



Recognized by : Government of India, Ministry of Youth Affairs & Sports, 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: 22 January 2014

To,

The Secretaries / Executive Committee Members / Life Members

State Body Building Associations / Union Territories

Affiliated to Indian Body Builders Federation

Mumbai.

Ref. No.:IBBF/SSC/CR-05-14

Sub.: **"4th Federation Cup, National Body Building Championship 2014"**

"

Dear Sir / Madam,

The Indian Body Builders Federation is pleased to Invite all its affiliated State Units/ Union Territories to participate in the **"4th Federation Cup, National Body Building Championship 2014"**; organized by **Punjab Amateur Body Building Association** on and from 4th to 5th March 2014 at Ludhiana, Punjab.

The said championship is organised under the leadership of Mr. Premchand Degra (Padmashri, Arjun Awardee, World Champion and Executive Vice President of the Indian Body Builders Federation), Mr. Navneet Singh and Mr. Pardeep Kumar.

We on behalf of Indian Body Builders Federation humbly request all the affiliated State Associations / Union Territories (Sports Boards athletes are not allowed) to participate with best of their body builders to make this championship a grand success.

Thanking you,

For **Indian Body Builders Federation**

Mr. Pradeep (Baba) Madhok
President

Mr. Chetan M. Pathare
General Secretary

Registered Address : Slimwell Gymnasium, Shitladevi Temple Road, Mahim, Mumbai - 400 016. Maharashtra

Correspondence Address: Pathare Gymco, 280/A, Javalkar Mansion, Dr. B. A. Road, Parel, Mumbai - 400 012 Maharashtra.
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4th Federation Cup, National Body Building Championship 2014

PARTICULARS

- Contest :** 4th Federation Cup, National Body Building Championship 2014
- Date :** Tuesday 4th to Wednesday 5th March 2014
- Organiser :** Punjab Amateur Body Building Association
- Venue :** Ludhiana, Punjab
- Nearest Railway Station :** Ludhiana Railway Station
- Nearest Airport :** Ludhiana Airport
Chandigarh Airport (3 hours drive by taxi)
- Weight Group for Junior :** 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 Kg and upto & inclusive 100 Kg
Above 100 kgs
- Eligibility :** Affiliated State Units / Union Territories of the Indian Body Builders Federation can send not more than Twelve athletes but in each group only two athletes of each unit will be allowed to participate.
Please note that Sports Boards athletes are not allowed to participate in this championship.
- Entry Fees :** Rs.300/- per competitor.
- Last Date for Entry :** 1st March 2014.
- Submission of entries :** Entries 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. SMS:- 09967971970 / 07506267970
 3. Email:- ibbf_mumbai@yahoo.in
- Doping :** Dope test will be conducted at random by the National Anti Doping Agency (NADA), New Delhi.

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- Prizes & Awards :**
1. First three places in each category will receive Gold, Silver & Bronze medals.
 2. First Five places in each category will receive Merit Certificates along with Gifts.
 3. Overall Champion will receive Trophy, Merit Certificate and Gift.
 4. Best Poser will receive Trophy, Merit Certificate and Gift.
 5. Most Improved Body Builder will receive Trophy, Merit Certificate and Gift.
 6. Team Championship (State Unit / Union territory) will receive Trophy, Merit Certificate.
 7. All the participants will receive participation certificates.
- Contact :** Mr. Navneet Singh - 09888320009
Mr. Pardeep Kumar - 09814480965
- IBBF Secretariat :** Mr. Chetan Pathare –General Secretary
Mobile: 09967971970 / 07506267970
- Judges Examination :** Only affiliated State units / Union Territories will be eligible to nominate & submit the Entries by 1st March 2014 of those who wish to participate in Judges Examination along with the Fees of Rs.5000/-. These candidates will have to bear their own lodging & boarding expenses.
- 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. Organisers will provide free lodging & boarding to Competitors as per the entry form, coach, manager along with Executive Committee Members of Indian Body Builders Federation for two nights and three days.
Other than the above mentioned officials, extra officials & supporters must pay Rs.5000/- each to the organizer for three days stay and food expenses. 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. Participants and officials who arrive before 4th March 2014 and wish to stay after 5th March 2014 will have to bear for their lodging & boarding.
 7. Golden, Silver and Bronze colour 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 and actions will not be tolerated and the said participant will be banned from the Best Poser contest.
- Please note :** Indian Body Builder's Federation, Punjab Amateur Body Building Association or no other organizers will be responsible for any mischief,

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injury or damages sustained in travel, before, during or after the championship.

4th Federation Cup, National Body Building Championship 2014

SCHEDULE

Tuesday 4th March 2014

- 08.00 AM ONWARDS : Arrival of all competitors, officials & judges
- 08.00 AM TO 10.00 AM : Break Fast (Venue will be informed later)
- 01.00 PM TO 03.00 PM : Lunch (Venue will be informed later)
- 04.30 PM TO 05.30 PM : Judges / Coaches / Team Managers Meeting (Venue will be informed later)
- 05.30 PM ONWARDS : Weighing In (Venue will be informed later)
- 07.00 PM : Executive Committee Meeting (Venue will be informed later)
- 08.00 PM ONWARDS : Welcome Dinner (Venue will be informed later)

Wednesday 5th March 2014

- 08.00 AM TO 10.00 AM : Break Fast (Venue will be informed later)
- 12.30 PM TO 03.00 PM : Lunch (Venue will be informed later)
- 04.30 PM : Finals and Prize Distribution (Venue will be informed later)
- 09.00 PM : Dinner (Venue will be informed later)

Thursday 6th March 2014

- 11.00 AM : Departure of all competitors, officials & judges

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4th Federation Cup, National Body Building Championship 2014 OFFICIAL ENTRY FORM

Please fill this entry form and return on or before 1st March 2014

SR.	NAME	MOBILE NO.	WEIGHT
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

TEAM MANAGER: _____

COACH: _____

JUDGE: _____ JUDGE: _____

UNIT NAME: _____

TRAIN No. & ARRIVAL TIME: _____

TRAIN No. & DEPARTURE TIME: _____

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SIGNATURE OF PRESIDENT/SECRETARY

SEAL

Date: 22 January 2014

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 Tuesday 4th March 2014 at 07.00 P. M. at Ludhina, Punjab; during 4th Federation Cup, National Body Building Championship, 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 at Imphal, Manipur on 15th February 2014.
2. To discuss about the 6th WBPF World Body Building and Fitness Championship.
3. To discuss about the letters if any received from Executive Committee Members or State Associations before 5th March 2014.
5. Any other matter with the permission of chair.

For Indian Body Builders Federation

Mr. Pradeep (Baba) Madhok
President

Mr. Chetan M. Pathare
General Secretary

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Ref. No.:IBBF/SSC/CR-04-14

Date: 22 January 2013

RAIL TRAVEL CONCESSION

No. TCII/2035/06/Body Building
(Rule 101 of IRCA Coaching Tariff No.25, Part-I (Vol.II))

This is to Certify that Body Builders/Officials of _____

is/are taking part in the **4th Federation Cup, National Body Building Championship 2014** being organized by **Punjab Amateur Body Building Association**; under the authority of **Indian Body Builders Federation**. From 4th to 5th March 2014. 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**

Mr. Chetan M. Pathare
General Secretary

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