March 2019

11.00 AM ONWARDS : Arrival of all competitors, officials & judges

01.00 PM TO 02.00 PM : Lunch

02.30 PM TO 04.00 PM : Judges / Coaches / Team Managers Meeting

4.00 PM to 9.00 PM : Weighing-in

09.00 PM ONWARDS : Welcome Dinner

Saturday 30th March 2019

07.00 AM TO 09.00 AM : Break Fast

10.30 PM ONWARDS : Pre-Judging

09.00 PM ONWARDS : Welcome Dinner

Sunday 31st March 2019

07.00 AM TO 09.00 AM : Break Fast

09.30 AM TO 10.45 AM : Executive Committee Meeting

11.00 AM TO 01.00 AM : Annual General Body Meeting

12.30 PM TO 02.00 PM : Lunch

03.00 PM ONWARDS : Finals & Prize Distribution

10.00 PM ONWARDS : Farewell Dinner

Monday 1st April 2019

09.00 AM : Departure of all competitors, officials & judges



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OFFICIAL ENTRY FORM

Please fill this entry form and return on or before 15th March 2019.

SR.	NAME	CATEGORY	MOBILE NO.	WEIGHT
1		Men's Body Building		
2		Men's Body Building		
3		Men's Body Building		
4		Men's Body Building		
5		Men's Body Building		
6		Men's Body Building		
7		Men's Body Building		
8		Men's Body Building		
9		Men's Body Building		
10		Men's Body Building		
11		Men's Body Building		
12		Men's Body Building		
13		Women Body Building		
14		Women Body Building		
15		Women Body Building		
16		Women Body Building		
17		Men's Physique Sport		
18		Men's Physique Sport		
19		Men's Physique Sport		
20		Men's Physique Sport		
21		Women Model Physique		
22		Women Model Physique		
23		Women Model Physique		
24		Women Model Physique		

TEAM MANAGER: _____ COACH: _____

JUDGE: _____

UNIT NAME: _____

TRAIN No. & ARRIVAL TIME: _____ TRAIN No. & DEPARTURE TIME: _____

SEAL

SIGNATURE OF PRESIDENT/SECRETARY



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Date: 29 January 2019

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 **12th Mr. India, Senior Men's and Women's Body Building & 7th Men's Physique Sports and Women's Model Physique National Championship 2019**", being organized by **Tamil Nadu Amateur Body Building Association, Chennai, Tamil Nadu**; under the authority of **Indian Body Builders Federation**. From 29th March to 31st March 2019. 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



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Date: 29th January 2019

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 31st March, 2019 at 9.30 AM at Hotel Novotel, Chennai, Tamil Nadu during 12th Senior National Men's and Women Body Building Championship 2019, 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.
2. To adopt the Annual Report as submitted by the General Secretary.
3. To discuss and confirm the forthcoming championships for the year 2019-2020.
4. To resolve the state association issues if any.
5. To adopt new amendments if any and put forward in General Body Meeting.
6. To appoint the Internal Auditor and Chartered Accountant for the year 2019-2020 and adoption of the Statement of Account submitted by the Treasurer for the year 2018-2019.
7. To discuss about the letters if any received from Executive Committee Members or the State Associations before 15th March, 2019.
8. Any other matter with the permission of chair.

For Indian Body Builders Federation

Mr. Chetan M. Pathare
General Secretary





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Date: 29th January 2019

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

ANNUAL GENERAL BODY MEETING

NOTICE

Notice is hereby given to all the members of the Executive Committee & the representatives of the affiliated State Associations / Union Territories / Sports Board of the of the Indian Body Builders federation, that the Annual General Body Meeting will be held on Saturday 31st March, 2019 at 11.00 AM at Hotel Novotel, Chennai, Tamil Nadu during 12th Senior National Men's and Women Body Building Championship 2019, to discuss the following Agenda.

All the Executive Members / Representatives of State Associations / Union Territories / Sport Boards are requested to attend the same in proper uniform.

AGENDA

1. To confirm the minutes of the last Annual General Body Meeting held in Gurgaon, Haryana.
2. To adopt the Annual Report as submitted by the General Secretary.
3. To discuss and confirm the forthcoming championships for the year 2019-2020.
4. To resolve the state association issues if any.
5. To adopt new amendments if any suggested by the Executive Committee and put forward in General Body Meeting.
6. To appoint the Internal Auditor and Chartered Accountant for the year 2019-2020 and adoption of the Statement of Account submitted by the Treasurer for the year 2018-2019.
7. To discuss about the letters if any received from Executive Committee Members or the State Associations before 15th March, 2019.
8. Any other matter with the permission of chair.

For Indian Body Builders Federation

Chetan M. Pathare

Mr. Chetan M. Pathare
General Secretary

