



9th SOUTH ASIAN MEN'S BODYBUILDING CHAMPIONSHIPS

Date :2nd-4th November, 2012; Venue : Ludhiana, Punjab, India

Date: 1st September 2012

Official Invitation

INVITATION LETTER FOR THE 9TH SOUTH ASIAN MEN'S BODY BUILDING CHAMPIONSHIP – INDIA

The **Indian Body Builders Federation** is pleased to host and take this opportunity to invite you for the 9th South Asian Men's Body Building Championship on and from 2nd to 4th November 2012 at Ludhiana, Punjab, India.

We are sincerely grateful to South Asian Body Building and Fitness Federation for giving us the opportunity to host this Mega Championship of the year.

The 9th South Asian Men's Body Building Championship will be conducted in Nine body weight categories. We would further like to inform you that during this championship we would also conduct the Congress, Executive Committee Meeting, Judges and Team Manager Meetings.

Indian Body Builders Federation would provide accommodation for three nights including all the meals (Breakfast, Lunch and Dinner) to all the athletes, Executive Committee Members, Team Managers and Judges.

Please find the rules and regulation enclosed herewith, which will apply to this championship along with Preliminary and Final Entry forms including the schedule for your kind perusal.

For the application of Visa, you may kindly produce this letter to the Indian Embassy in your country. If they require any further specific letters please feel free to mail your requirements and we will provide you with the same.

We on behalf of Indian Body Builders Federation humbly request all the affiliated Countries of South Asian Body Building and Fitness Federation to participate with best of their body builders to make this championship a grand success.

For Indian Body Builders Federation

Mr. Pradeep (Baba) Madhok
President

Mr. Chetan M. Pathare
Hon. Gen. 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. India.
Mobile:+91-9967971970 / +91-9820309972. Email: ibbf_mumbai@yahoo.in Website: www.ibbf.in



9th SOUTH ASIAN MEN'S BODYBUILDING CHAMPIONSHIPS

Date :2nd-4th November, 2012; Venue : Ludhiana, Punjab, India

Preliminary Entry Form

In order to assist in the planning and organization of these Championships, please complete the Final Entry Form and return to the Organizing Committee **AS SOON AS POSSIBLE BUT NO LATER THAN 15th September 2012.**

(Please print clearly/write in Block Letters)

FEDERATION NAME : _____

FEDERATION CONTACT PERSON : _____

COUNTRY : _____ ADDRESS : _____

FAX NUMBER : _____ EMAIL : _____

Our Federation is planning to participate in the South Asian Bodybuilding championship. Please indicate YES or NO. Yes _____ NO _____

If Yes, please provide the estimate number of participants to us:

COMPETITORS: _____ DELEGATES: _____ SUPPORTERS: _____
COACH: _____ . Please send filled form to us via

Email or Fax on or before 15th September 2012 to:

Pls. Send the Preliminary Entry Form to:

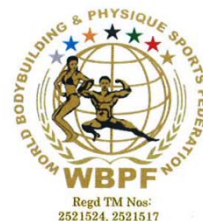
Attn:Mr. Pradeep (Baba) Madhok
President
Mr. Chetan Pathare
General Secretary
Indian Body Builders Federation
Pathare Gymco
280/A, Javalkar Mansion
Dr. B. Ambedkar Road, Parel
Mumbai-400012. Maharashtra. India
Tel: (+91) 9967971970 / (+91) 9820309972
Email: ibbf_mumbai@yahoo.in

Pls. copy all correspondence to:

Attn: Mr. Amit Swami
President- South Asian Body Building &
Fitness Federation, Vice President-ABBF
Ram Bhawan,Kunj Gali
Rewari, Haryana
India
Cell: 8059800681
Fax: 91 1284 264463
Email: navin_rao2007@yahoo.ca

Pls copy all correspondence to:

Attn: Datuk Paul Chua
Secretary General-
World Bodybuilding & Physique
Sports Federation (WBPf) & ABBF
Tannery Block, Ruby Industrial
Complex
35 Tannery Road # 04-01
Singapore
Tel: (+65) 6748-6970
Mobile: (+65) 96163203/
(+65) 9645-5466
Fax: (+65) 6747-9846
Email: abbfasia@yahoo.com.sg



9th SOUTH ASIAN MEN'S BODYBUILDING CHAMPIONSHIPS
Date :2nd-4th November, 2012; Venue : Ludhiana, Punjab, India

FINAL ENTRY FORM

In order to assist in the planning and organizing of these Championship, please complete the Final Entry Form and return to the Organising Committee **AS SOON AS POSSIBLE NO LATER THAN 2nd October 2012.**

(Please print clearly / write in Block Letters)

FEDERATION NAME : _____

COUNTRY : _____ FAX NUMBER : _____

PHONE : _____ EMAIL : _____

[Please indicate the name as written in passport and the passport number]

COMPETITOR

Lt.Fly Wt. - 55 kg. _____

Fly Wt. - 60 kg. _____

Bantam Wt. - 65 kg. _____

Light Wt. - 70 kg. _____

Welter Wt. - 75 kg. _____

Lt. Middle Wt. - 80 kg. _____

Middle Wt. - 85 kg. _____

Lt. Heavy Wt. - 90 kg. _____

Heavy Wt. - 95 kg. _____

[Please indicate the name as written in passport and the passport number]

JUDGES

JUDGE : _____ JUDGE _____

[Please indicate the name as written in passport and the passport number]

NAME OF OFFICIALS AND SUPPORTERS

1. DELIGATES : _____ 2. _____

COACH : _____

1. SUPPORTER : _____

2. SUPPORTER : _____

3. SUPPORTER : _____

[Please indicate the name as written in passport and the passport number]

FLIGHT SCHEDULE

Arrival Date & Time : _____ Airline & Flight#: _____

Departure Date & Time : _____ Airline & Flight#: _____

Each National Federation may send up to a Maximum of Nine (9) athletes to the Men's Bodybuilding and NO MORE THAN TWO (2) ATHLETES IN THE SAME CATEGORY.

IMPORTANT : Three (3) or more athletes - two (2) official delegates permitted. Less than three (3) athletes - one (1) official delegate permitted. National Federation with no athletes may send one (1) official delegate; however, this delegate will be responsible for all of his or her expenses. Any judges, coaches, or trainers who are not official delegates will be responsible for all of their expenses.

Please send filled form to us via Email or Fax on or before 2nd October 2012 to:

Pls. Send the Preliminary Entry Form to:

Attn:Mr. Pradeep (Baba) Madhok
President
Mr. Chetan Pathare
General Secretary
Indian Body Builders Federation
Pathare Gymco
280/A, Javalkar Mansion
Dr. B. Ambedkar Road, Parel
Mumbai-400012. Maharashtra. India
Tel: (+91) 9967971970 / (+91) 9820309972
Email: ibbf_mumbai@yahoo.in

Pls. copy all correspondence to:

Attn: Mr. Amit Swami
President- South Asian Body Building &
Fitness Federation, Vice President-ABBF
Ram Bhawan,Kunj Gali
Rewari, Haryana
India
Cell: 8059800681
Fax: 91 1284 264463
Email: navin_rao2007@yahoo.ca

Pls copy all correspondence to:

Attn: Datuk Paul Chua
Secretary General-
World Bodybuilding & Physique
Sports Federation (WBPF) & ABBF
Tannery Block, Ruby Industrial
Complex
35 Tannery Road # 04-01
Singapore
Tel: (+65) 6748-6970
Mobile: (+65) 96163203/
(+65) 9645-5466
Fax: (+65) 6747-9846
Email: abbfasia@yahoo.com.sg



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Date :2nd-4th November, 2012; Venue : Ludhiana, Punjab, India

INFORMATION, RULES AND REGULATIONS FOR THE **9th SOUTH ASIAN MEN'S BODYBUILDING CHAMPIONSHIPS IN INDIA**

1. Date - Venue and Official Hotels.

DATES: 2nd to 4th November 2012 at Ludhiana, Punjab, India

VENUE OF COMPETITION: Will be informed later

2. Registration Fees.

There will be no Registration fees for the Athletes / Executive Committee Members / Coach / Manager / Judges.

Extra delegates will have to pay US \$ 350. – for each person for twin sharing and US \$ 500. – for each person for non-sharing basis. This includes three nights accommodation with all meals, transfers and entry to pre-judging and finals. The Federation must inform about the extra officials well in advance to make the necessary arrangements for the same.

3. Payments

No Credit Cards. Only Cash payment in US Dollars and Indian currency will be accepted for registration fees and for other expenses including at shopping centers.

4. Entry Rules

- a) Country with less than three (3) competitors, only one (1) official will be allowed.
- b) Country with three (3) or more competitors, two officials will be allowed Exceeding number of officials as per 4 (a) and 4 (b) shall be considered as "supporters or extra delegates".

5. Extra Delegates, Officials and Supporters

All extra delegates, officials and supporters will bear their own expenses as per above mentioned in rule no. 2.

6. Exemptions

ABBF Executive Committee Members and Standing Committee members are exempted from paying the

Registration fees, including Patrons and Honorary Life Members.

7. Early Arrivals and Late Departures

Any team or officials arriving early or departing late are required to pay for the extra days.

8. Entry Forms

a) Preliminary Entry Forms must be submitted before 15th september 2012

b) Final Entry Forms must be submitted on or before 2nd October 2012. The Preliminary and Final Entry forms should be sent directly to:

<p><u>Pls. Send the Preliminary Entry Form to:</u> Attn:Mr. Pradeep (Baba) Madhok President Mr. Chetan Pathare General Secretary Indian Body Builders Federation Pathare Gymco 280/A, Javalkar Mansion Dr. B. Ambedkar Road, Parel Mumbai-400012. Maharashtra. India Tel: (+91) 9967971970 / (+91) 9820309972 Email: ibbf_mumbai@yahoo.in</p>	<p><u>Pls. copy all correspondence to:</u> Attn: Mr. Amit Swami President- South Asian Body Building & Fitness Federation, Vice President-ABBF Ram Bhawan,Kunj Gali Rewari, Haryana India Cell: 8059800681 Fax: 91 1284 264463 Email: navin_rao2007@yahoo.ca</p>	<p><u>Pls copy all correspondence to:</u> Attn: Datuk Paul Chua Secretary General- World Bodybuilding & Physique Sports Federation (WBPF) & ABBF Tannery Block, Ruby Industrial Complex 35 Tannery Road # 04-01 Singapore Tel: (+65) 6748-6970 Mobile: (+65) 96163203/ (+65) 9645-5466 Fax: (+65) 6747-9846 Email: abbfasia@yahoo.com.sg</p>
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9. Doping

Dope testing will be conducted at random by the ABBF under the guidelines of National Anti Doping Agency (NADA).

10. National Anthem/National Flag

- You must bring along two (2) national flags of your country. The flags must be manufactured of dense silk and must measure no more than 2.5 meters x 1.4 meters
- You must also provide your National Anthem (shortened version) on CD. Video Tape no acceptable.

11. Posing Music

Posing music must be on CD only and produced with good quality. The music must be at the start of the CD and must be the only music on the CD. Each competitor must affix his name on the CD for easy identification. MAKE SURE THAT VULGAR WORDS ARE NOT CONTAINED IN THE LYRICS.

12. Airport

The arrival airport is the New Delhi International Airport and from their connecting flight to Chandigarh City. The Organising Committee will pick you up at Chandigarh airport on arrival and transport you to the Official Hotel. It is very important that every National Federation or Official provide to the Organising Committee complete arrival details of its team, including the number of people in its delegation.

13. Flight Reconfirmation

To reconfirm your flights to and from India, please contact the Secretariat within 24 hours before and after your arrival.

14. Bodyweight categories

ASIAN BODYBUILDING WEIGHT CATEGORIES

Light Flyweight Up to & incl. 55 kg.

Flyweight Up to & incl. 60 kg.

Bantamweight Up to & incl. 65 kg.

Lightweight Up to & incl. 70 kg.

Welterweight Up to & incl. 75 kg.

Light-Middleweight Up to & incl. 80 kg.

Middleweight Up to & incl. 85 kg.

Light-Heavyweight Up to & incl. 90 kg.

Heavyweight Up to & incl. 95 kg

15. Training Facility

There will be a temporary gym at or near Hotel.

16. Photo for ID cards

All participants (DELEGATES, COMPETITORS, EXECUTIVE MEMBERS AND SUPPORTERS), must send one recent passport size photo as an attachment together with the Entry Forms or by e-mail attachment with all their particulars clearly stated. This is for issuance of Identity Cards. FAILING TO PROVIDE the photo, you will be charged US\$20.- for the I.D. photo if taken in India.

17. VISA

Please check with your travel agents or Ministry of Tourism if Visa is required to enter into New Delhi Airport. If you need assistance from the host country, please let them know two months (60 days) in advance. LAST MINUTE REQUEST WILL BE IMPOSSIBLE FOR THE ORGANISER TO ASSIST YOU.

18. Miscellaneous and any other Matters

Any other points that are not stated in this Information sheet and of the Rules and Regulation, please refer to the ABBF Constitution and Rules which shall apply.