



**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: 04 February 2016

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/SN/CR-08-16

**Sub.: "9th Senior Men's & Women's Body Building &  
4th Men's & Women's Physique Sports Championship 2016"**

Dear Sir / Madam,

The Indian Body Builders Federation is pleased to inform you that the most prestigious Championship of the year, "**9th Senior National Body Building Championship & 4th Men's & Women's Physique Sports National Championship 2016**"; will be held on and from 11<sup>th</sup> to 13<sup>th</sup> of March 2016 at Roha, Raigad, Maharashtra under the organization of **Maharashtra Body Building Association & Raigad District Body Builders Association.**

The Indian Body Builders Federation extend its special gratitude to Honb'le Member of Legislative Council, Government of Maharashtra, Shri Sunil Tatkareji and Shri. Aniket Tatkareji – Youth Icon, for taking the initiative in conducting the above mentioned championship.

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 athletes as mentioned in the circular to make this championship a grand success.

Thanking you,

For Indian Body Builders

**Mr. Chetan M. Pathare**

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

## **ABOUT THE ORGANIZERS**



**Hon'ble MLC Shri Sunilji Tatkare**, is the President of Nationalist Congress Party, Maharashtra. He has adorned several important positions since he became the young President of Raigad Zilla Parishad. Shri Sunilji Tatkare is the eminent leader from the state who has held the important portfolios of Minister for Food and Civil Supplies, Power and Finance. He has been passionate about sports and has special interest in Cricket, Kabaddi, Wrestling, Kho-Kho and Lagori. He has always been at the forefront in promoting and encouraging indigenous games.

He has played a prominent role and has been a key figure in organizing National and State level Kabaddi, Wrestling and Lagori competitions along with State Junior Kho-Kho Championship, Maharashtra Kesari Wrestling competition and Matheran Eco Marathon. Shri Sunilji Tatkare is a multi dimensional political figure with equal interest and passion for literature, culture and art like music, theatre, films, folk arts and tourism.

Akhil Bhartiya Marathi Sahitya Sammelan, Chiplun (2012), Akhil Bhartiya Marathi Natya Sammelan - Roha, Akhil Bhartiya Lok kala Sammelan, Akhil Bhartiya Mudran Parishad, Konkan Marathi Sahitya Parishad Sammelan, Bhartiya Marathi Patrakar Parishad Adhiveshan, Alibaug Beach Festival, Dive aagar-Murud and Matheran Paryatan Mahotsav have been the prominent events organized under his able leadership.

He is the chief patron behind the ' Mr Indian" (Bharat Shree) "9th Senior National Body Building Championship & 4th Men's & Women's Physique Sports National Championship 2016" to be held at Roha as a mega event on and from 11<sup>th</sup> to 13<sup>th</sup> March 2016 at Roha, Raigad, Maharashtra along with his son Shri. Aniket Tatkareji, who is the Sports Organizer for the youth.

**Shri. Aniket Tatkareji** is a dynamic youth leader and sport organizer of the next generation. Along with the love for Football and Cricket, he also has special affinity for game of the Indian soil, Lagori. He has been consistent in making Lagori popular and famous at the international level.

With a view to provide opportunity to the talented players, especially from the rural areas and encourage and promote their sporting skills to enable them achieve fame and recognition, he has been organizing several sport events throughout the state.

He is the young President of Maharashtra Lagori Association, affiliated to Indian Lagori Association and recognized by the Asian Lagori Association.

He is the driving force behind the ' Mr Indian" (Bharat Shree) "9th Senior National Body Building Championship & 4th Men's & Women's Physique Sports National Championship 2016" to be held at Roha as a mega event.





**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

## **"9th Senior Men's & Women's Body Building & 4<sup>th</sup> Men's & Women's Physique Sports Championship 2016"**

### **PARTICULARS**

- Contest : "9th Senior Men's & Women's Body Building &  
4<sup>th</sup> Men's & Women's Physique Sports Championship 2016"
- Date : Friday 11<sup>th</sup> to Sunday 13<sup>th</sup> March 2016
- Organiser : Indian Body Builders Federation  
Maharashtra Body Building Association  
Raigad District Body Builders Association
- Reception : C. D. Deshmukh Town Hall, Roha, Raigad, Maharashtra.
- Venue for Pre-judging : Roha, Raigad, Maharashtra
- Venue for Finals : Roha, Raigad, Maharashtra
- Nearest Railway Station : 1. Roha  
Pick up from Railway Station will be provided
2. Mangaon (35 kms to Roha)  
Pick up from Railway Station will be provided
3. Panvel (75 Kms to Roha)  
Pick up from Railway Station will be provided
4. Mumbai (120 Kms to Roha)  
Pick up will be provided from Panvel Railway Station for selected officials
5. Pune (120 Kms to Roha)  
Pick up will be provided from Panvel Railway Station for selected Officials
- Nearest Airport : 1. Mumbai (120 Kms to Roha)  
Pick up will be provided from Panvel Railway Station
2. Pune (120 Kms to Roha)  
Pick up will be provided from Panvel Railway Station
- Weight Group  
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



**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

- Up to & inclusive 80 kgs
- Up to & inclusive 85 kgs
- Up to & inclusive 90 kgs
- Above 90 kgs & below 100 kgs
- Above 100 kgs

Women's Body Building : One open Group

Men's Physique Sports : One open Group

Women's Physique Sports: One open group

**Eligibility :** Twelve Body Builders from each State Association / Union territories / Sports Board for Men's Body Building but not more than two Body Builders in each weight group will be allowed and the host State Association will be allowed with two teams that is twenty four Body Builders (A and B Team). For team championship only A team points will be calculated.

For Women's Body Building there is no restriction of entries.

For Men's Physique Sports only four athletes from each State Association / Union territories / Sports Board will be allowed and the host State Association will be allowed with two teams that is eight athletes (A and B Team).

For Women's Physique Sports there is no restriction of entries.

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

- Prizes & Awards for Men's Body Building :**
1. First three places in each category will receive Gold, Silver & Bronze medals respectively.
  2. First Five places in each category will receive cash prizes of Rs.50000/-, Rs.45000/-, Rs.40000/-, Rs.35000/-, Rs.30000/- along with Merit Certificates respectively.
  3. Overall Champion will receive cash prize Rs.500000/- along with Trophy & Merit Certificate.
  4. Runner up will receive cash prize Rs.3,00,000/- along with Trophy & Merit Certificate.
  5. 1<sup>st</sup> Runner will receive cash prize Rs.1,00,000/- along with Trophy & Merit Certificate.
  6. Best Poser will receive cash prize of Rs.50,000/- along with Trophy & Merit Certificate.
  7. Most Improved Body Builder will receive cash prize Rs.50,000/- along with Trophy & Merit Certificate.
  8. Team Championship State Association / Sports Board will receive Rs.50,000/- along with Trophy & Merit Certificate.
  9. 1st and 2nd Runner up in Team Championship will receive Trophy & Merit Certificate respectively.
  10. All the participants will receive participation certificates.



**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

- Women's Body Building : 1. First five places in the category will receive Gold, Silver & Bronze medals respectively.  
2. First Five places in each category will receive cash prizes of Rs.50000/-, Rs.45000/-, Rs.40000/-, Rs.35000/-, Rs.30000/- along with Merit Certificates respectively.  
3. All the participants will receive participation certificates.
- Men's Physique Sports : 1. First three places in the category will receive Gold, Silver & Bronze medals respectively.  
2. First Five places in each category will receive cash prizes of Rs.50000/-, Rs.45000/-, Rs.40000/-, Rs.35000/-, Rs.30000/- along with Merit Certificates respectively.  
3. All the participants will receive participation certificates.
- Women's Physique Sports : 1. First three places in the category will receive Gold, Silver & Bronze medals respectively.  
2. First Five places in each category will receive cash prizes of Rs.50000/-, Rs.45000/-, Rs.40000/-, Rs.35000/-, Rs.30000/- along with Merit Certificates respectively.  
3. All the participants will receive participation certificates.
- Annual Fees : All the affiliated State Associations / Union Territories are requested to pay their Annual Membership Fees of Rs.10,000/- and Sports Board are requested to pay Fees of Rs.15000/- on or before 11<sup>th</sup> March 2016.
- Entry Fee for athletes : Rs.500/- per competitor.
- Registration fees for officials : Rs.1000/- per official.
- Last Date for Entry : 5<sup>th</sup> March 2016.
- Contact :  
IBBF Secretariat : Mr. Chetan Pathare –General Secretary  
Mobile: 099679 71970 / 07506267970  
  
Mr. Vikram Rothe – Secretary – MBBA  
Mobile: 09819055000 / 09821244090
- Judges Examination : Only affiliated State units / Union Territories / Sports Boards will be eligible to nominate & submit the Entries on 11<sup>th</sup> March 2016 of those who wish to participate in Judges Examination along with the Fees of Rs.5000/-.  
These candidates will have to bear for their own lodging & Boarding expenses according to vacancy.
- Rules for the Contest : 1. Team Managers please note that the competitors who fail to report for the weighing-in within the time limit will be eliminated



**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  
from the championship.

2. All officials & competitors must arrive prior to the schedule.
3. Organizers will provide free lodging & boarding to all 12 Competitors, Coach, Manager and maximum 2 Judges of each unit along with Executive Committee Members of Indian Body Builders Federation for three nights.
4. Team Manager please 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 Sports Boards will have to bear the cost of the same before departure.
5. All the Officials, managers, coaches are requested to come In uniform prescribed by IBBF. Those who does not have uniform prescribed by IBBF will not be allowed to participate in any official activities and will not be allowed to sit as Judge.
6. Participants and officials who arrive before 11<sup>th</sup> March 2016 and wish to stay after 13<sup>th</sup> March 2016 will have to bear for their own lodging & boarding expenses.
7. **Please note that Railway Station / Airport to Roha, Raigad and back conveyance will not be provided by the organizer.**
8. Golden, Silver and Bronze color tanning cream is not allowed.
9. It is compulsory for the participants participating for Best Poser contest to bring their own Music CD. Vulgar songs and actions will not be allowed and the said participant will be banned from the Best Poser contest.

Please note : The Indian Body Builders Federation, Maharashtra Body Builders Association and Raigad District Body Builders Association or no other organizers will be responsible for any mischief, injury or damages sustained in travel, before, during or after the championship.



**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

## **"9th Senior Men's & Women's Body Building & 4<sup>th</sup> Men's & Women's Physique Sports Championship 2016"**

### **SCHEDULE**

#### **Day 1 – Friday 11<sup>th</sup> March 2016**

11.00 AM : Arrival of all competitors, officials & judges.  
02.00 PM onwards : Weighing-in / Registration  
06.00 PM : Team Managers and Judges Meeting.  
09.00 PM : Welcome Dinner

#### **Day 2 – Saturday 12<sup>th</sup> March 2016**

11.00 AM : Executive Committee Meeting  
12.30 PM : Annual General Body Meeting.  
04.00 PM : Pre Judging

#### **Day 3 – Sunday 13<sup>th</sup> March 2016**

10.00 AM : Fitness Parade of IBBF  
06.00 PM : Finals & Prize distribution  
10.30 PM : Farewell Dinner

#### **Day 4 – Monday 14<sup>th</sup> March 2016**

11.00 AM : Departure of all competitors, officials & judges

(The distance between Mumbai and Roha is 120 kms and the road journey takes more than 4 hours depending on traffic. Hence all the State Units/ UT's / Boards are requested to book their tickets accordingly and inform about their travel schedule in advance)



**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

**"9th Senior Men's & Women's Body Building &  
4<sup>th</sup> Men's & Women's Physique Sports Championship 2016"**  
**OFFICIAL ENTRY FORM**

Please fill this entry form and return on or before 5<sup>th</sup> March 2016

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

SR.	NAME	DATE OF BIRTH	CATEGORY	WEIGHT
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.			Women's Body Building	
14.			Women's Body Building	
15.			Women's Body Building	
16.			Men's Sports Phy.	
17.			Men's Sports Phy.	
18.			Men's Sports Phy.	
19.			Women's Sports Phy.	
20.			Women's Sports Phy.	
21.			Women's Sports Phy.	

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

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

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

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

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

SEAL

SIGNATURE OF PRESIDENT/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: 04 February 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 the Meeting of the Executive Committee will be held on Saturday 12<sup>th</sup> March 2016 at 11.00 AM, at , Roha, Raigad, Maharashtra during 9<sup>th</sup> Senior National Body Building Championship 2016, 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 on 6<sup>th</sup> February, 2016 at Khammam, Andhra Pradesh.
2. To adopt the Annual Report as submitted by the General Secretary.
3. To select and confirm the eligible athletes for Indian Body Building League as decided by the Three member committee.
4. To discuss and confirm the forthcoming championships for the year 2016 - 2017.
5. To resolve the state associations issues if any.
6. To adopt new amendments if any and put forward in General Body Meeting.
7. To appoint the internal auditor and Chartered Accountant for the year 2016 – 2017 & adoption of the statement of account submitted by the treasurer for the year 2015-16.
8. To discuss about the letters if any received from Executive Committee Members or State Associations before 11<sup>th</sup> March 2016.
9. Any other matter with the permission of chair.

**For Indian Body Builders Federation**

**Mr. Chetan M. Pathare**  
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: 04 February 2016

To,  
**The Executive Committee Members / Representatives  
Of Affiliated State Associations / Union Territories / 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 of the Indian Body Builders Federation, that the Annual General Body Meeting will be held on Sunday 13<sup>th</sup> March 2016 at 10.00 AM, at Roha, Raigad, Maharashtra during 9<sup>th</sup> Senior National Body Building Championship 2016, to discuss the following Agenda.

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

### **AGENDA**

1. To confirm the minutes of the last Annual General Body Meeting held in Gandhidham Kutch , Maharashtra. on 1<sup>st</sup> March 2015.
2. To adopt the Annual Report as submitted by the General Secretary.
3. To select and confirm the eligible athletes for Indian Body Building League as decided by the Three member committee.
4. To discuss and confirm the forthcoming championships for the year 2016 - 2017.
5. To resolve the state associations issues if any.
6. To adopt new amendments suggested by the Executive Committee if any.
7. To appoint the internal auditor and Chartered Accountant for the year 2016 – 2017 & adoption of the statement of account submitted by the treasurer for the year 2015-16.
8. To discuss about the letters if any received from Executive Committee Members or State Associations before 11<sup>th</sup> March 2016.
9. Any other matter with the permission of chair.

**For Indian Body Builders Federation**

**Mr. Chetan M. Pathare**  
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

Ref. No.:IBBF/SN/CR-08-16

Date: 04 February 2016

## **RAIL TRAVEL CONCESSION**

No. TCII/2035/06/Body Building  
(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 "9<sup>th</sup> Senior National Body Building Championship & 4<sup>th</sup> Men's & Women's Physique Sports National Championship 2016", being organized by Maharashtra Body Building Association & Raigad District Body Builders Association; under the authority of Indian Body Builders Federation. From 11<sup>th</sup> to 13<sup>th</sup> March 2016 at Roha, Raigad, Maharashtra. 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**

**Chetan M. Pathare**  
General Secretary