



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: 01 December 2015

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/JR/CR-06-15

Sub.: **"6th Junior / Masters / Physically challenged
National Body Building Championship 2016"**

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 **"6th Junior / Masters / Physically challenged National Body Building Championship 2016"**; organized under the able guidance of **Shri Swamy Ramesh** (Treasurer of the Indian Body Builders Federation) and in memory of Late Ramasahayam Kalpana Reddy on and from 5th to 7th February 2016 at Khammam, Telangana.

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. Chetan M. Pathare
General Secretary



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KHAMMAM, TELANGANA

Khammam is the city in Khammam district of the [Indian state](#) of [Telangana](#). It is the headquarters of the [Khammam district](#), located in Khammam [mandal](#).^[4] It is located about 193 kilometres (120 mi) east of the state capital, [Hyderabad](#). On 19 October 2012, Khammam city was upgraded as [municipal corporation](#), which includes 14 surrounding villages. The river Munneru flows on the western side of the town.

The present name of Khammam is said to have been derived from the name of the temple "Narsimhadri," later "Stamba Sikhari," and then it was called "Stambadhri," which has the ancient temple of Narasimha Swamy on its top. This temple is believed to have been existing since [Treta Yuga](#). The vertical rock under the temple is known as 'KAMBA' which literally means pillar. The name of the town Khammam has been derived from "Kambam Mettu" to "Kammamet" or "Khammam Mettu" to the present "Khammam city." The district is also named as Khammam.

The City is located on the banks of a river called [Munneru](#) which is a tributary of the [Krishna River](#). Khammam district has a lot of historical importance in [Telangana](#).

SHRI SWAMY RAMESH

Shri Swamy Ramesh is the Treasurer of the Indian Body Builders Federation and the Advocate by profession, has been a strong pillar of the Federation. He is well known and appreciated for his hospitality by all the athletes and officials and have been sponsoring many deserving athletes throughout the year for preparing for the National and International Championship.

The Indian Body Builders Federation remembers his hospitality which he showered during the 3rd Junior Nationals in the year 2013 at Khammam and requested him to organize the 6th Junior National in his home town, Khammam, Telangana. We are confident that the said championship would construct a new milestone in the history of the Body Building.

We extend our sincere gratitude to Shri Swamy Ramesh for his dedicated and devoted contribution to the Indian Body Builders Federation.



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6th Junior / Masters / Physically Challenged National Body Building Championship 2016

PARTICULARS

Contest	:	6th Junior / Masters / Physically Challenged National Body Building Championship
Date	:	Friday 5 th to Sunday 7 th February 2016
Venue Reception	:	Healthland Gym Near Venkateshwara Theatre Near V.D.O. Colony Khammam
Nearest Railway Station	:	Khammam Railway Station Vijaywada Railway Station to Khammam about 3 hrs by train
Nearest Airport	:	Hyderabad Airport to Khammam about 3 hrs via road.
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 5 th February 1995 are eligible to participate in Junior category. Twelve Body Builders from each State / Union Territories / Sports Board and not more than two body builders in each group will be allowed.
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. 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.



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- Testimonials :** All the athletes are requested to produce their date of birth certificate (Govt.Registered) / Passport / PAN Card 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.
- 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 and suspended from participation and the further legal and criminal proceedings will be initiated against such athlete and the state unit as per the Government of India, National Sports Development Code.
- Also the same legal and criminal proceedings will be initiated if they are found with fake certificate.
- Annual Fees :** All those affiliated state Associations / Union Territories / Sports Board who have not paid their Annual Membership Fees for the year 2015-2016 are requested to pay of Rs.10,000/- for State and Sports Board Rs.15000/- on or before 5th February 2016 as per decided and confirmed during the Executive Committee Meeting and the General Body Meeting of the Indian Body Builders Federation.
- Entry Fees Junior & Masters :** Rs.500/- per competitor.
- Physically Challenged :** NO ENTRY FEE
- Last Date for Entry :** 1st 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
- 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 Merit Certificates.
 3. Overall Champion in Junior, Masters and Physically Challenged will receive Trophy & Merit Certificate.
 4. Best Poser will receive Trophy & Merit Certificate.
 5. All the participants will receive participation certificates.
- Contact :** Mr. Swamy Ramesh – Treasure IBBF
Mobile: 09399311713 / 08897385824



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- 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 5th February 2016 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 5th February 2016 and wish to stay after 7th February 2016 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, Shri Swamy Ramesh 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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6th Junior / Masters / Physically Challenged National Body Building Championship 2014

SCHEDULE

Friday 5th February 2016

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)
08.00 PM ONWARDS : Welcome Dinner (Venue will be informed later)

Saturday 6th February 2016

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 7th February 2016

08.00 AM TO 10.00 AM : Break Fast (Venue will be informed later)
10.00 AM TO 11.00 AM : Special General Body Meeting (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.
09.00 PM : Dinner (Venue will be informed later)

Monday 8th February 2014

11.00 AM : Departure of all competitors, officials & judges



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6th Junior / Masters / Physically Challenged National Body Building Championship 2014 OFFICIAL ENTRY FORM

Please fill this entry form and return on or before 1st 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: 01 December 2016

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 6th February 2016 at 07.00 P. M. at Khammam, Telangana; during 6th 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.
2. To discuss about the letters if any received from Executive Committee Members or State Associations before 1st February 2016.
3. Any other matter with the permission of chair.

For **Indian Body Builders Federation**

Mr. Chetan M. Pathare
General Secretary



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Date: 01 December 2016

To,
The Executive Committee Members / Representatives
Of Affiliated State Associations / Union Territories / Sports Boards
Of Indian Body Builders Federation
Mumbai.

SPECIAL GENERAL BODY MEETING

NOTICE

Notice is hereby given to all the members of the Executive Committee Members, Representatives of the Affiliated State Associations /Union Territories / Sports Boards of the Indian Body Builders federation, that a Special General Body Meeting will be held on Saturday 7th February 2016 at 10.00 A. M. at Khammam, Telangana; during 6th Junior / Masters /Physically Challenged National Body Building Championship, to discuss the following Agenda.

All the Executive Members and Representatives are requested to attend the same in proper uniform.

AGENDA

1. To confirm the minutes of the last General Body Meeting.
2. To discuss about the letters if any received from Executive Committee Members or State Associations before 1st February 2016.
3. Any other matter with the permission of chair.

For **Indian Body Builders Federation**

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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 Certify that _____

Body Builders/Officials of _____

is/are taking part in the **6th Junior / Masters / Physically Challenged National Body Building Championship 2016** being organized; under the authority of **Indian Body Builders Federation**. From 5th to 7th February 2016. 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