



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: 11th March, 2023

To,

The Secretaries / Executive Committee Members / Life Members

State Body Building Associations / Union Territories / Government Sports Boards

Affiliated to Indian Body Builders Federation

Mumbai.

Ref. No.: IBBF/FC/CR/04/2022-23

Sub.: "12th Federation Cup 2023"

[Senior Men's & Women's Bodybuilding & 10th Men's & Women's Physique Sports National Championship]

Dear Sir / Madam,

The Indian Body Builders Federation is pleased to extend its Invitation for all its affiliated State Units/ Union Territories/ Government Sports Boards to participate in the "12th Federation Cup 2023" [Senior Men's & Women's Bodybuilding & 10th Men's & Women's Physique Sports National Championship]; organized by **Uttarakhand Body Building and Fitness Association along with Balraj Associates Mines and Minerals Bageswar, Director Hemraj Singh Bisht and Director Balwant Singh Bisht**. The said competition is organized on & from 14th April– 15th April, 2023 at **Vatika Banquet Hall, Nainital Rd, Haldwani, Uttarakhand**.

We are very grateful to Mr. Ramesh Sharma, President and Mr. Mukesh Pal, General Secretary and the entire organizing committee of the **Uttarakhand Body Building and Fitness Association** for Organizing this Championship in the beautiful city of **Haldwani, Uttarakhand**.

We on behalf of Indian Body Builders Federation humbly request all the affiliated State Associations / Union Territories / Governments Sports Boards to participate with best of their body builders as per the rules prescribed in the said circular, to make this championship a grand success.

Thanking you

For **Indian Body Builders Federation**

T V PAULY (Arjuna Awardee)

President

Hiral Sheth

General Secretary





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12th FEDERATION CUP 2023

[Senior Men's & Women's Bodybuilding & 10th Men's & Women's Physique Sports National Championship]

PARTICULARS

Contest	:	12 th FEDERATION CUP, 2023
Date	:	Friday 14 th April, 2023 & Saturday 15 th April, 2023
Organizer	:	Uttarakhand Body Building and Fitness Association Balraj Associates Mines and Minerals Bageswar, Director Hemraj Singh Bisht and Director Balwant Singh Bisht
Venue for Finals	:	Vatika Banquet Hall, Nainital Rd, Haldwani, Uttarakhand
Reception	:	Vatika Banquet Hall, Nainital Rd, Haldwani, Uttarakhand
Lodging for Athletes	:	Lodging will be provided for Two nights only.
Lodging for Officials	:	Lodging will be provided for Two nights only.
Nearest Railway Station	:	Kathgodam Railway Station (Approx. 2 km) Please note: No pick and drop will be arranged by the organizer
Nearest Airport	:	Pantnagar Airport (Approx. 27.2 km) Please note: No pick and drop will be arranged by the organizer
Contact	:	Mr. Mukesh Pal – 9359425313 Mr. Ramesh Sharma – 9927084182 Mr. Suresh Bhandari - 9837135179
IBBF Secretariat	:	Ms. Hiral Sheth – General Secretary Mobile: 09819637300



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Weight Group

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

Men's Sports Physique

: Upto 165 cms
Over 165 cms

Women's Sport Model Physique

: One Open Category

Women's Body Building

: One Open Category (Below 30 yrs)

Eligibility

Men's Bodybuilding

: All the affiliated State units/ Union Territories can send **ten** numbers of body builders but in each group only two athletes of each unit will be allowed to participate in Senior Men's Body Building Category.

Men's Sports Physique

Men's Sports Physique category each unit can send only **Three** athletes in each category and the host State Association will be allowed to field two teams that is **Six** athletes (A and B Team)

Women's Sport Model Physique

: In this Championship, State association/ Union Territories can send their best athletes and there is no limit for the same.

Women's Body Building

: In this Championship, State association/ Union Territories can send their best athletes and there is no limit for the same.



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Entry Fees

For Men's Body Building : Rs.1000/- per Competitor

For Women's Body Building : Rs. 1000/- per Competitor

For all Physique Sports : Rs.3000/- per Competitor

Security Deposit : It is compulsory to pay Rs.5000/- per State units/Union Territories/ Government Sports Boards as a security deposit at the time of registration. The said will be refunded only after deducting any damages in the hotels, rooms, auditorium or any other places.

Last Date for Entry : 25th March, 2023.

Submission of entries : Entries will be accepted in prescribed format
Entries may be sent to
1.General Secretary
Indian Body Builders Federation
Pathare Gymco
280/A, Jawalkar Mansion,
Dr. B. Ambedkar Road,
Parel, Mumbai-400 012.
Maharashtra.
2. Email:- ibbf_mumbai@yahoo.in
3. Via whats app on Mobile No. 9819637300

Annual Fees : All the affiliated State associations/ Union Territories and Government Sports Boards those who have not yet paid their Annual Membership Fees for the year 2022 are requested to pay the same before 31st March, 2023

Prizes & Awards

Senior Men's Body Building : 1. First three places in each category will receive Gold, Silver & Bronze Medals.
2. First Five places in each category will receive cash award Rs. 10000/-, Rs. 7000/-, Rs. 5000/-, Rs. 4000/-, Rs. 3000/- along with Merit Certificate and Trophy



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3. Overall, Champion will cash award Rs. 100000/- along with Trophy & Merit Certificate
4. Team Championship will receive Trophy, Merit Certificate.
5. All the Participants will receive participation certificate.

- Women's Body Building (Below 30 yrs.)
1. First Three places will receive Gold, Silver, & Bronze Medals.
 2. First Five places in each category will receive cash award Rs. 10000/-, Rs. 7000/-, Rs. 5000/-, Rs. 4000/-, Rs. 3000/- along with Merit Certificate and Trophy
 3. All the participants will receive Participation Certificate.

- Men's & Women's Physique
1. First Three places will receive Gold, Silver, & Bronze Medals.
 2. First Five places in each category will receive cash award Rs. 10000/-, Rs. 7000/-, Rs. 5000/-, Rs. 4000/-, Rs. 3000/- along with Merit Certificate and Trophy
 3. All the participants will receive Participation Certificate.

Doping : Dope test may be conducted at random by the National Anti-Doping Agency (NADA).

- 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. Organizers will provide free lodging & boarding to the athletes as per the entry form and one room per unit which includes Team Manager/ Coach/ Judges/ official. Hence, we request all the units to send not more than 3 officials including Team Manager/ Coach/ Judges/ official. Other than the above-mentioned officials, extra officials, supporters and family members will not be provided with lodging and boarding facility. **If requested prior with the charges of Rs. 10000/-, triple occupancy lodging and boarding facility will be provided.**



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We require affiliated unit's 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 **14th April, 2023** and wish to stay after **15th April, 2023** will have to bear their own lodging & boarding.
7. Golden, Silver and Bronze color tanning cream is not allowed.

Please note

Indian Body Builders Federation, Uttarakhand Body Building and Fitness Association or no other organizers will be responsible for any mischief, injury or damages sustained in travel, before, during or after the competition.



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12th FEDERATION CUP 2023

[Senior Men's & Women's Bodybuilding, & 10th Men's & Women's Physique Sports National Championship]

SCHEDULE

Friday 14th April, 2023

- 10.00 AM ONWARDS : Arrival of all competitors, officials & judges
- 11.00 AM ONWARDS : Registration & Weighing-in (**Vatika Banquet Hall, Nainital Rd, Haldwani, Uttarakhand**)
- 12.00 NOON TO 02.00 PM : Lunch for athletes and official
- 03.00 PM TO 4.00 PM : Team Manager & Judges Meeting
- 07.00PM - 08.00 PM : Executive Committee Meeting
- 09.00 PM TO 10.00 PM : Welcome Dinner

Saturday 15th April, 2023

- 07.00 AM TO 09.00 AM : Breakfast for athletes and officials
- 09.00 AM TO 10.00 AM : Special General Meeting
- 11.00 AM ONWARDS : Commencement of Finals & Prize Distribution (**Vatika Banquet Hall, Nainital Rd, Haldwani, Uttarakhand**)
- 01.00 PM TO 02.00 PM : Lunch for athletes and official
- 08.00 PM TO 10.00 PM : Dinner for athletes and official

Sunday 16th April, 2023

- 07.00 AM TO 09.00 AM : Breakfast for athletes and officials
- 10.00 AM : Departure of all competitors, officials & judges



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OFFICIAL ENTRY FORM

Please fill this entry form and return on or before 25th March, 2023.

SR.	NAME	CATEGORY	MOBILE NO.	WEIGHT
1		Men's Bodybuilding		
2		Men's Bodybuilding		
3		Men's Bodybuilding		
4		Men's Bodybuilding		
5		Men's Bodybuilding		
6		Men's Bodybuilding		
7		Men's Bodybuilding		
8		Men's Bodybuilding		
9		Men's Bodybuilding		
10		Men's Bodybuilding		
11		Men's Sports Phy. Upto 165cm		
12		Men's Sports Phy. Upto 165cm		
13		Men's Sports Phy. Upto 165cm		
14		Men's Sports Phy. Over 165cm		
15		Men's Sports Phy. Over 165cm		
16		Men's Sports Phy. Over 165cm		
17		WOMENS MODEL PHYSIQUE (open)		
18		WOMENS MODEL PHYSIQUE (open)		
19		WOMENS BODY BUILDING (below 30 yrs)		
20		WOMENS BODY BUILDING (below 30 yrs)		

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: 11th March, 2023

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 Friday 14th April, 2023 at 07.00 pm at **Vatika Banquet Hall, Nainital Rd, Haldwani, Uttarakhand** during "**12th Federation Cup, 2023**", 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 April, 2023.
3. Any other matter with the permission of chair.

For Indian Body Builders Federation

T V PAULY (Arjuna Awardee)

President

Hiral Sheth

General Secretary





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Date: 11th March, 2023

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

SPECIAL GENERAL MEETING NOTICE

NOTICE

Notice is hereby given to all the members of the Indian Body Builders Federation, that a Meeting will be held on Saturday 15th April, 2023 at 09.00 am at **Vatika Banquet Hall, Nainital Rd, Haldwani, Uttarakhand** during "**12th Federation Cup, 2023**", to discuss the following Agenda.

All the 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 April, 2023.
3. Any other matter with the permission of chair.

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DRUG TESTING CONSENT FORM

(PLEASE READ THIS FORM CAREFULLY)

In order to participate as a competitor for **12th Federation Cup 2023** [Senior Men's & Women's Bodybuilding, & 10th Men's & Women's Physique National Championship]; on and from **14th April – 15th April, 2023** organized by Uttarakhand Body Building and Fitness Association.

I, the undersigned Athlete do hereby agree to be bound by the WBPF, ABBF & IBBF Constitution and Rules, the WBPF, ABBF & IBBF Rulebook, and the WBPF Anti-Doping Rules and the National Anti-Doping Agency Rules and Regulations of India. I further agree to co-operate fully with the IBBF and the Organizing Committee of the **"12th Federation Cup 2023"** [Senior Men's & Women's Bodybuilding, & 10th Men's & Women's Physique National Championship]. I have been read over and understand, accept and agree to the following conditions:

DRUG TESTING CONSENT

1. That, the IBBF with the authority of the National Anti-Doping Agency has the right to conduct Dope Testing at this **"12th Federation Cup 2023"** [Senior Men's & Women's Bodybuilding, & 10th Men's & Women's Physique National Championship], pursuant to the IBBF, ABBF, WBPF and National Anti- Doping Agency Rules.
2. That, if I am selected for Dope Testing, I will always cooperate fully with the Dope Collector Officials and will, under the direct observation of a witness, provide a sample of my urine without undue delay.
3. That, if I am subsequently found guilty of a doping offence, I will respect and abide by the relevant rules and regulations governing results management, including those pertaining to the appeal process.
4. That, I accept sole responsibility to remain current with the rules and regulations governing this Event, including those pertaining to Dope Testing and results management.
5. That, If I am selected for Dope Testing, then till the time of result, IBBF has the right to hold the Medal, Merit Certificate, Trophies, Cash Awards and other any prizes till the time IBBF or me receives the official result of the said Dope Test from the office of the National Anti-Doping Agency.
6. That, If I am found positive in the Dope test conducted by the National Anti-Doping Agency, then I am aware that IBBF will eliminate my ranking and the said position / ranking will be offered to the next athlete. It is further informed to me that all the Medals / Merit Certificate / Trophy / Cash Award will be withdrawn by IBBF. Further I have also been informed that IBBF may take necessary action in terms of suspension and other penalties deemed fit by IBBF.
7. That I do hereby declare and make oath that I am competing in this Competition free from prohibited performance-enhancing drugs.

Name of the Athlete: _____ **Date of Birth:** _____

Affiliated State Association:

Address:

E-Mail ID: _____ **Mobile No.:** _____

Signature of Athlete

Signature of Team Manager/ Coach/ Official

Date:

Place:



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WAIVER OF LIABILITY FORM

That I understand that in order to participate as a competitor in "12th Federation Cup 2023" [Senior Men's & Women's Bodybuilding, 10th Men's & Women's Physique National Championship]; on and from 14th April – 15th April, 2023 organized by Uttarakhand Body Building and Fitness Association.

1. I must agree to be bound by this Waiver of Liability and that I do so willingly and of my own free will.
2. That I agree to waive any and all claims I may now and in the future have against, and release from all liability and agree not to sue the Asian Body Building and Physiques Sports Federation and World Bodybuilding & Physique Sports Federation (WBPF), Indian Body Builders Federation, the Organizing Committee of "12th Federation Cup 2023" [Senior Men's & Women's Bodybuilding, & 10th Men's & Women's Physique National Championship] the WBPF, ABBF, IBBF and Competition officials, volunteers, agents or representatives, the official hotel and official competition venue and their staff, hereinafter referred to as the "Released Parties", for any personal injury, death and property damages, expenses or loss sustained by me as a result of my participation in the Event due to any cause whatsoever, including, without limitation, negligence or breach of statutory duty on the part of the Released Parties.
3. That I agree that medical and personal injury insurance coverage while participating in "12th Federation Cup 2023" [Senior Men's & Women's Bodybuilding, & 10th Men's & Women's Physique National Championship] is solely my responsibility and that I agree to be responsible for and to pay for any and all costs that may arise as a result of my requiring medical and/or other special services and, in any event, should the Released Parties incur any cost for any such services for me personally,
I agree to reimburse the Released Parties for all costs of these services as may be incurred by them for my benefit or at my request.
4. In entering into this agreement, I am not relying on any oral, written, or visual representations or statements made by the Released Parties to induce me to participate in this Event.
5. I confirm that I am the full age of majority and that I have read and understood this agreement prior to signing it and agree that this agreement will be binding upon me, my heirs, next of kin, executors, administrators, and successors.

Name of the Athlete: _____

Affiliated State Association: _____

E-Mail ID: _____ **Mobile No.** _____

Signature of Athlete

Signature of Team Manager/ Coach/ Official

Date:

Place: