

OFFICIAL INVITATION

INVITATION LETTER FOR THE 10TH SOUTH ASIAN MEN'S BODYBUILDING CHAMPIONSHIP – PAKISTAN

The Pakistan Bodybuilding Federation is pleased to host and take this opportunity to invite all the South Asian Member Countries for the 10th South Asian's Men's Bodybuilding Championship which will be held in the most beautiful, attractive and historical City of Lahore, Pakistan from 6 – 10 March, 2014.

2. We would like to acknowledge and thank South Asian Bodybuilding & Fitness Federation, World and Asian Bodybuilding & Physique Sports Federations for giving us an opportunity to host the 10th South Asian Bodybuilding Championship of the year.

3. The Annual Congress, Executive Committee Meeting, Judges and Teams Managers Meeting will be held simultaneously during this period. There will be nine body weight categories: Light Flyweight 55 kg, Flyweight 60 kg, Bantamweight 65 kg, Lightweight 70 kg, Welterweight 75 kg, Light-Middleweight 80 kg, Middleweight 85 kg, Light Heavy weight 90 kg and Heavyweight 90 kg plus, Overall Champion, and Junior 70 kg and 75 kg plus classes. The competition venue for the Pre-Judging and Finals will be intimated in the due course of time.

4. The Rules, Regulations and Information which will apply to this Championship along with Preliminary and Final Entry Form including the schedule are enclosed.



5. For the application of Visa, you may kindly produce this letter to the Pakistan Embassy / High Commission in your country. If they require any further specific letter please feel free to mail your requirements which we will provide you the same.

6. We on behalf of Pakistan Bodybuilding Federation humbly request all the affiliated countries of South Asian Bodybuilding and Fitness Federations to participate with best of their bodybuilders to make this Championship a grand success.

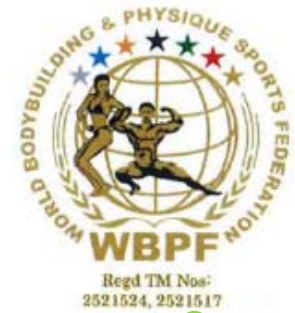
For Pakistan Bodybuilding Federation

Best Regards,

(Sh. Farooq Iqbal)
Secretary General (PBBF)

Correspondence address:

House No. 35 Karishna Street
No. 2, Railway Road,
Gowalmandi, Lahore, Pakistan.
Mobile: 0092-321-477 1231
Email: pakbbf.info@gmail.com



10TH SOUTH ASIAN MEN'S BODYBUILDING CHAMPIONSHIPS
Date: 6 – 10 March, 2014; Venue : Lahore, PAKISTAN

Preliminary entry form

In order to in the planning and organization of these Championships, Please complete the Preliminary Entry Form and return to the Organizing Committee **AS SOON AS POSSIBLE BUT NOT LATER THAN 10TH JANUARY, 2014**

(Please print clearly/write in Block Letters)

FEDERATION: _____

FEDERATION CONTACT PERSON: _____

COUNTRY: _____ ADDRESS: _____

FAX NUMBER : _____ EMAIL : _____

Our Federation is planning to participate in the South Asian Bodybuilding Championship. Please indicate YES or NO. Yes _____ NO _____

If Yes, please provide the estimate number of participants to us:

COMPETITORS: _____ DELEGATES: _____

SUPPORTERS: _____ COACH: _____

Please send filled form to us via Email on or before 10th January, 2014 to

Pls. Send the Preliminary Form to:
Att: Sh Farooq Iqbal
Executive Vice President
South Asian Bodybuilding Federation
General Secretary
Pakistan Bodybuilding Federation
Cell # 0092-321-4771231
Email: pakbbf.info@gmail.com

Pls copy all correspondent to:
Attn: Datuk Paul Chua
Secretary General,
World Bodybuilding & Physique Sports Federation (WBPF) & ABBF
Tannery Block, Ruby Industrial Complex
35 Tannery Road # 04-01 Singapore.
Tel: (+65) 6748-6970
Mobile: (+65) 96163203/(+65) 9645-5466
Fax: (+65) 6747-9846
Email: abbfasia@yahoo.com.sg

Please copy all correspondence to:
Attn: Chetan M. Pathare
SABBF Secretary General
Secretary General,
Indian Body Builders Federation
Pathare Gymco, 280/A, Javalkar
Mansion, Dr. B. A. Road, Parel,
Mumbai-400 012 Maharashtra,
India.
Email: ibbf_mumbai@yahoo.in



10TH SOUTH ASIAN MEN'S BODYBUILDING CHAMPIONSHIPS
Date: 6 – 10 March, 2014; Venue : Lahore, PAKISTAN

Final Entry Form

In order to in the planning and organization of these Championships, Please complete the Final Entry Form and return to the Organizing Committee **AS SOON AS POSSIBLE BUT NOT LATER THAN ST FEBRUARY, 2014**
(Please print clearly/write in Block Letters)

FEDERATION: _____

COUNTRY: _____ FAX NUMBER: _____

PHONE : _____ EMAIL : _____
(Please indicate the name as written in passport and the passport numbers)

A. South Asian Senior Men's Bodybuilding Championships will include the following 9 weight categories:

Lt.Fly Wt. – 55 kg. _____

Fly Wt. – 60 kg. _____

Bantm Wt. – 65 kg. _____

Light Wt. – 70 kg. _____

Welter Wt. – 75 kg. _____

Lt. Middle Wt. – 80 kg. _____

Middle Wt. – 85 kg. _____

Lt. Heavy Wt. – 90 kg. _____

Heavy Wt. - +90 kg. _____

Plus Overall Mr. South Asia 2014.

(Please indicate the name as written in passport and the passport numbers)



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B. South Asian Junior Men's Bodybuilding Championships will include the following 2 weight categories:

Up to 70 kg. _____

Over 70 kg. _____

Plus Overall Jr. Mr. South Asia 2014.

(Please indicate the name as written in passport and the passport numbers)

JUDGE: _____ **JUDGE:** _____

(Please indicate the name as written in passport and the passport numbers)

NAME OF OFFICIALS AND SUPPORTERS

1.DELIGATES: _____ **2.** _____

COACH: _____

1.SUPPORTER: _____

2.SUPPORTER: _____

3.SUPPORTER: _____

(Please indicate the name as written in passport and the passport numbers)

FLIGHT SCHEDULE

Arrival Date & Time : _____ **Airline & Flight#:** _____

Departure Date & Time: _____ **Airline & Flight#:** _____



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Each National Federation may send up to a Maximum of NINE (9) athletes to the Men's Bodybuilding events and

NO MORE THAN TWO (2) ATHLETES IN THE SAME CATEGORY.

IMPORTANT :

Three (3) or more athletes – two (2) official delegates permitted. Less than Three (3) athletes – one (1) official delegate permitted. National Federation with no athletes may send one (1) official delegate; however, this delegate will be responsible for all of their expenses.

Please send filled form to us via Email on or before 1ST FEBRUARY, 2014 to:-

<p>Pls. Send the Preliminary Form to: Att: Sh Farooq Iqbal Executive Vice President South Asian Bodybuilding Federation General Secretary Pakistan Bodybuilding Federation Cell # 0092-321-4771231 Email: pakbbf.info@gmail.com</p>	<p>Pls copy all correspondent to: Attn: Datuk Paul Chua Secretary General, World Bodybuilding & Physique Sports Federation (WBPF) & ABBF Tannery Block, Ruby Industrial Complex, 35 Tannery Road # 04-01 Singapore. Tel: (+65) 6748-6970 Mobile: (+65) 96163203/(+65) 9645-5466 Fax: (+65) 6747-9846 Email: abffasia@yahoo.com.sg</p>	<p>Please copy all correspondence to: Attn: Chetan M. Pathare SABBF Secretary General Secretary General, Indian Body Builders Federation Pathare Gymco, 280/A, Javalkar Mansion, Dr. B. A. Road, Parel, Mumbai-400 012 Maharashtra, India. Email: ibbf_mumbai@yahoo.in</p>
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Note

The participating Countries are requested to provide name with photograph and copy of passport of each members of their team by e-mail immediately to obtain clearance letter from Government of Pakistan.



10TH SOUTH ASIAN MEN'S BODYBUILDING CHAMPIONSHIPS
Date: 6 – 10 MARCH, 2014; Venue : Lahore, PAKISTAN

1. DATE – VENUE AND OFFICIAL HOTELS.

DATES: 6th to 10th March, 2014.

VENUE OF COMPETITION: Will be informed later.

2. REGISTRATION FEES.

US \$ 45.00 per person per day, the total amount is us 180.00, for each person for the duration of 4 nights to stay in a twin bedded sharing room. This fee includes hotel accommodation, 3 meals per day, shuttle from airport to hotel vis-à-vis and to competition venue, farewell party, etc.

3. PAYMENTS

No Credit Cards. Only cash payment in US Dollars and Pakistani currency will be Accepted for registration fees and for other expenses etc.

4. ENTRY RULES

- a. Country with less then three (3) competitors, only one (1) official will be allowed.**
- b. Country with three (3) or more competitors, two officials will be allowed Exceeding number of officials as per 4 (a) and 4 (b) shall be considered as “supporters or extra delegates”.**

5. EXTRA DELEGATES, OFFICIALS AND SUPPORTERS.

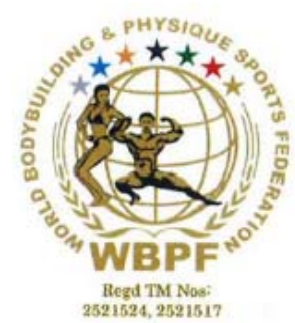
All extra delegates, officials and supporters will bear their own expenses.

6. EXEMPTIONS

SABBF Executive Members and Standing Committee are exempted from paying the Registration fees, including Patrons and Honorary Members.

7. EARLY ARRIVALS AND LATE DEPARTURES

Any team or officials arriving early or departing late are required to pay for the extra days.



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8. ENTRY FORMS

- Preliminary Entry Form must be submitted before 10th January, 2014.
- Final Entry Form must be submitted on or before 1st February, 2014.

The Preliminary and Final Entry Forms should be sent directly to:

Pls. Send the Preliminary Form to:
Att: Sh Farooq Iqbal
Executive Vice President
South Asian Bodybuilding Federation
General Secretary
Pakistan Bodybuilding Federation
Cell # 0092-321-4771231
Email: pakbbf.info@gmail.com

Please copy all correspondence to:
Attn: Chetan M. Pathare
SABBF Secretary General
Secretary General,
Indian Bodybuilders Federation
Pathare Gymco, 280/A, Javalkar Mansion, Dr. B. A.
Road, Parel, Mumbai-400 012 Maharashtra, India.
Email: ibbf_mumbai@yahoo.in

9. DOPING

Dope testing will be conducted at random by the ABBF.

10. NATIONAL ANTHEM/NATIONAL FLAG

- You must bring along two (2) national flags of your country. The flags must be manufactured of dense silk and must measure no more than 2.5 meters X 1.4 meters.
- You must also provide your National Anthem (shortened version) on CD. Video Tape not acceptable.

11. POSING MUSIC

Posing music must be on CD only and produced with good quality. The music must be at the start of the CD and must be the only music on the CD. Each competitor must affix his name on the CD for easy identification. **MAKE SURE THAT VULGAR WORDS ARE NOT CONTAINED IN THE LYRICS.**

12. AIRPORT

The arrival airport is the Allama Iqbal International Airport, Lahore. The Organizing Committee will pick you up at this airport on arrival and transport you to the Official Hotel. It is very important that



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every National Federation or Official provide to the Organizing Committee complete arrival details of its team, including the number of people in its delegation.

13. FLIGHT RECONFIRMATION

To reconfirm your flights to and from Lahore, contact the Secretary within 24 hours before and after your arrival.

14. BODYWEIGHT CATEGORIES

a. SOUTH ASIAN SENIOR MEN'S BODYBUILDING WEIGHT CATEGORIES

Light Flyweight Up to & incl. 55 k	Flyweight Up to & incl.60 kg
Bantamweight Up to & incl. 65 kg	Lightweight Up to & incl. 70 kg
Welterweight Up to & incl. 75 kg	Light-Middleweight Up to & incl. 80 kg
Middleweight Up to & incl. 85 kg	Light Heavyweight Up to & incl. 90 kg
Heavyweight Up to & incl. 95 kg	

b. SOUTH ASIAN JUNIOR MEN'S BODYBUILDING WEIGHT CATEGORIES

Up to 70 kg	Above 70 kg
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15. TRAINING FACILITY

Training facilities will be provided.

16. PHOTOS FOR ID CARDS

All participants (DELEGATES, COMPETITORS, EXECUTIVE MEMBERS AND SUPPORTERS), must send one recent passport size photo as an attachment together with the Entry Form or by e-mail attachment with all their particulars clearly stated. This is for issuance of Identity Cards. **FAILING TO PROVIDE** the photo, you will be charged US\$ 20.- for the I.D. photo if taken in Lahore.

17. VISA

Please check with your travel agents or Ministry of Sports if Visa is required to enter into Lahore airport. If you need assistance from the host country, please let them know two months (60 days) in advance. **LAST MINUTE REQUEST WILL BE IMPOSSIBLE FOR THE ORGANISER TO ASSIST YOU.**

18. MISCELLANEOUS AND ANY OTHER MATTERS

Any other points that are not stated in this information sheet and of the Rules and Regulations. Please refer to the ABBF Constitution and Rules which shall apply.