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# INDIAN BODY BUILDERS FEDERATION

Recognised by  
MINISTRY OF YOUTH AFFAIRS AND SPORTS, GOVERNMENT OF INDIA



# 13 Mr.INDIA

SENIOR NATIONAL BODY BUILDING & PHYSIQUE SPORTS  
CHAMPIONSHIP 2021

in memory of  
SMT. RAMASAHAYAM KALPANA REDDY

**06TH - 08TH JANUARY, 2022**  
**@ KHAMMAM, TELANGANA**



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: 03<sup>rd</sup> November, 2021

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-01/21

Sub.: **"13<sup>th</sup> Mr. India Men's Senior National Body Building & Physique Sports Championship 2021"**

Dear Sir / Madam,

The Indian Body Builders Federation is pleased to inform you that the most prestigious Championship of the year, **"13<sup>th</sup> Mr. India, Men's Senior National Body Building & Physique Sports Championship 2021"**; will be now held on and from **06<sup>th</sup> January – 8<sup>th</sup> January, 2022** at Khammam, Telangana in memory of **Smt. Ramasahayam Kalpana Reddy Memorial at S R Garden Hall, Khammam, Telangana** under the guidance and leadership of **Shri Swamy Ramesh Kumar Vice President, IBBF** and organization of the Indian Body Builders Federation.

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 per the rules and SOP's prescribed in the circular to make this championship a grand success.

**It is further to be informed that all the participating athletes and officials are strictly supposed to follow the SOP's and guidelines of COVID- 19 issued by Central/ State Government during the championship. All participants are requested to chalk out their journey in compliance to COVID-19 guidelines and travel advisories issued by States/ Union Territories time to time.**

Thanking you

For Indian Body Builders Federation

**Hiral Sheth**  
General Secretary





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## "13<sup>th</sup> Mr. India Men's Senior National Body Building & Physique Sports Championship 2021"

### PARTICULARS

<b>Contest</b>	:	13 <sup>th</sup> Mr. India, Men's Senior National Body Building & Physique Sports Championship 2021
<b>Date</b>	:	Thursday, 06 <sup>th</sup> January, 2022 to Saturday, 08 <sup>th</sup> January, 2022
<b>Organizer</b>	:	Indian Body Builders Federation
<b>Venue for Pre-Judging</b>	:	S R GARDEN HALL, Wyra Road, Khammam
<b>Venue for Finals</b>	:	S R GARDEN HALL, Wyra Road, Khammam
<b>Reception</b>	:	SRK GUEST HOUSE, Behind Govt Hospital Sahakar Nagar, Adjacent S R Digi School, Khammam
<b>Lodging for Officials &amp; Athletes:</b>		Lodging will be provided for three nights only. Maximum 3 officials per affiliated unit will be allowed which included Team Manager / Coach/ Judges or any other officials. <b>One Room per unit for officials will only be provided by the organizers</b>
<b>Nearest Railway Station</b>	:	Khammam Khammam Railway Station is between Hyderabad and Vijaywada Station. There are frequent Trains and Buses from Vijaywada Railway Station (Railway Station to Venue distance is about 2 Hrs.) <b>(Please note there will be no transport facility provided by the organisers)</b>
<b>Nearest Airport</b>	:	1. Vijaywada Airport (Vijaywada Airport to Khammam distance is about 120KMS.) <b>(Please note there will be no transport facility provided by the organisers)</b>  2. Hyderabad Airport (Hyderabad Airport to Khammam distance is about 210 Kms.) <b>(Please note there will be no transport facility provided by the organisers)</b>
<b>Contact</b>	:	Mr. B Koteswar Rao - 9866444183
<b>IBBF Secretariat</b>	:	Ms. Hiral Sheth – General Secretary Mobile: 098196 37300



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**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

**Rules for Men's Body Building** : Will wear single-colored opaque posing trunks of a solid, non-distracting color which are clean and decent. The back area of the trunk must cover at least 50 % of the "gluteus maximus", the front of the trunk must be covered completely, no padding allowed anywhere in the trunk; the side of the trunk must measure at least 1 cm. Pulling and shifting of the trunk by the competitor to reveal a larger part of the front, side or rear of the body is not allowed; the competitor has to ensure that the trunk stays in place during his entire performance and does not slip inside the gluteus muscles to reveal a greater part of that area. Competitors will not wear footwear, glasses (Except if it is justified by the athlete's health condition.), watches, bangles, necklaces, earrings, piercings or any other jewellery /accessories except for a wedding ring. Props including hats, caps, masks etc. are prohibited. The use of implants whether permanent by cosmetic surgery or temporarily by fluid injection is not allowed and can lead to disqualification. Body-coloring is allowed but the athlete has to make sure that the color stays on the body and does not come off simply by wiping; air-brush tanning and cabin tanning may be used, sparkles, glitter, shiny metallic pearls or any other unnatural looking enhancements of the body color are prohibited. Body coloring that stains the competition attire is prohibited.

**Men's Bodybuilding:**

- a. Front double biceps;
- b. Front lat. spread;
- c. Side chest on any side;
- d. Back double biceps;
- e. Back lat. spread;
- f. Side triceps on any side
- g. Abdominals and thighs.



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- For Men's Sports Physique** : Up to 165 cms  
Over 165 cms
- Rules for Men's Sports Physique : Will wear board shorts that reach from the lower abdominal area down to just above the knee. Viewed from the back the board shorts have to cover all of the gluteal area down to just above the knee area. The material, texture and color of the board shorts are at the discretion of the competitor. Foot-wear and jewellery are not allowed. Tight fitting lycra shorts are prohibited. Competitors will not wear footwear, glasses (Except if it is justified by the athlete's health condition.), watches, bangles, necklaces, earrings, piercings or any other jewellery/accessories except for a wedding ring. Props including hats, caps, masks etc. are prohibited. The use of implants whether permanent by cosmetic surgery or temporarily by fluid injection is not allowed and can lead to disqualification. Body-coloring is allowed but the athlete has to make sure that the color stays on the body and does not come off simply by wiping; air-brush tanning and cabin tanning may be used, sparkles, glitter, shiny metallic pearls or any other unnatural looking enhancements of the body color are prohibited. Body coloring that stains the competition attire is prohibited.
- Sport Physique Physique:**
- "T" WALK
  - Quarter turn front
  - Quarter turn right
  - Quarter turn back
  - Quarter turn front
- "T" WALK: each athlete will appear on stage individually in numeric order. Athlete should walk to center of back on stage then walk to the front, take front and back pose then walk back to center of stage again and take his/her place in line. 45
- For Men's Fitness Physique** : One Open Group
- Rules for Men's Fitness Physique : Will wear black opaque tights/posing trunks of a solid, non-distracting material which are clean and decent during the **comparisons** (elimination, prejudging and finals). No footwear is allowed.

The back area of the tights/posing trunks must cover 100 % of the “gluteus maximus”, the front of the trunk must be covered completely, no padding allowed anywhere in the trunk; the side of the trunk/tights/gymnastic shorts must measure at least 15 (fifteen) cm. Pulling and shifting of the trunk/tights by the competitor to reveal a larger part of the front, side or rear of the body is not allowed; the competitor has to ensure that the trunk stays in place during his entire performance and does not slip inside the gluteus muscles to reveal a greater part of that area. Competitors will not wear footwear, glasses (Except if it is justified by the athlete's health condition.), watches, bangles, necklaces, earrings, piercings or whatsoever other jewellery/accessories except for a wedding ring. 29. For the **routine** they will wear tights or gymnastic shorts of a solid, non-distracting color which are clean and decent and a tank top (minimum attire). Additional wear/attire is allowed as the competitor deems appropriate to perform the routine; the optional additional attire may be taken off during the routine provided that it does not appear as a strip-show. Sport shoes may be worn during the routine but are not mandatory.

Props including hats, caps, masks etc. are prohibited during the comparisons but can be used in moderation during the routine, as long as the competitor can bring them on to the stage and off by himself and they do not harm/stain the stage. Items such as sticks, bands, hats, caps, sun-glasses etc. that can be easily carried are acceptable props during the fitness routine.

The use of implants whether permanent by surgery or temporarily by fluid injection is not allowed and can lead to disqualification.

Body-coloring is allowed but the athlete has to make sure that the color stays on the body and does not come off simply by wiping; air-brush tanning and cabin tanning may be used, sparkles, glitter, shiny metallic pearls or any other unnatural looking enhancements of the body color are prohibited. Body coloring that stains the competition attire is prohibited.

**Fitness Physique:**

- a. Quarter turn front
- b. Quarter turn right
- c. Quarter turn back
- d. Quarter turn front



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## **Fitness Routines:**

Routines are only a part of the prejudging in Men's and Women's Fitness Physique, in all other disciplines containing routines they will be only part of the finals. Fitness Routines in Men's and Women's Fitness Physique will be assessed and scored in both the prejudging and the finals.

## **For Men's Athletic Physique**

: One Open Group

## **Rules for Men's Athletic Physique**

: Will wear opaque tights/posing trunks of a solid, non-distracting material with the color of the posing trunk is left to the discretion of the competitor which are clean and decent during the comparisons (elimination, prejudging and finals). No footwear is allowed.

The back area of the tights/posing trunks must cover 100 % of the "gluteus maximus", the front of the trunk must be covered completely, no padding allowed anywhere in the trunk; the side of the trunk/tights/gymnastic shorts must measure at least 15 (fifteen) cm.

Pulling and shifting of the trunk/tights by the competitor to reveal a larger part of the front, side or rear of the body is not allowed; the competitor has to ensure that the trunk stays in place during his entire performance and does not slip inside the gluteus muscles to reveal a greater part of that area.

### **Men's Athletic Physique:**

- a. Quarter turn front
- b. Quarter turn right
- c. Quarter turn back
- d. Quarter turn front
- e. Front double biceps
- f. Front lat. spread
- g. Side chest
- h. Back double biceps
- i. Back lat. spread
- j. Side triceps
- k. Abdominals and thighs

## **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



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that is 24 Body Builders (A and B Team). For Team Championship Only A team points will be calculated.

For Men's Sports Physique category each unit can send only **EIGHT** athletes but not more than four athletes in each category and the host State Association will be allowed to field two teams that is **Sixteen** athletes (A and B Team)

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

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

#### Entry Fee

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

**Security Deposit** : It is compulsory to pay Rs.5000/- per State units/ Union Territories / Government Sports Boards as a security deposit at the time of registration. The said will be refunded only after deducting any damages in the hotels, rooms, auditorium or any other places.

**Last Date for Entry** : 25<sup>th</sup> December, 2021

**Submission of entries** : Entries along with duly filled Drug Testing Consent Form, Waiver Off Liability Form, copy of Aadhar card and Pan Card will be accepted in prescribed format  
Entries may be sent to

1. General Secretary  
Indian Body Builders Federation  
c/o Pathare Gymco  
280/A, Jawalkar Mansion,  
Dr. B. Ambedkar Road,  
Parel, Mumbai-400 012.  
Maharashtra.
2. Email: - [ibbf\\_mumbai@yahoo.in](mailto:ibbf_mumbai@yahoo.in)





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3. Via what's app on Mobile No. 9819637300

**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/- for the year 2021 on or before **31<sup>st</sup> December 2021.**

You are also requested pay Annual Membership Fees for year 2022 before **31<sup>st</sup> March 2022.**

**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 **06<sup>th</sup> January, 2022** 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 charge 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 Merit Certificates and trophy respectively.
3. Overall Champion will receive Trophy & Merit Certificate.
4. Runner-up will receive Trophy & Merit Certificate.
5. 1<sup>st</sup> Runner-up will receive Trophy & Merit Certificate.
6. Best Poser will receive Trophy & Merit Certificate.
7. Most Improved Body Builder will receive Trophy & Merit Certificate.
8. Team Championship will receive Trophy & Merit Certificate.
9. 1<sup>st</sup> and 2<sup>nd</sup> Runner-up in Team Championship will receive Trophy & Merit Certificate respectively.
10. All the Participants will receive participation certificate.

**Men's Sports Physique** :

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

**Men's Fitness Physique** :

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

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

**Men's Athletic Physique**

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

**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 / Officials 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 as per the entry form and one room for all other officials per 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. 10000/-, triple occupancy lodging and boarding facility will be provided.**  
We require affiliated unit's 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 Government 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 **06<sup>th</sup> January, 2022** and wish to stay after **08<sup>th</sup> January, 2022** 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.

**MANDATORY COVID- 19 GUIDELINES:**

1. All the athletes and officials are strictly requested to submit the copy of COVID-19 RT-PCR negative test report conducted 72 hours prior to the date of championship. The general instructions as per SOP's / guidelines of COVID- 19 issued by Central/ State Government are to be strictly followed by all the athletes and officials during the championship. If it is found that general instruction is not followed by any athletes or officials during the championship, he/she shall be liable to be debarred from the championship.
2. All participants are requested to chalk out their journey in compliance to COVID-19 guidelines and travel advisories issued by States/ Union Territories time to time.

**Please note**

- : Shri Swamy Ramesh Kumar, Indian Body Builders Federation, any other organizers or any official will not be responsible for any mischief, injury or damages sustained in travel, before, during or after the competition.



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## "13<sup>th</sup> Mr. India Men's Senior National Body Building & Physique Sports Championship 2021"

### SCHEDULE

#### Thursday 06<sup>th</sup> January, 2022

- 11.00 AM ONWARDS : Arrival of all Athletes, Officials & Judges  
(SRK GUEST HOUSE, Behind Govt Hospital Sahakar Nagar,  
Adjacent S R Digi School, Khammam)
- 01.00 PM TO 02.00 PM : Lunch for Athletes and Officials (Venue Will be informed  
later)
- 02.30 PM TO 04.00 PM : Judges / Coaches / Team Managers Meeting (Venue Will be  
informed later)
- 04.00 PM TO 09.00 PM : Weighing-in, GMR A/C function Hall, NST Road, Khammam,  
507002
- 09.00 PM ONWARDS : Welcome Dinner (Venue Will be informed later)

#### Friday 07<sup>th</sup> January, 2022

- 07.00 AM TO 09.00 AM : Break Fast for Athletes and Officials (Venue Will be informed  
later)
- 09.00 AM TO 11.00 AM : Executive Committee Meeting (Venue Will be informed later)
- 11.30 AM ONWARDS : Commencement of the Pre-judging/ Finals and Prize  
distribution at the S R GARDEN HALL, Wyra Road, Khammam

#### **Total 8 events**

Men's Fitness Physique - One open category ROUND 1 (90  
sec routine)

Men's Sport Physique up to 165 cms, and over 165 cms (2  
categories)

Men's Fitness Physique - One open category ROUND 2

Men's Athletic Physique- One open category

Men's Body Building

Men's Bodybuilding 55kg, 60kg, 65kg, 70 kg (4 categories)

- 12.30 PM TO 02.00 PM : Lunch for Athletes and Officials S R GARDEN HALL, Wyra  
Road Khammam
- 09.00 PM ONWARDS : Welcome Dinner for Athletes and Officials (Venue Will be  
informed later)



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**Saturday, 08<sup>th</sup> January, 2022**

- 07.00 AM TO 09.00 AM : Break Fast for Athletes and Officials (Venue Will be informed later)
- 11.00 AM TO 1.00 PM : Annual General Body Meeting (Venue Will be informed later)
- 12.30 PM TO 02.00 PM : Lunch for Athletes and Officials, S R GARDEN HALL, Wyra Road Khammam
- 02.30 PM ONWARDS : Commencement of the Pre-judging/ Finals and Prize distribution at the S R GARDEN HALL, Wyra Road, Khammam

**Total 6 events**

Men's Body Building

Men's Bodybuilding 75kg, 80kg, 85kg, 90kg, 90- 100kg and above 100kg

Overall Champion - MR. INDIA 2021

- 10.00 PM ONWARDS : Farewell Dinner for Athletes and Officials (Venue Will be informed later)

**Sunday 09<sup>th</sup> January, 2022**

- 11.00 AM : Departure of all Athletes, Officials & Judges

- TRANSPORT : BUSES WILL BE ORGANISED BY THE ORGANISERS ONLY FROM HOTELS TO VENUE AND BACK.

**PLEASE NOTE:**

**NO BUSES OR CAR WILL BE ORGANISED FROM AIRPORT, RAILWAY STATION OR BUS STAND TO REACH REGISTRATION VENUE AND BACK.**



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**"13<sup>th</sup> Mr. India Men's Senior National Body Building  
& Physique Sports Championship 2021"**  
**OFFICIAL ENTRY FORM**

Please fill this entry form and return on or before 25<sup>th</sup> December, 2021

R.	NAME	CATEGORY	MOBILE NO.	WEIGHT	AADHAR NOS / PAN NOS
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		Men's Sports Physique up to 165 cms			
14		Men's Sports Physique up to 165 cms			
15		Men's Sports Physique up to 165 cms			
16		Men's Sports Physique up to 165 cms			
17		Men's Sports Physique Over 165 cms			
18		Men's Sports Physique Over 165 cms			
19		Men's Sports Physique Over 165 cms			
20		Men's Sports Physique Over 165 cms			
21		Men's Fitness Physique			
22		Men's Fitness Physique			
23		Men's Fitness Physique			
24		Men's Fitness Physique			
25		Men's Fitness Physique			
26		Men's Athletic Physique			
27		Men's Athletic Physique			
28		Men's Athletic Physique			
29		Men's Athletic Physique			
30		Men's Athletic Physique			

TEAM MANAGER: \_\_\_\_\_ COACH: \_\_\_\_\_

JUDGE: \_\_\_\_\_

UNIT NAME: \_\_\_\_\_

TRAIN No. & ARRIVAL TIME: \_\_\_\_\_ TRAIN No. & DEPARTURE TIME: \_\_\_\_\_

SEAL

SIGNATURE OF PRESIDENT/SECRETARY



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Ref. No.: IBBF/SN/CR-01/21

Date: 03<sup>rd</sup> November, 2021

**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 is to Certify that \_\_\_\_\_ Body Builders/Officials of \_\_\_\_\_ is/are taking part in the "**13<sup>th</sup> Mr. India, Men's Senior National Body Building & Physique Sports Championship 2021**"; will be now held on and from **06<sup>th</sup> January - 08<sup>th</sup> January, 2022** at Khammam, Telangana under the organization of **the Indian Body Builders Federation** and guidance of Shri Swamy Ramesh Kumar, Vice President, IBBF at S R Garden Hall, Wyr Road, Khammam, Telangana. 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**

**Hiral Sheth**  
General Secretary

Date: 03<sup>rd</sup> November, 2021

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 Friday, 07<sup>th</sup> January, 2022 at 9.00 AM during 13<sup>th</sup> Mr. India Men's Senior National Body Building & Physique Sports Championship 2021, at Khammam, Telangana 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 Executive Committee Meeting
- 2) To deliberate and adopt the Annual Report as submitted by the General Secretary.
- 3) To discuss and confirm the forthcoming championships for the year 2022-2023.
- 4) To discuss and adopt the amendments as suggested by the Ministry of Youth Affairs and Sports vide their letter dated 7<sup>th</sup> October, 2021 which are annexed as **Schedule I** to this Notice.
- 5) To authorize the Reporting Trustee to file application u/s 50 A (1) of the Bombay Public Trust Act, 1950 for framing of scheme by of the Indian Body Builders Federation and appoint Advocate to act, appear and plead on behalf of the Indian Body Builders Federation in the above-mentioned Application u/s 50 A (1) of the BPT Act, 1950.
- 6) To appoint the Internal Auditor and Chartered Accountant for the year 2022-2023 and to deliberate and adopt the Statement of Account submitted by the Treasurer for the year 2021-2022.
- 7) To discuss about the letters if any received from Executive Committee Members or the State Associations before 31<sup>st</sup> December 2021.
- 8) To authorize Reporting Trustee of the Indian Body Builders Federation to appoint lawyers/ advocates to act, appear and plead, file any applications/consent/writ petitions/ replies there to before any honorable court in India on behalf of the Indian Body Builders Federation
- 9) Any other matter with the permission of chair.

The meeting will be called at 09:00 am sharp on Friday, 7<sup>th</sup> January, 2022 and in absence of proper quorum will be adjourned for half hour. The meeting will be reconvened again and then the decision as taken will be final and binding on all the members.

For Indian Body Builders Federation



**Hiral Sheth**  
General Secretary







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: 03<sup>rd</sup> November, 2021

To,

**The Executive Committee Members /Representatives  
Of Affiliated State Associations / Union Territories / Government 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 / Government Sports Board of the of the Indian Body Builders Federation, that the Annual General Body Meeting will be held on Saturday, 08<sup>th</sup> January, 2022 at 11.00 AM during 13<sup>th</sup> Mr. India Men's Senior National Body Building & Physique Sports Championship 2021, at Khammam, Telangana to discuss the following Agenda.

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

### **AGENDA**

- 1) To confirm the minutes of the Executive Committee Meeting
- 2) To deliberate and adopt the Annual Report as submitted by the General Secretary.
- 3) To discuss and confirm the forthcoming championships for the year 2022-2023.
- 4) To discuss and adopt the amendments as suggested by the Ministry of Youth Affairs and Sports vide their letter dated 7<sup>th</sup> October, 2021 which are annexed as **Schedule I** to this Notice.
- 5) To authorize the Reporting Trustee to file application u/s 50 A (1) of the Bombay Public Trust Act, 1950 for framing of scheme by of the Indian Body Builders Federation and appoint Advocate to act, appear and plead on behalf of the Indian Body Builders Federation in the above-mentioned Application u/s 50 A ((1) of the BPT Act, 1950.
- 6) To appoint the Internal Auditor and Chartered Accountant for the year 2022-2023 and to deliberate and adopt the Statement of Account submitted by the Treasurer for the year 2021-2022.
- 7) To discuss about the letters if any received from Executive Committee Members or the State Associations before 31st December 2021.
- 8) To authorize Reporting Trustee of the Indian Body Builders Federation to appoint lawyers/ advocates to act, appear and plead, file any applications/consent/writ petitions/ replies there to before any honorable court in India on behalf of the Indian Body Builders Federation
- 9) Any other matter with the permission of chair.

The meeting will be called at 09:00 am sharp on Friday, 7<sup>th</sup> January, 2022 and in absence of proper quorum will be adjourned for half hour. The meeting will be reconvened again and then the decision as taken will be final and binding on all the members.

For Indian Body Builders Federation

**Hiral Sheth**  
General Secretary



## Schedule 1

F.No.18-02/2020/SP-1  
Government of India  
Ministry of Youth Affairs & Sports  
Department of Sports  
\*\*\*\*\*

Shastri Bhawan, New Delhi,  
Dated the 07<sup>th</sup> October, 2021

To  
The General Secretary,  
Indian Body Builders Federation,  
280/A, Jawalkar Mansion,  
Dr. B.Ambedkar Road, Parel,  
Mumbai, Maharashtra 400012

Sub: Examination of Constitution/MoA of Indian Body Builders Federation vis-à-vis the  
National Sports Development Code of India – Reg.

Sir,

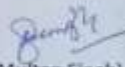
I am directed to refer to the Indian Body Builders federation (IBBF) email dated 29<sup>th</sup> June, 2021 where by the latest constitution of IBBF has been furnished to this Ministry. The matter has been examined in the Ministry. IBBF is requested to make suitable amendments in view of the deviations noted vis-à-vis the National Sports Development Code of India, 2011 as below:

- a) Representation Sportspersons in Executive Committee
- b) Restriction on who can vote
- c) Affiliate Association must affiliate 50% District
- d) Prevention of Age Fraud, Prevention of Sexual harassment against women and Anti-Doping Measures

Kindly send the compliance report within next 15 days.

2. This issue with the approval of the Competent Authority

Yours faithfully,

  
(Multan Singh)  
Section Officer (SP – I)

# "13<sup>th</sup> Mr. India Men's Senior National Body Building & Physique Sports Championship 2021"

## DRUG TESTING CONSENT FORM

(PLEASE READ THIS FORM CAREFULLY)

In order to participate as a competitor for **13<sup>th</sup> Mr. India Men's Senior National Body Building & Physique Sports Championship, 2021 on and from 06<sup>th</sup> January – 08<sup>th</sup> January, 2022** at Khammam, Telangana, India.

I, the undersigned Athlete do hereby agree to be bound by the WBPF, ABBF & IBBF Constitution and Rules, the WBPF, ABBF & IBBF Rulebook, and the WBPF Anti-Doping Rules and the National Anti-Doping Agency Rules and Regulations of India. I further agree to co-operate fully with the IBBF and the Organizing Committee of the **13<sup>th</sup> Mr. India Men's Senior National Body Building & Physique Sports Championship, 2021**. I have been read over and understand, accept and agree to the following conditions:

### DRUG TESTING CONSENT

1. That, the IBBF with the authority of the National Anti-Doping Agency has the right to conduct Dope Testing at this '**13<sup>th</sup> Mr. India Men's Senior National Body Building & Physique Sports Championship, 2021**', pursuant to the IBBF, ABBF, WBPF and National Anti- Doping Agency Rules.
2. That, if I am selected for Dope Testing, I will cooperate fully with the Dope Collector Officials at all times and will, under the direct observation of a witness, provide a sample of my urine without undue delay.
3. That, if I am subsequently found guilty of a doping offence, I will respect and abide by the relevant rules and regulations governing results management, including those pertaining to the appeal process.
4. That, I accept sole responsibility to remain current with the rules and regulations governing this Event, including those pertaining to Dope Testing and results management.
5. That, if I am selected for Dope Testing, then till the time of result, IBBF has the right to hold the Medal, Merit Certificate, Trophies, Cash Awards and other any prizes till the time IBBF or me receives the official result of the said Dope Test from the office of the National Anti-Doping Agency.
6. That, If I am found positive in the Dope test conducted by the National Anti-Doping Agency, then I am aware that IBBF will eliminate my ranking and the said position / ranking will be offered to the next athlete. It is further informed to me that all the Medals / Merit Certificate / Trophy / Cash Award will be withdrawn by IBBF. Further I have also been informed that IBBF may take necessary action in terms of suspension and other penalties deemed fit by IBBF.
7. That I do hereby declare and make oath that I am competing in this Competition free from prohibited performance-enhancing drugs.

**Name of the Athlete:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Affiliated State Association:**

\_\_\_\_\_

**Address:**

\_\_\_\_\_

**E-Mail ID:** \_\_\_\_\_ **Mobile No.** \_\_\_\_\_

\_\_\_\_\_  
**Signature of Athlete**

\_\_\_\_\_  
**Signature of Team Manager/Coach/Official**

**Date:**

**Place:**

# "13<sup>th</sup> Mr. India Men's Senior National Body Building & Physique Sports Championship 2021"

## WAIVER OF LIABILITY FORM

That I understand that in order to participate as a competitor in **13<sup>th</sup> Mr. India Men's Senior National Body Building & Physique Sports Championship, 2021 on and from 06<sup>th</sup> January – 08<sup>th</sup> January, 2022** at Khammam, Telangana, India.

I must agree to be bound by this Waiver of Liability and that I do so willingly and of my own free will.

1. That I agree to waive any and all claims I may now and in the future have against, and release from all liability and agree not to sue the Asian Body Building and Physiques Sports Federation and World Bodybuilding & Physique Sports Federation (WBPF) , Indian Body Builders Federation, the Organizing Committee of "**13<sup>th</sup> Mr. India Men's Senior National Body Building & Physique Sports Championship, 2021** " the WBPF, ABBF, IBBF and Competition officials, volunteers, agents or representatives, the official hotel and official competition venue and their staff, hereinafter referred to as the "Released Parties", for any personal injury, death and property damages, expenses or loss sustained by me as a result of my participation in the Event due to any cause whatsoever, including, without limitation, negligence or breach of statutory duty on the part of the Released Parties.

2. That I agree that medical and personal injury insurance coverage while participating in the **13<sup>th</sup> Mr. India Men's Senior National Body Building & Physique Sports Championship, 2021** " is solely my responsibility and that I agree to be responsible for and to pay for any and all costs that may arise as a result of my requiring medical and/or other special services and, in any event, should the Released Parties incur any cost for any such services for me personally,

I agree to reimburse the Released Parties for all costs of these services as may be incurred by them for my benefit or at my request.

3. In entering into this agreement, I am not relying on any oral, written or visual representations or statements made by the Released Parties to induce me to participate in this Event.

4. I confirm that I am the full age of majority and that I have read and understood this agreement prior to signing it and agree that this agreement will be binding upon me, my heirs, next of kin, executors, administrators and successors.

**Name of the Athlete:**

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**Affiliated State Association:**

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**E-Mail ID:** \_\_\_\_\_ **Mobile No.** \_\_\_\_\_

\_\_\_\_\_  
**Signature of Athlete**

\_\_\_\_\_  
**Signature of Team Manager/ Coach/ Official**

**Date:**

**Place:**