



**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: 07 December 2013

To,

**The Secretaries / Executive Committee Members / Life Members**  
State Body Building Associations / Union Territories / Sports Boards  
Affiliated to Indian Body Builders Federation  
Mumbai.  
Ref. No.:IBBF/SSC/CR-03-13

Sub.: **"4th Junior / Masters / Physically challenged  
National Body Building Championship 2014"**

Dear Sir / Madam,

The Indian Body Builders Federation is pleased to Invite all its affiliated State Units/ Union Territories and Sports Boards to participate in the **"4th Junior / Masters / Physically challenged National Body Building Championship 2013"**; organized by **All Manipur Gymnasium Welfare Association, Manipur** on and from 14<sup>th</sup> to 16<sup>th</sup> February 2014 at Khuman Lampak Indoor Stadium, Imphal, Manipur.

We on behalf of Indian Body Builders Federation humbly request all the affiliated State Associations / Union Territories / Sports Boards 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

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## IMPHAL MANIPUR

The ruins of the old [Palace of Kangla](#) are located in the heart of the town, surrounded by a moat. Kangla Fort used to be the home of the paramilitary force, the [Assam Rifles](#), until November 2004 when it was handed over to the state of Manipur by Prime Minister [Dr. Manmohan Singh](#). The Polo Ground, which is the oldest remaining [polo](#) ground in the world, is another notable



feature of the town. Near the Polo Ground is the Manipur State Museum, which has a collection of old artefacts and pictures depicting the history of Manipur. 'Ima Keithel' at [Khairamband Bazar](#) is the only market in the world where, as the name suggests (Ima-Mother, Keithel-Market), all the stalls are run by women.

In 1944, during [World War II](#), the [Battle of Imphal](#) and the [Battle of Kohima](#) were the turning points in the [Burma Campaign](#). For the first time in the South-East Asian Theatre of World War II, the Japanese lost the initiative to the Allies who retained it until the end of the war. On 18 June 1997, the Imphal district was split into Imphal East and Imphal West.

Imphal is the capital of [Manipur](#), located at 24.82°N 93.95°E.<sup>[2]</sup> It has an average elevation of 786 metres (2,579 ft). It is located in the extreme east of [India](#).

Imphal has a [humid subtropical climate](#) ([Köppen](#): Cwa),<sup>[3]</sup> with a mild dry winter and a hot [monsoon](#) season. July is the hottest month with temperatures averaging around 32 °C (90 °F), while January is the coldest with average lows near 4 °C (39 °F). The city gets about 1,320 mm (52 in) of rain, with June being the wettest month. The highest recorded temperature was 34.5 °C (94.1 °F) and the last time happened was in 2012, while the lowest recorded temperature was 6.2 °C (43.2 °F) on February, 1968.<sup>[4]</sup>

**The Kangla Fort** is situated along the banks of the Imphal River in the city of Imphal and is also called the Palace of Kangla. The word Kangla belongs to an ancient language Meitei, which means 'dry land'. In ancient times, this fort was the royal palace of King Pakhangba and is a structure of political and religious significance. Inside the kangla there are many historical temples and it is surrounded by the lake in three direction. It is also known as the lungs of Imphal city because of growing several varieties of plant inside the park.



**Iscon Temple** is a beautiful temple situated near the road from Imphal Airport towards the



city of Imphal. It has an imposing architectural design and a peaceful and calm atmosphere. the inside is also a treat to watch with all the wooden carvings ,the paintings and the idols.

**Khuman Lampak Main Stadium** is an [stadium](#) in [Imphal, India](#). It is used mostly for [football](#) and [athletics](#). The stadium holds 59,000 people and was built in 1999. This stadium lies inside the Khuman Lampak Sports Complex.



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## 4th Junior / Masters / Physically Challenged National Body Building Championship 2014

### PARTICULARS

Contest	:	4th Junior / Masters / Physically Challenged National Body Building Championship
Date	:	Friday 14 <sup>th</sup> to Sunday 16 <sup>th</sup> February 2014
Organiser	:	All Manipur Gymnasium Welfare Association, Manipur
Venue	:	North AOC, Imphal, Imphal Airport
Reception	:	Khuman Lampak Indoor Stadium, Imphal, Manipur
Finals	:	Khuman Lampak Indoor Stadium, Imphal, Manipur
Nearest Railway Station	:	Dimapur Railway Station Dimapur to North AOC Imphal by Bus (8 hours).
Nearest Airport	:	Imphal International Airport, Imphal, Manipur.
Weight Group for 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
Weight Group for Physically Challenged	:	Up to & inclusive 65 kgs Above 65 kgs
Age Group for Masters	:	Total three age groups Above 40 years & below 50 years Above 50 years & below 60 years Above 60 years
Eligibility Junior	:	Below 21 years of age Athletes on & above 14 <sup>th</sup> February 1993 are eligible to participate in Junior category. <b>Twelve Body Builders from each State / Union Territories / Sports Board and not more than two body builders in each group will be allowed.</b>
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.

**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.  
Mobile : +91-9967971970 / +91-9820309972. Email : ibbf\_mumbai@yahoo.in Website : www.ibbf.in



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3. Those who are above 60 years of age.

**Two Body Builders in each masters category and not more than six Body Builders from each State / Sports Board will be allowed.**

**Physically Challenged :** **In this championship state associations / Sports board can send best of their athletes and there is no limit for the same.**

**Testimonials :** All the athletes are requested to produce their date of birth certificate (Govt. registered) in original along with one zerox copy dully attested by Gazetted Officer at the time of weighing in. Those who fail to produce original certificate will not be entitled to participate in the championship. The athletes will be suspended and criminal proceedings will be registered and the state units will be fined as per the Sports Code, if they are found with fake certificate. Medical Officer may be recruited to find the genuine age of the athlete as per his body status and if Medical Officer after accessing the athlete finds him to be over age, then such athlete will be restricted from participation and the further legal proceedings will be initiated against such athlete and the state unit.

**Annual Fees :** All those affiliated state Associations / Union Territories / Sports Board who have not paid their Annual Membership Fees for the year 2013-2014 are requested to pay of Rs.3,000/- for State and Sports Board Rs.5000/- on or before 14th February 2014.

**Entry Fees**  
Junior & Masters : Rs.200/- per competitor.  
Best Poser : Rs.200/- per competitor.

**Physically Challenged :** NO ENTRY FEE

**Last Date for Entry :** 10<sup>th</sup> February 2014.

**Submission of entries :** Entries will be accepted in prescribed format Entries may be sent to  
1. General Secretary  
Indian Body Builders Association  
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](mailto:ibbf_mumbai@yahoo.in)

**Doping :** Dope test will be conducted at random by the National Anti Doping Agency (NADA), New Delhi.

**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 scholarships along with Merit Certificates.

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3. Overall Champion in Junior, Masters and Physically Challenged will receive cash scholarship along with Trophy & Merit Certificate.
4. Best Poser will receive cash scholarship along with Trophy & Merit Certificate.
5. All the participants will receive participation certificates.

**Contact :** Mr. Ratan Singh - 09862400831  
Mr. O. Ajit Singh - 09856165243  
Mr. Thambal Sharma-09436029278  
Mr. Gojemdra Singh-09856334452  
Mr. Kisan Singh - 09862573922

**IBBF Secretariat :** Mr. Chetan Pathare –General Secretary  
Mobile: 09967971970 / 07506267970

**Judges Examination :** Only affiliated State units / Union Territories / Sports Boards will be eligible to nominate & submit the Entries by 14<sup>th</sup> February 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 list, coach, manager along with Executive Committee Members of Indian Body Builders Federation for 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 14<sup>th</sup> February 2014 and wish to stay after 16<sup>th</sup> February 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, All Manipur Gymnasium Welfare Association, Manipur or no other organizers will be responsible for any mischief, injury or damages sustained in travel, before, during or after the championship.

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## 4th Junior / Masters / Physically Challenged National Body Building Championship 2014

### SCHEDULE

#### Friday 14<sup>th</sup> February 2014

- 08.00 AM ONWARDS : Arrival of all competitors, officials & judges  
Registration and reception office at: - North AOC, Imphal, Imphal Airport.
- 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)
- 08.00 PM ONWARDS : Welcome Dinner (Venue will be informed later)

#### Saturday 15<sup>th</sup> February 2014

- 08.00 AM TO 10.00 AM : Break Fast (Venue will be informed later)
- 10.00 AM : Pre-judging (Venue will be informed later)
- 12.30 PM TO 03.00 PM : Lunch (Venue will be informed later)
- 07.00 PM : Executive Committee Meeting (Venue will be informed later)
- 09.00 PM : Dinner (Venue will be informed later)

#### Sunday 16<sup>th</sup> February 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 (Khuman Lampak Indoor Stadium)
- 09.00 PM : Dinner (Venue will be informed later)

#### Monday 17<sup>th</sup> February 2014

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

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## 4th Junior / Masters / Physically Challenged National Body Building Championship 2014 OFFICIAL ENTRY FORM

Please fill this entry form and return on or before 10<sup>th</sup> February 2014

SR.	NAME	CATEGORY	MOBILE NO.	WEIGHT
1		Junior		
2		Junior		
3		Junior		
4		Junior		
5		Junior		
6		Junior		
7		Junior		
8		Junior		
9		Junior		
10		Junior		
11		Junior		
12		Junior		
1		Masters (40 -50 yrs)		
2		Masters (40 -50 yrs)		
3		Masters (50 -60 yrs)		
4		Masters (50-60 yrs)		
5		Masters (60yrs above)		
6		Masters (60yrs above)		
1		Physically Challenged		
2		Physically Challenged		
3		Physically Challenged		
4		Physically Challenged		
5		Physically Challenged		
6		Physically Challenged		

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

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

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

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

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

SEAL

SIGNATURE OF PRESIDENT/SECRETARY

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Date: 07 December 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 Saturday 15th February 2014 at 07.00 P. M. at Imphal, Manipur; during 4th Junior / Masters /Physically Challenged 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 Mumbai, Maharashtra on 27<sup>th</sup> November 2013.
2. To discuss about the 6th WBPF World Body Building and Fitness Championship.
3. To resolve the state associations issues if any.
4. To discuss about the letters if any received from Executive Committee Members or State Associations before 14th February 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-02-13

Date: 07 December 2013

**RAIL TRAVEL CONCESSION**  
(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 Junior / Masters / Physically Challenged National Body Building Championship 2014** being organized by **All Manipur Gymnasium Welfare Association, Manipur**; under the authority of **Indian Body Builders Federation**. From 14th to 16th February 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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