

# **Indian Body Builders Federation**



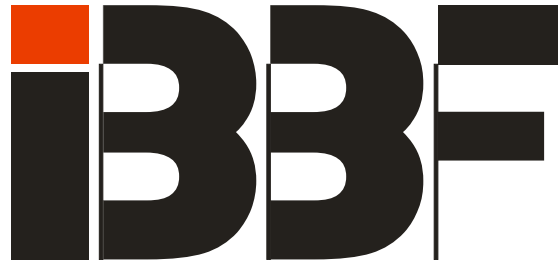
**JUNIOR / MASTERS/ PHYSICALLY CHALLENGED  
NATIONAL BODY BUILDING CHAMPIONSHIP**

**3<sup>rd</sup> – 4<sup>th</sup>  
December 2010**

**-:Organiser:-**

**UTTAR PRADESH FITNESS BODY BUILDING ASSOCIATION  
AGRA FITNESS BODY BUILDING ASSOCIATION**

**IBBE**



Date: 1<sup>st</sup> October 2010

To,  
Executive Committee Members / The Secretaries / Life Members  
State Body Building Associations  
Affiliated to Indian Body Builders Federation

Sub.: **Junior / Masters / Physically Challenged National Body Building Championship 2010.**

Dear Sir,

We are pleased to announce that **Uttar Pradesh Fitness Body Building Association** has taken the initiative to organise Junior / Masters / Physically Challenged National Body Building Championship 2009 at Agra, Uttar Pradesh.

We on behalf of Indian Body Builder's Federation take this opportunity to invite all affiliated States to participate with their full strength in this most prestigious body building championship of the year. The championship will be hosted in Agra on & from 3<sup>rd</sup> – 4<sup>th</sup> December 2010.

We are confident that all the units of Indian Body Builder's Federation will participate in large numbers and make the championship a memorable one.

Thanking you.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Prem Chand'.

**Premchand Degra**  
Hon. Gen. Secretary

**Correspondence Address:** Pathare Gymco, 280/A, Javalkar Mansion, Dr. B. A. Road, Parel, Mumbai-400 012 Maharashtra.  
Mobile: +91-9967971970 / +91-9820309972.  
Email: [ibbf\\_mumbai@yahoo.in](mailto:ibbf_mumbai@yahoo.in) Website: [www.ibbf.in](http://www.ibbf.in)

# **Junior / Masters / Physically Challenged National Body Building Championship 2010**

## **PARTICULARS**

- Contest** : Junior / Masters / Physically Challenged National Body Building Championship 2010
- Date** : Friday 3<sup>rd</sup> – Saturday 4<sup>th</sup> December 2010.
- Organiser** : Uttar Pradesh Fitness Body Building Association  
Agra Fitness Body building Association
- Venue** : **Pre-Judging:**  
Ganga Shastri Bhavan, Agra College Ground,  
M. G. Road, Agra
- Final:**  
Agra College Ground, M. G. road, Agra.
- Nearest Railway Station** : Raja Mandi / Agra Cantt.
- Nearest Airport** : Delhi (4 Hours drive from Airport)
- Contact** : Altaf Ahmed – 09990254922  
Najmal Nabi – 09412640787  
Mehfooz Alam – 07417002889
- IBBF Secretariat** : Mr. Premchand Degra - Hon. Gen. Secretary  
Mobile: 094170 13405  
Mr. Chetan Pathare – Associate Secretary  
Mobile: 099679 71970
- Weight Group**
- Junior** : Total six 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  
Above 75 kgs
- Masters** : Total three age groups  
Above 40 years & below 50 years  
Above 50 years & below 60 years  
Above 60 years
- Physically challenged** : Total two weight groups  
Up to & inclusive 70 Kgs  
Above 70 Kgs

- Eligibility**
- Junior** : Below 21 years of age  
Athletes on & above 2<sup>nd</sup> December 1989 are eligible to participate in Junior category.
- Masters** : 1. Those who are above 40 years and below 50 Years of age.  
2. Those who are above 50 years of age and below 60 years of age.  
3. Those who are above 60 years of age.
- Testimonials** : All the athletes are requested to produce their date of birth certificate (Govt. registered) in original along with one zerox copy at the time of weighing in. Those who fail to produce original certificate will not be entitled to participate in the championship. The athletes and the state units will be fined if they are found with fake certificate.
- Entry Fee**
- Junior & Masters** : Rs.100/- per competitor for championship  
Rs.500/- per Competitor for Best Poser
- Physically Challenged** : NO ENTRY FEE
- Last Day for Entry** : 3<sup>rd</sup> December 2010.
- Submission of entries** : Entries will be accepted in prescribed format  
Entries may be sent to
1. Hon. Gen. Secretary  
C/o. Associate Secretary  
Indian Body Builder's Association  
Pathare Gymco  
280/A, Jawalkar Mansion,  
Dr. B. Ambedkar Road,  
Parel, Mumbai-400 012.  
Maharashtra.
  3. SMS:- 9967971970 / 9820309972
  4. Email:- ibbf\_mumbai@yahoo.in
- Prizes & Awards** :
1. First three places in each category will receive Gold, Silver & Bronze medals.
  2. First Five places in each category will receive cash prizes of Rs.6000/-, Rs.5000/-, Rs.4000/-, Rs.3500/-, Rs.2000/- along with Merit Certificates.
  3. Overall Champion in Junior Category will receive Rs.50,000/- (Sponsored by Talwalkars – largest chain of gymnasiums in India) along with Trophy & Merit Certificate.

**Overall Champion in Junior & Physically challenged category will receive Rs.10,000/- each along with trophy & certificate.**

- 4. Best Poser will receive Rs. 10000/- along with Trophy & Merit Certificate.**
- 5. All the participants will receive participation certificates**

**Judges Examination :** **Only State unit will be eligible to nominate & send the entries before 3<sup>rd</sup> December 2010 of those who wish to participate in Judges Examination along with the Fees of Rs.2000/-. These candidates will have to bear their own lodging & boarding expenses. All State unit secretaries should note that they should renew National Judges card by paying the fees.**

**Rules for the Contest :**

- 1. Each unit can send a maximum of two competitors in each weight category but not more than Ten competitors for Juniors, two for Masters & 2 for Physically Challenged.**
- 2. Best Poser competitors are requested to bring their own Music CD with their own name written on it. This is extremely important to avoid any confusion.**
- 3. Team Managers to note that competitors who fail for weighing-in within the time limit will be eliminated from the championship.**
- 4. All officials & competitors must arrive prior to the schedule.**
- 5. Organisers will provide free lodging & boarding to all 14 competitors, coach, manager & two judges along with Executive Committee Members of Indian Body Builders Federation for two days.**

**Other than the above mentioned officials, extra officials & supporters must pay Rs.3000/- to the organizer for two days stay and food expenses. We require state units co-operation for the same.**

- 6. 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.**
- 7. All the Officials, managers, coaches are requested to come with their proper uniform.**
- 8. Participants and officials who arrive before 3<sup>rd</sup> December 2010 will have to bear for their lodging & boarding.**

**Please note :** **Indian Body Builder's Federation, Uttar Pradesh Fitness Body Building Association, Agra Fitness Body Building Association or no the other organizers will be responsible for any mischief, injury or damages sustained in travel, before, during or after the championship.**

# Junior / Masters / Physically Challenged National Body Building Championship 2010

## SCHEDULE

### Friday 3<sup>rd</sup> December 2010

11.00 AM : Arrival of all competitors, officials & judges.  
05.00 PM : Team Managers & Judges Meeting  
06.00 PM : Weighing-in  
07.30 PM : Executive Committee Meeting  
09.30 PM : Welcome Dinner

### Saturday 4<sup>th</sup> December 2010

10.00 AM : Pre Judging  
06.00 PM : Finals & Prize distribution  
10.00 PM : Farewell Dinner

### Sunday 5<sup>th</sup> December 2010

11.00 AM : Departure of all competitors, officials & judges

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## OFFICIAL ENTRY FORM

Please complete with name of competitors, team manager, coach & judges.

SR.	NAME	DATE OF BIRTH	WEIGHT
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			

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

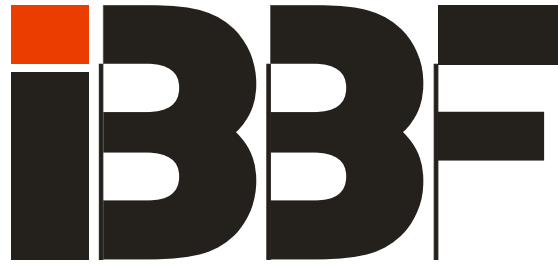
JUDGES: \_\_\_\_\_ JUDGES: \_\_\_\_\_

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

TRAIN No. & ARRIVAL TIME IN Agra: \_\_\_\_\_

SEAL

SIGNATURE OF PRESIDENT/SECRETARY



Date: 1<sup>st</sup> November 2010

To,  
**All the Executive Committee Members**  
Indian Body Builders Federation

## **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 30<sup>th</sup> October 2010 at 07.30 pm; 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 held in Goa.
2. To felicitate Indian team participants who achieved remarkable performances during Musclemania Universe, Miami, USA & Musclemania World, Las Vegas, USA.
3. To discuss about the status of Govt. of India, Youth & Sports Ministry affairs for the recognition for Indian Body Builders Federation
4. To discuss certain matters related to Charity Commissioner office, Mumbai.
5. Any other matter with the permission of chair.

For Indian Body Builders Federation

*Prem Chand*

**Premchand Degra**  
Hon. Gen. Secretary

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