



1ST PHYSIQUE SPORTS CHAMPIONSHIP 2024

MEN'S AND WOMEN'S
21ST - 22ND DECEMBER 2024 @GURUGRAM, HARYANA

Organized by
 Bodybuilding and Physique Sports Association Haryana



Affiliated to:

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

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: 26th October, 2024

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-02/24

Sub.: "1st Men's & Women's Physique Sports Championship 2024"

Dear Sir / Madam,

The Indian Body Builders Federation (IBBF) is proud to announce the **1st Men's & Women's Physique Sports Championship 2024**, scheduled for **December 21-22, 2024**, at the Huda Gymkhana Club, Sector 29, Gurugram, Haryana. This landmark event is being organized by the Body Building and Physique Sports Association, Haryana, under the esteemed leadership of Shri Anup Singh, Vice President of IBBF and President of the Body Building and Physique Sports Association, Haryana.

We extend our sincere appreciation to Shri Anup Singh and the dedicated team of the Body Building and Physique Sports Association, Haryana, for their unwavering commitment and decades of service in advancing the sport of bodybuilding. Their relentless dedication has been invaluable to our community and to this event's realization.

On behalf of the Indian Body Builders Federation, we warmly invite all affiliated State Associations, Union Territories, and Government Sports Boards to participate, bringing their best athletes to compete according to the guidelines outlined in the Circular. Your enthusiastic participation will be instrumental in making this championship an extraordinary success.

Thanking you

For Indian Body Builders Federation

S. Ramsh Kumar

Swamy Ramesh Kumar
President, IBBF



Chetan Pathare

Chetan Manohar Pathare
General Secretary, IBBF
Secretary General – WBPF



: CORRESPONDANCE ADDRESS :

Pathare Gymco : 280/A, Jawalkar Mansion, Dr. B. Ambedkar Road, Parel, Mumbai – 400 012, Maharashtra, India
Mobile : +91-99679-71970 **Email** : ibbfmumbai09@gmail.com **Website** : www.ibbf.in



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

Dear Colleagues and Bodybuilding Enthusiasts,

It is with immense excitement that I announce the Indian Body Builders Federation (IBBF) will host the 1st Men's and Women's Physique Sports Championship 2024 on December 21-22 at the prestigious Huda Gymkhana Club in Sector 29, Gurugram, Haryana. This historic event, organized by the Body Building and Physique Sports Association Haryana under the patronage of the IBBF, marks a pivotal moment in India's bodybuilding landscape and a remarkable opportunity to honor the passion, strength, and dedication of our nation's finest athletes.



I would like to extend my deepest appreciation to Shri Anup Singh, whose exemplary leadership and dedication have been instrumental in bringing this championship to Gurugram. His tireless commitment to the bodybuilding community has been vital to making this event a reality, ensuring that it will be a proud and memorable occasion for all.

I eagerly look forward to an outstanding championship, and I wish all our participants the very best as they prepare to showcase their talent and hard work on this grand stage.

With sincere regards,

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 OF IBBF, WBPF



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

I am thrilled to extend a heartfelt welcome to the 1st Men's and Women's Physique Sports Championship 2024, set to take place on December 21-22 at the Huda Gymkhana Club in Sector 29, Gurugram, Haryana. This inaugural event marks a milestone in India's physique sports landscape, offering a prominent stage to celebrate the talent, discipline, and sheer determination of athletes nationwide. Organized by the

Bodybuilding and Physique Sports Association Haryana, this championship is bound to set new standards of excellence.

This prestigious event will feature 13 distinct Men's and Women's categories, providing a broad platform to showcase the diversity and skill within the Physique Sports discipline. Our top athletes will be competing for substantial prizes, with awards of ₹50,000 for 1st place, ₹40,000 for 2nd, ₹30,000 for 3rd, ₹20,000 for 4th, and ₹10,000 for 5th in each category—an acknowledgment of their commitment and hard work.

We owe immense gratitude to Shri Anup Singh, whose vision, dedication, and untiring efforts have brought this championship to life in Gurugram. His leadership, along with the unwavering support of the Bodybuilding and Physique Sports Association Haryana, has ensured an event that promises to be both memorable and inspiring for all participants and spectators.

We eagerly anticipate a gathering of India's finest bodybuilding talent, united in the spirit of sportsmanship and excellence. May this event leave an indelible mark on the nation's sporting heritage.

With best regards,

Chetan Manohar Pathare

General Secretary, Indian Body Builders Federation (IBBF)

Secretary General, World Bodybuilding and Physique Sports Federation (WBPF)



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WELCOME MESSAGE BY THE PRESIDENT OF BODYBUILDING & PHYSIQUE SPORTS ASSOCIATION, HARYANA

Dear Athletes, Coaches, and Members of the Bodybuilding Community,

It is with great pride and enthusiasm that we announce the “1st Men’s & Women’s Physique Sports Championship 2024,” set to take place on the 21st and 22nd of December at Huda Gymkhana Club, Sector 29, Gurugram, Haryana. This event marks a significant milestone in the history of physique sports in India, as it is the first of its kind, featuring 13 different Men’s and Women’s categories.



This championship is sanctioned by the Indian Body Builders Federation (IBBF), promises to showcase exceptional talent and competition in physique sports categories. I would like to extend gratitude to the President of IBBF, Swamy Ramesh Kumar, and General Secretary, Chetan M Pathare, for their continued support and leadership in promoting Physique Sports in India. I take this opportunity to express my gratitude towards Shri Madhukar Talwalkar (Past President IBBF), Shri Premchand Degra (Padmashri, Arjuna Awardee), Shri T V Pauly (Arjuna Awardee) who have dedicated their life for the sport of Bodybuilding.

This championship represents not only a platform for athletes to showcase their dedication and hard work but also an opportunity for us to come together as a community to further promote and elevate the sport of bodybuilding in our nation.

I want to extend my heartfelt gratitude to each of you for your unwavering support and commitment to the growth of bodybuilding. Together, we have been working tirelessly over the past several years, and it is my belief that this championship will set a new benchmark for physique sports in India.

I encourage all affiliated State Associations and Union Territories to actively participate and bring forward their finest athletes. Let us work together to ensure that this championship is not only a success but a celebration of talent, discipline, and the spirit of competition.

Looking forward to your enthusiastic participation and support.

Warm regards,

Shri Anup Singh

President, Bodybuilding and Physique Sports Association Haryana

Vice President, Indian Body Builders Federation (IBBF)



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01) GENERAL INFORMATION

1st Men's & Women's Physique Sports Championship 2024 will be held on and from December 21 – 22, 2024 at Huda Gymkhana Club, Sector 29, Gurugram, Haryana.

Body Building and Physique Sports Association, Haryana will be organizing the said competition under the patronage of the Indian Body Builders Federation.

All requests and queries relating to this Circular 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

BODY BUILDING AND PHYSIQUE SPORTS ASSOCIATION, HARYANA

Mr. Satish Chander

Mobile: +91 8708567400

Mr. Anand Kadian

Mobile: +91 9811747511

Mr. Surender Yadav

Mobile: +91 9212522665

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]
- BODY BUILDING & PHYSIQUE SPORTS ASSOCIATION HARYANA



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03) COMPETITION INFORMATION

3.1 Name

1st Men's & Women's Physique Sports Championship 2024

3.2 Dates

It will be held on and from December 21 - 22, 2024.

3.3 Venues

3.3.1 Lodging & Boarding

Will be provided ONLY to EC Members, invited Officials & Judges.

NO Lodging & boarding will be provided by the organizer to the ATHLETES

3.3.2 Pre-Judging

Huda Gymkhana Club, Sector 29, Gurugram, Haryana

3.3.3 Reception/Registration & Weighing

Huda Gymkhana Club, Sector 29, Gurugram, Haryana

3.3.4 Finals

Huda Gymkhana Club, Sector 29, Gurugram, Haryana

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 Circular.

3.5 Event

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

Total 13 Categories

Event	Categories
Men's	A] Fitness Physique – One Open Category B] Athletic Physique – Upto 167cm & Over 167cm C] Sports Physique - Upto 170cm & Over 170cm



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Women's	<p>A] Fitness Physique – One Open Category B] Sports Physique - One Open Category C] Model Physique - Up to 155cm & Over 155cm D] Swim Suit Physique – One Open Category E] Ladies Model Physique Over 35 Years Old – Open Category</p>
	<p>MIXED PAIRS – One Open Category</p>

04) COMPETITION SCHEDULE

DATE	TIME	ACTIVITY
FRIDAY 20.12.2024	11.00 AM ONWARDS	Arrival of the Executive committee Members
	01.00 PM – 02.00 PM	Lunch for the Executive Committee Members
	06.00 PM – 07.00 PM	Executive Committee Meeting
	08.00 PM – 09.00 PM	Welcome Dinner for the Executive Committee Meeting Members
SATURDAY 21.12.2024	07.00 AM – 08.00 AM	Breakfast for EC Members, invited officials and judges in the respective hotels



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	09.00 AM ONWARDS	Arrival of the invited officials, judges and athletes.
	10.00 AM -06.00 PM	Registration of athletes
	01.00 PM TO 02.00 PM	Lunch will be provided to EC Members, invited officials, Judges and athletes at Huda Gymkhana Club, Sector 29, Gurugram, Haryana.
	04.00 PM TO 05.00 PM	Judges/Coaches/Team Managers Meeting at Huda Gymkhana Club, Sector 29, Gurugram, Haryana
	07.00 PM TO 09.00 PM	Dinner will be provided to EC Members, invited officials, Judges and athletes at Huda Gymkhana Club, Sector 29, Gurugram, Haryana.
SUNDAY 22.12.2024	07.00 AM – 08.00 AM	Breakfast for EC Members, invited officials and judges in the respective hotels
	10.30 AM ONWARDS	Inauguration of the Championship
	11.00 AM ONWARDS	Commencement of Championship Finals and Prize distribution
	01.00 PM TO 02.00 PM	Lunch will be provided to EC Members, invited officials, Judges and athletes at Huda Gymkhana Club, Sector 29, Gurugram, Haryana.



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	08.00 PM ONWARDS	Dinner will be provided to EC Members, invited officials, Judges and athletes at Huda Gymkhana Club, Sector 29, Gurugram, Haryana.
MONDAY 23.12.2024	08.00 AM ONWARDS	Departure of all the EC Members, Officials, judges and athletes.

5.1. Participants Eligibility

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

5.1.1 There will not be any restrictions on entry for all the categories

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 **10th December 2024.**

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 Entry Fees : Rs. 3000/- per Competitor for all the categories

5.4.1 In case of any extended stay for the delegation (before or after the event dates) will be the sole the responsibility of the delegation concerned. It shall not be the responsibility of the Organizing Committee. Invited officials and Judges who arrive before 21st December, 2024 and wish to stay after 22nd December, 2024 will have to bear and arrange their own lodging & boarding.

5.4.2 **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

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are requested to pay fees of Rs.25000/- on or before **14th January 2025 for the year 2024 & 2025.**

06) COMPETITION RULES AND REGULATIONS

- 6.1 Competition for the 1st Men's & Women's Physique Sports Championship will be held in accordance with the current WBPF / 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 **invited Officials and Judges for TWO nights only. NO lodging and boarding will be provided to the athletes.**
- 6.5 Other than the above-mentioned officials, extra officials, Supporters and family members will not be provided with lodging and boarding.
- 6.6 Team Manager note – athletes 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 Government Sports Boards will have to bear the cost of the same before departure.
- 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 colour tanning cream is not allowed.
- 6.9 It is compulsory for the participants participating for Best Poser contest to bring their own Music CD or Pen drive. 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, Body Building and Physique Sports Association Haryana 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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6.11. Height / Weight Measurement

The Height / Weight Measurement 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 Fitness Physique – Open Category	1	1	1	3
Men's Athletic Physique – Up to 167cm	1	1	1	3
Men's Athletic Physique – Over 167cm	1	1	1	3
Men's Sports Physique – Up to 170cm	1	1	1	3
Men's Sports Physique – Up to 175cm	1	1	1	3
Men's Sports Physique – Over 175cm	1	1	1	3
Women's Fitness Physique – Open Category	1	1	1	3
Women's Sports Physique – Open Category	1	1	1	3
Women's Model Physique – Up to 155cm	1	1	1	3
Women's Model Physique – Over 155cm	1	1	1	3
Women's Swim Suit Physique – Open Category	1	1	1	3
Women's Ladies Model Physique – Over 35 Years Old – Open Category	1	1	1	3
Mixed Pairs	2	2	2	6
Total	14	14	14	42



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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.40,000/-, Silver Medal, Trophy and Certificate.
- **Third Prize** : Cash Prize of Rs.30,000/-, Bronze Medal, Trophy and Certificate.
- **Fourth Prize** : Cash Prize of Rs.20,000/- and Certificate.
- **Fifth Prize** : Cash Prize of Rs.10,000/- 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:

6.13.1.1 For Men's Fitness Physique :

Will wear black opaque tights/posing trunks of a solid, non-distracting material which are clean and decent during the **comparisons** (elimination, prejudging and finals). No footwear is allowed.

The back area of the tights/posing trunks must cover 100 % 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/tights/gymnastic shorts must measure at least 15 (fifteen) cm. Pulling and shifting of the trunk/tights 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. 29. For the **routine** they will wear tights or gymnastic shorts of a solid, non-distracting color which are clean and decent and a tank top (minimum attire). Additional wear/attire is allowed as the competitor deems appropriate to perform the routine; the optional additional attire may be taken off during the routine provided that it does not appear as a strip-show. Sport shoes may be worn during the routine but are not mandatory.

Props including hats, caps, masks etc. are prohibited during the comparisons but can be used in moderation during the routine, as long as the competitor can bring them on to the stage and off by himself and they do not harm/stain the stage. Items such as sticks, bands, hats, caps, sun-glasses etc. that can be easily carried are acceptable props during the fitness routine.

The use of implants whether permanent by surgery or temporarily by fluid injection is not allowed and can lead to disqualification.

Body-coloring is allowed but the athlete has to make sure that the color 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 color are prohibited. Body coloring that stains the competition attire is prohibited.

Fitness Physique:

- a. Quarter turn front
- b. Quarter turn right



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- c. Quarter turn back
- d. Quarter turn front

Fitness Routines

Routines are only a part of the prejudging in Men's and Women's Fitness Physique, in all other disciplines containing routines they will be only part of the finals. Fitness Routines in Men's and Women's Fitness Physique will be assessed and scored in both the prejudging and the finals

6.13.2 For Men's Athletic Physique Rules for Men's Athletic Physique :

Will wear opaque tights/posing trunks of a solid, non-distracting material with the color of the posing trunk is left to the discretion of the competitor which are clean and decent during the comparisons (elimination, prejudging and finals). No footwear is allowed. The back area of the tights/posing trunks must cover 100 % 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/tights/gymnastic shorts must measure at least 15 (fifteen) cm. Pulling and shifting of the trunk/tights 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.

Men's Athletic Physique:

- a. Quarter turn front
- b. Quarter turn right
- c. Quarter turn back
- d. Quarter turn front
- e. Front double biceps
- f. Front lat. spread
- g. Side chest
- h. Back double biceps
- i. Back lat. spread
- j. Side triceps
- k. Abdominals and thighs

6.13.3 For Men's Sports Physique



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Will wear board shorts that reach from the lower abdominal area down to just above the knee. Viewed from the back the board shorts have to cover all of the gluteal area down to just above the knee area. The material, texture and color of the board shorts are at the discretion of the competitor. Foot-wear and jewellery are not allowed. Tight fitting lycra shorts are prohibited. Competitors will not wear footwear, glasses (Except if it is justified by the athlete's health condition.), watches, bangles, necklaces, earrings, piercings or any 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-coloring is allowed but the athlete has to make sure that the color 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 color are prohibited. Body coloring that stains the competition attire is prohibited.

Sport Physique Physique:

- a. "T" WALK
- b. Quarter turn front
- c. Quarter turn right
- d. Quarter turn back
- e. Quarter turn front

"T" WALK: each athlete will appear on stage individually in numeric order. Athlete should walk to center of back on stage then walk to the front, take front and back pose then walk back to center of stage again and take his/her place in line.

6.13.3 Women's Fitness Physique

will wear opaque two pieces bikini during the **comparisons** (elimination, prejudging and finals) the colour, fabric, texture and style of the bikini is up to the discretion of the competitor and high heels with the sole thickness of not more than 2 cm and the heels (stiletto) not more than 12 cm in height; platform shoes are prohibited.

The back area of the bikini bottom must cover at least 50 % of the "gluteus maximus", the front side of the trunk must cover the front side of the groin area completely, no padding allowed anywhere in the bikini bottom; the side of the bikini bottom must measure at least 1 cm. Bikinis that appear to small or otherwise look indecent are prohibited.



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For **the routine** competitors may dress as they deem appropriate to perform a decently presented fitness routine with the following restrictions: minimum wear is a two-piece bikini that has a size not any smaller than the one used for the comparisons, strings are prohibited even if they are worn on top of a gymnastic dress; sport shoes may be worn, but are not obligatory. The use of implants whether permanent by surgery or temporarily by fluid injection is not allowed and can lead to disqualification. Breast implants however are allowed 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.

6.13.4 Women's Sports Physique

Will wear opaque two-piece bikini which must conform to accepted standards of taste and decency for the comparisons, the color, fabric, texture and style of the bikini is up to the discretion of the competitor and high heels with a sole thickness of not more than 2 cm and the heels (stiletto) height of not more than 12 cm; platform shoes are prohibited.

The back area of the bikini bottom must cover at least 50 % of the "gluteus maximus", the front side of the trunk must cover the front side of the groin area completely, no padding allowed anywhere in the bikini bottom; the side of the bikini bottom must measure at least 1 cm. Bikinis that appear to small or otherwise look indecent are prohibited.

The use of implants whether permanent by plastic surgery or temporarily by fluid injection is not allowed and can lead to disqualification. Breast implants however are allowed. 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.

6.13.5 Women's Model Physique

Will wear opaque two-piece bikini which must conform to accepted standards of taste and decency for the comparisons, the colour, fabric, texture and style of the bikini is up to the discretion of the competitor and high heels with a sole thickness of not more than 2 cm and the heels (stiletto) height of not more than 12 cm; platform shoes are prohibited.



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The back area of the bikini bottom must cover at least 50 % of the “gluteus maximus”, the front side of the trunk must cover the front side of the groin area completely, no padding allowed anywhere in the bikini bottom; the side of the bikini bottom must measure at least 1 cm. Bikinis that appear to small or otherwise look indecent are prohibited.

The use of implants whether permanent by plastic surgery or temporarily by fluid injection is not allowed and can lead to disqualification. Breast implants however are allowed. 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

6.13.6 Women’s Swim Suit Physique

Will wear one piece, tight -fitting swimsuit, made of opaque fabric, with no mesh insertion the fabric of the swimsuit can be velvet, silk, lycra, polyester, biflex or any other similar fabric at the choice of the competitor the color or ornamentation of the swimsuit is at the choice of the competitor. The swimsuit has to cover a minimum of ½ of the gluteus maximums and all of the frontal area. G string is strictly prohibited. The swimsuit has to cover lower half of the back.

High heels with the sole of thickness of NOT more than 2,00 cm and the heels (stiletto) height of not more than 12.00 cm. Platform are prohibited.

6.13.7 Mixed Pairs

For **the routine** competitors may dress as they deem appropriate to perform a decently presented fitness routine with the following restrictions: minimum wear is a two-piece bikini that has a size not any smaller than the one used for the comparisons, strings are prohibited even if they are worn on top of a gymnastic dress; sport shoes may be worn, but are not obligatory. The use of implants whether permanent by surgery or temporarily by fluid injection is not allowed and can lead to disqualification. Breast implants however are allowed 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.

- a. Quarter turn front
- b. Quarter turn right
- c. Quarter turn back



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- d. Quarter turn front
- e. Front double biceps
- f. Side chest
- g. Back double biceps
- h. Side triceps
- i. Abdominals and thighs

6.14 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,



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audience and cameras. Even when not included in 28 comparison competitors have to pay attention to keep an athletic posture and friendly face.

6.13 JUDGING ATTIRE / JUDGING PANEL

6.13.1 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).

6.15.3 Officials

The following officials are needed to control competitions:

6.15.3.1 IBBF General Secretary



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6.15.3.2 IBBF Chief Jury - Two

6.15.3.3 Judges Chairman

6.15.3.4 Judges Secretary

6.15.3.5 Seven judges from as many different states as possible. If enough qualified judges are available, two or more panels of judges may be appointed.

6.15.3.6 Two statisticians.

6.15.3.7 IBBF Chief Marshal and an appropriate number of assistants.

6.15.3.8 Master of Ceremonies or Announcer.

6.15.4 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.

6.15.5 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 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

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

9 ENCLOSURES:

- a) Official Entry Form
- b) Drug Consent and Waiver of Liability Forms

10 APPROVAL OF TECHNICAL HANDBOOK

This Technical Handbook has been approved by the IBBF.



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Date: 26th October, 2024

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, December 20, 2024 at 06:00 PM at Gurugram, Haryana during 1st Men's & Women's Physique Sports Championship 2024, 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. Welcome address by the President of Bodybuilding and Physique Sports Association, Haryana
3. Welcome address by the General Secretary
4. To confirm the minutes of the last Executive Committee Meeting.
5. To discuss and confirm the forthcoming championships for the year 2025-26.
6. To discuss about the letters if any received from Executive Committee Members or the State Associations before 10th December, 2024.
7. Any other matter with the permission of chair.

For Indian Body Builders Federation

Chetan M. Pathare

Chetan M. Pathare
Secretary General



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“1st Men’s & Women’s Physique Sports Championship 2024”**OFFICIAL ENTRY FORM****Please fill this entry form and return on or before 10th December 2024.**

SR.	NAME		CATEGORY	MOBILE NO.	HEIGHT	ADHAR NOS / PAN NOS
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						

TEAM MANAGER: _____ COACH: _____

JUDGE: _____

UNIT NAME: _____

TRAIN No. & ARRIVAL TIME: _____ TRAIN No. & DEPARTURE TIME: _____

SEAL

SIGNATURE OF PRESIDENT/SECRETARY

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“1st Men’s & Women’s Physique Sports Championship 2024”

DRUG TESTING CONSENT FORM

(PLEASE READ THIS FORM CAREFULLY)

In order to participate as a competitor for **1st Men’s & Women’s Physique Sports Championship 2024 on and from December 21 – 22, 2024** at Gurugram, Haryana, 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 cooperate fully with the IBBF and the Organizing Committee of the **1st Men’s & Women’s Physique Sports Championship 2024**. 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 **1st Men’s & Women’s Physique Sports Championship 2024**", 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 :



: CORRESPONDANCE ADDRESS :

Pathare Gymco : 280/A, Jawalkar Mansion, Dr. B. Ambedkar Road, Parel, Mumbai – 400 012, Maharashtra, India
Mobile : +91-99679-71970 Email : ibbfmumbai09@gmail.com Website : www.ibbf.in



Affiliated to:

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

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)

“1st Men’s & Women’s Physique Sports Championship 2024”

WAIVER OF LIABILITY FORM

That I understand that in order to participate as a competitor in for **1ST Men’s & Women’s Physique Sports Championship 2024 on and from December 21 – 22, 2024** at Gurugram, Haryana, 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, Bodybuilding **and Physique Sports Association Haryana**, the Organizing Committee of “**1ST Men’s & Women’s Physique Sports Championship 2024**”. The WBPF, ABBF, 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 “**1ST Men’s & Women’s Physique Sports Championship 2024**” 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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