

INDIAN BODY BUILDERS FEDERATION

Affiliated to World Body Building & Physique Sports Federation
Asian Body Building & Physique Sports Federation
South Asian Bodybuilding & Physique Sports Federation



17Th SENIOR

Men's & Women's
BODYBUILDING CHAMPIONSHIP 2026

28th - 29th March 2026 @ Ravindra Natya Griha, 1, R N T Marg, Indore, Madhya Pradesh

Organized by

RAJYA SHARIR SAUSHTHAV SANSTHA, MADHYA PRADESH





Affiliated to:

- World Bodybuilding And Physique Sports Federation (WBPF)
- Asian Bodybuilding And Physique Sports Federation (ABPF)
- South Asian Bodybuilding And Physique Sports Federation (SABPF)

Recognized By:

- The Association For International Sport For All (TAFISA)
- General Association of World Sports Federation (GAWSF)
- Foundation for Sport, Development & Peace (FSDP)
- International Sports Council (ISC)
- International Council of Sport Science and Physical Education (ICSSPE)

- World Leisure Organization (WLO)
- World Sports University (WSU)
- International Sport And Culture Association (ISCA)
- Pacific Games Council (PGC)

Date: 20th December, 2025

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/SN/CR-03/26

Sub.: "17th Senior Men's & Women's Bodybuilding Championship 2026"

Dear Sir / Madam,

The Indian Body Builders Federation is pleased to extend its invitation to all its affiliated State Units/ Union Territories/ Government Sports Board to participate in the most prestigious Championship of the year, **"17th Senior Men's & Women's Bodybuilding Championship 2026"** which will be held on **and from 28th – 29th March, 2026** at Basketball complex, Race course road, Indore, Madhya Pradesh. The said Championship is organized by Rajya Sharir Saushtav Sanstha, Ujjan, Madhya Pradesh.

We extend our special gratitude to Shri Jitendra Kushwaha, President, Shri Atin Tiwari, General Secretary, Shri Prem Singh Yadav, Shri Shailendra Vyas, Shri Rohit Jethwa, Shri Sameer Vyas, and the entire team of the Rajya Sharir Saushtav Sanstha, Ujjan, Madhya Pradesh for their dedicated efforts and support. The said competition is held under the aegis of the Indian Body Builders Federation.

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

Thanking you

For Indian Body Builders Federation

S. Ramesh Kumar

Swamy Ramesh Kumar
President, IBBF



Chetan M Pathare

Chetan M. Pathare
General Secretary, IBBF
Secretary General - WBPF



: CORRESPONDANCE ADDRESS :

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WELCOME MESSAGE BY THE PRESIDENT OF IBBF & LEGAL COUNSEL WBPF & ABBF

Dear Colleagues and Enthusiasts of Bodybuilding,



I am thrilled to share that the Indian Body Builders Federation (IBBF) will host the 17th Senior Men's and Women's Bodybuilding Championship from the 28th – 29th March, 2026 at Indore, Madhya Pradesh. This event is being organized by Rajya Sharir Saushtav Sanstha, Ujjain, Madhya Pradesh.

We extend our special gratitude to Shri Jitendra Kushwaha, President, Shri Atin Tiwari, General Secretary, Shri Prem Singh Yadav, Shri Shailendra Vyas, Shri Rohit Jethwa, and the entire team of the Madhya Pradesh Association for their dedicated efforts and support. The said competition is held under the patronage of the Indian Body Builders Federation and it promises to be a landmark moment in our nation's bodybuilding scene.

I look forward to an outstanding championship and wish all participants the very best in their preparations.

Sincerely,

Shri Swamy Ramesh Kumar

President, Indian Body Builders Federation (IBBF)

*Legal Counsel, World Bodybuilding and Physique Sports Federation (WBPF) &
Asian Bodybuilding and Physique Sports Federation (ABBF)*



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WELCOME MESSAGE BY THE SECRETARY GENERAL – IBBF, WBPF

Dear Athletes, Officials, Fitness Enthusiasts, and Sports Lovers,



It gives me immense pleasure to announce that the 17th Senior Men's and Women's Bodybuilding Championship will be held on March 28 & 29, 2026, at Indore, Madhya Pradesh. This prestigious championship is being organized by Rajya Sharir Saushtav Sanstha, Ujjain, Madhya Pradesh.

This championship serves as a significant platform to celebrate and recognize the relentless hard work, discipline, and dedication of bodybuilders from across the country. The competition will feature 10 weight categories in Men's Bodybuilding and one Open category in Women's Bodybuilding. Athletes will compete for attractive cash prizes totaling ₹15,00,000/-, while the coveted Men's Bodybuilding Overall Champion title carries a grand prize of ₹3,00,000/-, making this championship one of the most awaited events on the year.

I place on record my sincere appreciation to Shri Jitendra Kushwaha, President, Shri Atin Tiwari, Secretary, and Shri Shailendra Vyas, Treasurer, along with Shri Premsingh Yadav, Shri Rohit Jethwa, and Mr. Sameer Vyas, for their untiring efforts in bringing this championship to Indore—a city renowned for its rich cultural heritage, historical significance, and natural beauty. Their collective dedication and commitment ensure that this year's championship will truly be a memorable one.

Most importantly, I wish to express our heartfelt gratitude to Datuk Paul Chua, President of WBPF and ABBF, for his guidance and continued support, which has played a pivotal role in shaping and strengthening the Indian Body Builders Federation on the international platform.

I would also like to express my deep gratitude to Shri Swamy Ramesh Kumar, President of IBBF, for his visionary leadership and unwavering support to athletes and officials, which continues to strengthen the federation year after year. I acknowledge with great respect the invaluable contribution of Shri Madhukar Talwalkar, Founder and Ex-President of IBBF, whose lifelong dedication laid the strong foundation of bodybuilding in India. I also extend my sincere appreciation to Shri Premchand Degra, Padma Shri and Arjuna Awardee, whose inspirational journey has left an indelible mark on Indian sports.

I take this opportunity to acknowledge the guidance and legacy of Shri T. V. Pauly and S. Bhaskaran, Arjuna Awardees, whose contributions continue to motivate generations within the bodybuilding fraternity. I am equally grateful to Shri Vikram Rothe, Legal Counsel of IBBF, for his consistent professional support and counsel to the federation. A special note of thanks is due to Ms Hiral Sheth for her valuable contribution to the effective management and smooth functioning of IBBF.

We eagerly look forward to welcoming the finest bodybuilding talent from across the nation to this highly anticipated championship and wish all athletes the very best in their pursuit of excellence.

With warm regards,

Chetan Manohar Pathare
General Secretary
Indian Body Builders Federation (IBBF)



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WELCOME MESSAGE BY THE ORGANISING STATE UNIT RAJYA SHARIR SAUSHTHAV SANSTHAV, UJJAIN, MADHYA PRADESH



Shri Jitendra Kushwaha
President
Rajya Sharir Saushtav Sanstha,
Ujjain, Madhya Pradesh



Shri Atin Tiwari
General Secretary
Rajya Sharir Saushtav Sanstha,
Ujjain, Madhya Pradesh

As the host of the 17th Senior Bodybuilding Championship for Men's and Women's, it is our pleasure to invite you to this prestigious event, scheduled on and from 28th & 29th March, 2026, Indore, Madhya Pradesh.

This championship, sanctioned by the Indian Body Builders Federation (IBBF), promises to showcase exceptional talent and competition in bodybuilding sport. We would like to extend gratitude to the President of IBBF, Swamy Ramesh Kumar, and General Secretary, Chetan Manohar Pathare, for their continued support and leadership in promoting bodybuilding in India. A special appreciation to Shri Madhukar Talwalkar (Former President of IBBF) and Shri Premchand Degra (Padma Shri, Arjuna Awardee & Executive Vice President of IBBF), Shri T V Pauley (Arjuna Awardee and Vice President of IBBF) and Shri S Bhaskaran (Arjuna Awardee) for their lifelong dedication and devotion to the sport of bodybuilding.

We the members of the Rajya Sharir Saushtav Sanstha, Ujjain, Madhya Pradesh promise to extend our best of the hospitality to the participating teams and we assure you that we will not leave any stone unturned to make this championship a grand success.

We look forward to welcoming participants, officials, and fans from across the country to celebrate strength, dedication, and sportsmanship in this grand event.



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01) GENERAL INFORMATION

17th Senior Men's & Women's Body Building Championship 2026 will be held on and from 28th March – 29th March, 2026 at Indore, Madhya Pradesh.

Rajya Sharir Saushthav Sanstha, Ujjain, Madhya Pradesh will be organizing the said competition under the patronage of the Indian Body Builders Federation.

All requests and queries relating to this Handbook should be addressed to the Indian Body Builders Federation.

- 1) **Indian Body Builders Federation**
President: Swamy Ramesh Kumar
Mobile: +91 9399311713
- 2) **General Secretary: Chetan Manohar Pathare**
Mobile +91 9967971970
Email: ibbfmumbai09@gmail.com
- 3) **Associate Secretary: Hiral Sheth**
Mobile +91 9819637300
Email: hirals82@gmail.com
- 4) **Treasurer: Navneet Singh**
Mobile +91 9888320009
Email: flexbodyliners@gmail.com



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ORGANIZING COMMITTEE

RAJYA SHARIR SAUSHTAV SANSTHA, UJJAIN, MADHYA PRADESH

SHRI JITENDRA KUSHWAHA – +91 9827360755

SHRI ATIN TIWARI – +91 9827414447

SHRI PREMSINGH YADAV- +91 9425091710

SHRI SHAILENDER VYAS – +91 9425091025

SHRI ROHIT JETHWA – +91 9165600077

SHRI SAMEER VYAS - +91 9926189422

02) GOVERNING BODIES

- WORLD BODY BUILDING & PHYSIQUE SPORTS FEDERATION [WBPF]
- ASIAN BODY BUILDING & PHYSIQUE SPORTS FEDERATION [ABBF]
- SOUTH ASIAN BODY BUILDING & PHYSIQUE SPORTS FEDERATION [SABBF]
- INDIAN BODY BUILDERS FEDERATION [IBBF]
- RAJYA SHARIR SAUSHTAV SANSTHA, UJJAIN, MADHYA PRADESH



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03) COMPETITION INFORMATION

3.1 Name

17th Senior Men's & Women's Bodybuilding Championship 2026.

3.2 Dates

It will be held on and from Saturday, 28th March – Sunday, 29th March 2026.

3.3 Venues

3.3.1 Lodging & Boarding

Will be informed later.

3.3.2. Pre-Judging & Finals

Basketball Complex ,
Race course road
Indore, Indore, Madhya Pradesh

3.3.3 Reception/Registration & Weighing

Crown Palace Hotel, South Tukoganj, Indore, Madhya Pradesh

3.3.4 Judges/Team Managers Meeting

Crown Palace Hotel, South Tukoganj, Indore, Madhya Pradesh

3.3.5 Executive Committee Meeting

Crown Palace Hotel, South Tukoganj, Indore, Madhya Pradesh

3.3.5 Annual General Meeting

Crown Palace Hotel, South Tukoganj, Indore, Madhya Pradesh

3.4 Invitation

The invitation is for all the affiliated State Associations, Union Territories and Government Sports Boards to participate in this championship as per the rules mentioned in this Handbook.



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3.5 Event

The competition will comprise of Men's & Women's events in the following categories.

Total 11 Categories

Event	Categories
Men's	A) Bodybuilding Weight up to 55kg Weight up to 60kg Weight up to 65kg Weight up to 70kg Weight up to 75kg Weight up to 80kg Weight up to 85kg Weight up to 90kg Weight above 90kg & below 100kg Weight over 100kg Overall Champion 2026
Women's	A) Bodybuilding Open One Category



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04) COMPETITION SCHEDULE

DATE	TIME	ACTIVITY
FRIDAY 27.03.2026	11.00 AM ONWARDS	Arrival of the Executive committee members.
	07.00 PM ONWARDS	Executive Committee Meeting at Crown Palace Hotel, South Tukoganj, Indore, Madhya Pradesh
	09.00 PM	Welcome Dinner for Executive Committee Members and Invited Guests
SATURDAY 28.03.2026	09.00 AM ONWARDS	Arrival of all Competitors, Officials & Judges Registration & Weighing-in at Crown Palace Hotel, South Tukoganj, Indore, Madhya Pradesh
	01.00 PM TO 02.00 PM	Packaged diet meal for the athletes will be provided For Officials (Venue will be informed)
	04.00 PM TO 05.00 PM	Judges/Coaches/Team Managers Meeting at Crown Palace Hotel, South Tukoganj, Indore, Madhya Pradesh
	06.30 PM TO 07.30 PM	Annual General Meeting at Crown Palace Hotel, South Tukoganj, Indore, Madhya Pradesh
	09.00 PM	Packaged diet meal for the athletes will be provided For Officials (Venue will be informed)
SUNDAY 29.03.2026	07.00 AM TO 08.30 AM	Packaged diet meal for the athletes will be provided For Officials (Venue will be informed)
	09.00 AM ONWARDS	COMMENCEMENTS OF COMPETITION



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	01.00 PM TO 02.00 PM	Packaged diet meal for the athletes will be provided For Officials (Venue will be informed)
	09.00 PM ONWARDS	Packaged diet meal for the athletes will be provided For Officials (Venue will be informed)
MONDAY 30.03.2026	08.00 AM ONWARDS	DEPARTURE

05) GENERAL RULES AND INFORMATION

5.1. Participants Eligibility

All affiliated units must follow the following conditions in order to participate in this competition:

5.1.1 **TWELVE** Body Builders from each affiliated State Units/ Union Territories / Government Sports Board for Men's Bodybuilding but not more than **TWO** Body Builders in one weight group will be allowed. The host State Association will be allowed to file two teams that is 24 Bodybuilders (A and B Team), but in each category not more than **FOUR** athletes. For Team Championship Only A team points will be calculated.

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

5.2 Submission of Final Entry Form

Entry Form notifying intention of participation filled with official stamp and signature of respective unit President/Secretary must be submitted to the IBBF Secretariat not later than **15th March 2026**.

5.3 Travel

5.3.1 No Pick-up and Drop from airport/railway station or Hotel to Venue and back will be arranged by the organizer.

5.4 Fees

5.4.1. Men's Body Building : Rs.3000/- per Competitor
Women's Body Building : Rs.3000/- per Competitor



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- 5.4.2 **Security Deposit** of Rs.5000/- per State Units/Union Territories/Government Sports Board. It is Mandatory to pay the security deposit at the time of registration and in case of any damage the amount equivalent will be forfeited from the said security deposit.
- 5.4.3 In case of any extended stay for the delegation (before or after the event dates) will be the sole responsibility of the delegation concerned. It shall not be the responsibility of the Organizing Committee. Participants and officials who arrive before 28th March, 2026 and wish to stay after 29th March, 2026 will have to bear and arrange their own lodging & boarding.
- 5.4.4 **Annual Affiliation Fees:** All the affiliated State Associations/Union Territories are requested to pay their Annual Membership Fees of Rs.20000/- and Government Sports Board are requested to pay fees of Rs.25000/- on or before **28th March, 2026 for the year 2025 & 2026.**
- 5.5.5 **Judges Examination:** All the affiliated State Associations/Union Territories/Government Sports Board are requested to submit the entries for those who wish to appear in Judges Examination on or before **28th March, 2026 with the Fees of Rs.10000/-** with two photographs. These candidates will have to pay Rs.5000/- for double occupancy as additional charge towards lodging and boarding to IBBF.

06) COMPETITION RULES AND REGULATIONS

- 6.1 Competition for the 17th Senior Men's & Women's Body Building Championship will be held in accordance with the current IBBF Rules and Regulations.
- 6.2 Team Managers must note that competitors who fail for weighing - in within the time limit will be eliminated from the championship.
- 6.3 All officials & competitors must arrive prior to the schedule.
- 6.4 Organizers will provide free lodging & boarding to the athletes and only **TWO officials** of each State unit which may include Judges, Team Manager and Coach for **two nights** only. **ONE ROOM** will be provided per State Unit/ Government Sports Board/Union Territory.
- 6.5 Other than the above-mentioned officials, extra officials, Supporters and family members will not be provided with lodging and boarding, and free entry passes for the competition. **If requested prior with the charges of Rs.5000/-, double occupancy lodging and boarding facility will be provided.**
- 6.6 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 and the State Association/Union Territories and Sports Boards will have to bear the cost of the same before departure.



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6.7 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 officiate as a Judge.

6.8 Golden, Silver and Bronze color tanning cream is not allowed.

6.9 The use of profane, vulgar or offensive language in posing music is prohibited under the rules of IBBF and the competitor will be disqualified from participation the games.

6.10 Please note: Indian Body Builders Federation, Rajya Sharir Saushthav Sanstha, Ujjain, Madhya Pradesh or no other organizers will be responsible for any mischief, injury or damages sustained in travel, before, during or after the competition.

6.11. Weigh-in

The weigh-in shall be conducted by the Weighing-in committee appointed by the IBBF.

6.12. Commendation:

6.12.1 Medals

Events	Number of Medals			
	Gold	Silver	Bronze	Total
Men's Bodybuilding Weight Upto 55kg	1	1	1	3
Men's Bodybuilding Weight Upto 60kg	1	1	1	3
Men's Bodybuilding Weight Upto 65kg	1	1	1	3
Men's Bodybuilding Weight Upto 70kg	1	1	1	3
Men's Bodybuilding Weight Upto 75kg	1	1	1	3
Men's Bodybuilding Weight Upto 80kg	1	1	1	3
Men's Bodybuilding Weight Upto 85kg	1	1	1	3
Men's Bodybuilding Weight Upto 90kg	1	1	1	3
Men's Bodybuilding Weight Above 90kg and Below 100 Kg	1	1	1	3
Men's Bodybuilding Weight Above 100kg	1	1	1	3



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Women's Bodybuilding – Open Category	1	1	1	3
Total	11	11	11	33

6.12.2 Prizes

The prizes will be as follows for all the Categories:

- **First Prize** : Cash Prize of Rs.50,000/-, Gold Medal, Trophy and Certificate.
- **Second Prize** : Cash Prize of Rs.25,000/-, Silver Medal, Trophy and Certificate.
- **Third Prize** : Cash Prize of Rs.15,000/-, Bronze Medal, Trophy and Certificate.
- **Fourth Prize** : Cash Prize of Rs.10,000/-, Trophy and Certificate.
- **Fifth Prize** : Cash Prize of Rs.5,000/-, Trophy and Certificate.
- **Overall, Champion will receive Cash Prize of Rs.3,00,000/- Trophy and Certificate.**
- **Runner up will receive cash prize of Rs. 50,000/- Trophy and Certificate.**
- **Team Championship Winner, 1st & 2nd Runner-up will receive Trophy and Certificate.**
- **All the participants will receive Participation Certificate.**

NOTE: The above cash prizes may be subject to Income Tax deduction at source and winner will have to produce their Pan Card and Aadhar Card photocopies for claiming prize money cheque. Without these documents the prize money cheque will not be issued.



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6.13 COMPETITION RULES:

AS PER WBPF / IBBF RULE BOOK – COMPETITION ATTIRE & STAGE PRESENTATION FOR ATHLETES

Competition Attire for Athletes: The competition attire must meet the following guidelines:

6.13.1 Men's Bodybuilding competitors

will wear one-coloured opaque posing trunks of a solid, non-distracting colour which are clean and decent. The back area of the trunk must cover at least 50 % of the "gluteus maximus", the front of the trunk must be covered completely, no padding allowed anywhere in the trunk; the side of the trunk must measure at least 1 cm. Pulling and shifting of the trunk by the competitor to reveal a larger part of the front, side or rear of the body is not allowed; the competitor has to ensure that the trunk stays in place during his entire performance and does not slip inside the gluteus muscles to reveal a greater part of that area. Competitors will not wear footwear, glasses (Except if it is justified by the athlete's health condition.), watches, bangles, necklaces, earrings, piercings or whatsoever other jewellery/accessories except for a wedding ring. Props including hats, caps, masks etc. are prohibited. The use of implants whether permanent by cosmetic surgery or temporarily by fluid injection is not allowed and can lead to disqualification. Body-colouring is allowed but the athlete has to make sure that the colour stays on the body and does not come off simply by wiping; air-brush tanning and cabin tanning may be used, sparkles, glitter, shiny metallic pearls or any other unnatural looking enhancements of the body colour are prohibited. Body colouring that stains the competition attire is prohibited.

6.13.2 Women's Bodybuilding competitors

will wear one-coloured and decorated opaque two-piece bikini of a solid, non-distracting colour which must conform to accepted standards of taste and decency. The bikini will reveal the abdominal muscles as well as the lower back muscles. The bikini bottom must cover at least 50% of the buttocks. Athletes have to be bare foot, no foot-wear allowed.

The back area of the trunk must cover at least 50 % of the "gluteus maximus", the front of the trunk must be covered completely, no padding allowed anywhere in the trunk; the side of the trunk must measure at least 1 cm.

Pulling and shifting of the trunk by the competitor to reveal a larger part of the front, side or rear of the body is not allowed; the competitor has to ensure that the trunk and bikini top stays in place during her entire performance and the bikini bottom does not slip inside the gluteus muscles to reveal a greater part of that area.

Padding inside the bikini top is allowed to achieve a more natural feminine look. Breast implants are allowed according to accepted standards of taste and decency.



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Competitors will not wear footwear, glasses (Except if it is justified by the athlete's health condition.), watches, bangles, necklaces, earrings, piercings or whatsoever other jewellery/accessories except for a wedding ring.

The hair may be styled, make-up can be worn as well; body-colouring is allowed but the athlete has to make sure that the colour stays on the body and does not come off simply by wiping; air-brush tanning and cabin tanning may be used, sparkles, glitter, shiny metallic pearls or any other unnatural looking enhancements of the body colour is prohibited. Body colouring that stains the competition attire is prohibited.

6.13 Stage Presentation

The following points will apply during the competitor's stage presentation:

6.14.1. Competitors will not chew gum or consume food and/or drinks while onstage.

6.14.2. The use of props is prohibited unless it is expressly allowed under section 12.1. The term prop means an object, device or item, excluding competition attire that is transported onstage before a routine and offstage after a routine by a competitor and/or other person or persons.

6.14.3. Competitors have to adhere to all instructions made by the onstage expeditors and on-stage marshals; they are not allowed to enter or leave the stage prematurely without the consent of the chief onstage expeditor.

6.14.4. Competitors have to maintain good sportsmanship at all the time, pushing, shoving, elbowing and other physical attacks against other competitors or onstage expeditors, contesting instructions made by onstage expeditors or expressing disagreement with results pertaining to comparisons being called or placings being given are forbidden and can lead to disqualification.

6.14.5. In particular during the announcement of results and the award presentation the competitor will by no means express disagreement with his/her or other competitors placings.

6.14.6. Competitors have to ensure that they do not stain the stage and its surroundings, especially carpets and curtains with body colour or leave hazardous materials or items on the stage that can be harmful to other competitors during or after their performance.

6.14.7. Competitors will abstain from shouting, laughing, grimacing and gesticulating while on stage, even talking to other competitors should be avoided as much as possible; the athletes shall focus on their performance bearing in mind that they are under constant observation by the event officials, audience and cameras. Even when not included in 28 comparison competitors have to pay attention to keep an athletic posture and friendly face.



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6.14 JUDGING ATTIRE / JUDGING PANEL

6.14.3 Makeup of the Regular Judging Panel:

Nine/Seven judges are normally appointed by the IBBF Judges Committee to serve on a regular judging panel. Every attempt is made to ensure that all qualified judges who are present at the technical meeting are given the opportunity to serve on a panel and that all states are equally and fairly represented with no state having two or more judges on the same panel. At no time will the number of judges on a panel be fewer than five. The IBBF Judges Committee Chairman/Secretary is the final authority on the makeup of the judging panels.

6.15.2 JUDGING ATTIRE /JUDGING PANEL

Judging Attire: Judges shall be attired as follows:

- a. The official IBBF uniform for male judges at all competitions consists of a pigeon grey suit with the official IBBF crest on the left breast pocket, white shirt with the official IBBF tie, black socks and black dress shoes.
- b. The official IBBF uniform for female judges at all competitions consists of a pigeon grey blazer with the official IBBF crest on the left breast pocket, or white blouse (official IBBF tie optional), grey skirt or dress pants, and black dress shoes.
- c. The IBBF Judges Committee Chairman/Secretary has authority to remove from the panel any judge who is not correctly dressed in the official IBBF uniform.
- d. While working under hot/humid climate conditions and only at the prejudging the IBBF Judges Committee Chairman/Secretary may allow a relaxed dress code as follows: White Polo shirt with IBBF logo on the left breast together with grey dress pants (men or women) or grey skirt (women).



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6.15.4 Officials

The following officials are needed to control competitions:

- 6.15.4.1 IBBF General Secretary
- 6.15.4.2 IBBF Chief Jury - Two
- 6.15.4.3 Judges Chairman
- 6.15.4.4 Judges Secretary
- 6.15.4.5 Nine/Seven judges from as many different states as possible. If enough qualified judges are available, two or more panels of judges may be appointed.
- 6.15.4.6 Two statisticians.
- 6.15.4.7 IBBF Chief Marshal and an appropriate number of assistants.
- 6.15.4.8 Master of Ceremonies or Announcer.

6.15.5 Placement of Judges

The placement of judges will proceed as follows:

1. The Judges Chairman/Secretary will make the Nine/Seven judges sit at their respective tables and will make statisticians seat at their tables. The Judges Chairman/Secretary will then ensure that the appropriate judging forms are distributed to each judge.
2. Each Judge's position on the panel will be numbered using a small card (black numbers on a white background) situated at the front of the judge's table. The numbers will be printed on both sides of the card so as to be viewed by the competitors and the judges.

6.15.6 Conduct of Judges

Once the judging panel is seated, the Judges Chairman/Secretary will remind the judges of the rules of conduct, said rules which must be strictly followed throughout the prejudging and finals. Under penalty of immediate dismissal from the judging panel, no judge will:

1. Converse with any other judge, or judges.
2. Attempt to influence the decisions of any other judge, or judges;
3. Take photographs while the judging is in progress.
4. Coach any competitor, or competitors; or
5. Judge while under the influence of drugs or alcohol or consume alcoholic beverages while judging.



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7.16.1 Doping

Dope testing may be conducted during the competition at random by the National Anti-Doping Agency (NADA). The IBBF will follow the WADA, NADA, WBPF and ABBF Anti-Doping Rules and Regulations, guidelines and Operations Procedures. The IBBF is committed to doping free sport, and strict follows the guidelines and procedures of the WADA, NADA, WBPF and ABBF approved Anti-Doping guidelines and procedures for the safety of our athletes and fairness of play for our sport.

7. MEDICAL

7.16.2 Medical facilities will be available at the accommodation and at competition venue.

7.16.3 ENCLOSURES:

- a) Official Entry Form
- b) Executive Committee Meeting Notice
- c) Annual General Body Meeting Notice
- d) Drug Consent and Waiver of Liability Forms

7.16.4 APPROVAL OF TECHNICAL HANDBOOK

This Technical Handbook has been approved by the IBBF.



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Date: 18th December, 2025

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 27th March, 2026, at 07:00 PM at Crown Palace Hotel, Indore, Madhya Pradesh during 17th Senior Men's & Women's Bodybuilding Championship 2026, to discuss the following Agenda.

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

AGENDA

1. Welcome address by the President.
2. To confirm the minutes of the last Executive Committee Meeting.
3. To adopt the audited statements as submitted by the Treasurer
4. To discuss and confirm the forthcoming championships for the year 2025-26.
5. To appoint the Internal Auditor and Chartered Accountant for the year 2026-2027 and adoption of the Statement of Account submitted by the Treasurer for the year 2025-2026.
6. To discuss about the letters if any received from Executive Committee Members or the State Associations before 15th March, 2026.
7. Any other matter with the permission of chair.

For Indian Body Builders Federation

Chetan M Pathare

Chetan M. Pathare
General Secretary



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- International Sport And Culture Association (ISCA)
- Pacific Games Council (PGC)

Date: 18th December 2025

To,

The Executive Committee Members /Representatives

Of Affiliated State Associations / Union Territories / Government 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 / Union Territories / Government Sports Board of the of the Indian Body Builders federation, that the Annual General Body Meeting will be held on Saturday 28th March, 2026 at 06:30 PM at Crown Palace Hotel. Indore, Madhya Pradesh during 17th Senior Men's & Women's Bodybuilding Championship 2026.

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

AGENDA

1. Welcome address by the President.
2. To confirm the minutes of the last Executive Committee Meeting.
3. To adopt the audited statements as submitted by the Treasurer
4. To discuss and confirm the forthcoming championships for the year 2025-26.
5. To appoint the Internal Auditor and Chartered Accountant for the year 2026-2027 and adoption of the Statement of Account submitted by the Treasurer for the year 2025-2026.
6. To discuss about the letters if any received from Executive Committee Members or the State Associations before 15th March, 2026.
7. Any other matter with the permission of chair.

For Indian Body Builders Federation

Chetan M Pathare

Chetan M. Pathare
General Secretary



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“17th Senior Men’s & Women’s Bodybuilding Championship 2026”**OFFICIAL ENTRY FORM**

Please fill this entry form and return on or before 15th March 2026.

SR. No.	NAME	CATEGORY	MOBILE NO.	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		Women’s Body Building		

TEAM MANAGER : _____

COACH : _____

JUDGE : _____

JUDGE : _____

UNIT NAME : _____

TRAIN No. & ARRIVAL TIME : _____

TRAIN No. & DEPARTURE TIME : _____

SEAL

SIGNATURE OF PRESIDENT/SECRETARY

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“17th Senior Men’s & Women’s Bodybuilding Championship 2026”

DRUG TESTING CONSENT FORM

(PLEASE READ THIS FORM CAREFULLY)

In order to participate as a competitor for **17th Senior Men’s & Women’s Body Building Championship, 2026 on and from 28th – 29th March, 2026** at Indore, Madhya Pradesh, India. 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 WADA, NADA and 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 **17th Senior Men’s & Women’s Body Building Championship, 2026**. This undertaking has been read over and I understand, and unconditionally accept and agree to the following conditions:

DRUG TESTING CONSENT

1. That, the National Anti-Doping Agency has the right to conduct Dope Testing at this ‘**17th Senior Men’s & Women’s Body Building Championship, 2026**’, pursuant to the IBBF, ABBF, WBPF and National Anti- Doping Agency Rules.
2. That, if I am selected for Dope Testing, I will cooperate fully with the Dope Control officer at all times and will, under the direct observation of a witness, provide a sample of my urine without undue delay.
3. That, I understand and accept that in case of any evasion or wilful and intentional absence by me to give my urine sample for doping to the dope control Officer amounts to violation of Doping Code, which is also punishable under the Law and Code.
4. 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.
5. 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.
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.

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

Affiliated State Association: _____

Address: _____

E-Mail ID: _____ **Mobile :** _____

Signature of Athlete

Signature of Team Manager/Coach/Official

Date :

Place :



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“17th Senior Men’s & Women’s Bodybuilding Championship 2026”

WAIVER OF LIABILITY FORM

That I understand that in order to participate as a competitor in **17th Senior Men’s & Women’s Body Building Championship, 2026 on and from 28th – 29th March, 2026** at Indore, Madhya Pradesh, India

I must agree to be bound by this Waiver of Liability and that I do so willingly and of my own free will.

1. 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, Karnataka Association of Bodybuilders, the Organizing Committee of **17th Senior Men’s & Women’s Body Building Championship, 2026** the WBPF, ABPF, IBBF, Karnataka Association of Bodybuilders 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.
2. That I agree that medical and personal injury insurance coverage while participating in the ‘**17th Senior Men’s & Women’s Body Building Championship, 2026**’ 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.

3. 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.
4. 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.

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

Affiliated State Association: _____

Address: _____

E-Mail ID: _____ **Mobile :** _____

Signature of Athlete

Signature of Team Manager/Coach/Official

Date :

Place:



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