



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: 27th January, 2023

To
The Secretaries / Executive Committee Members / Life Members
State Body Building Associations / Union Territories / Government Sports Board
(Affiliated to M/s. Indian Body Builders Federation, Mumbai)

Ref. No.: IBBF/JN/CR-02/23

**Sub.: "13th Men's Junior / Masters / Divyang / Sr. Women's Bodybuilding and
4th Junior Women's Sport Model Physique / Ladies Women's Sport Model
Physique National Championship 2023"**

Dear Sir / Madam,

The Indian Body Builders Federation is pleased to invite all its affiliated State Units/Union Territories and Government Sports Boards to participate in the **"13th Men's Junior / Masters / Divyang/ Sr. Women's Bodybuilding and 4th Junior Women's Sports Model Physique / Ladies Women's Sports Model Physique National Championship 2023"**; under the leadership of **Shri Prahlad Patel, Mayor Nagar Palika Nigam, Ratlam**, organized by **Rajya Sharir Sausthav Sanatha M.P Ujjan** on and from **04th – 05th March, 2023 at Ratlam, Madhya Pradesh**.

We are very grateful to Shri Prem Singh Yadav, Chairman, Shri Jitendra Singh Kushwah, President, Shri Atin Tiwari, General Secretary, Shri Shailendra Vyas and the entire organizing committee of the **Rajya Sharir Sausthav Sanatha M.P Ujjan** for organizing this Championship in the historical state of Madhya Pradesh.

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

We solicit your kind cooperation and understanding in this regard.

Thanking you,

For **Indian Body Builders Federation**

TV PAULY (ARJUNA AWARDEE)

PRESIDENT



HIRAL SHETH

GENERAL SECRETARY



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**"13th Men's Junior / Masters / Divyang / Sr. Women's Bodybuilding and
4th Junior Women's Sport Model Physique / Ladies Women's Sport Model Physique National
Championship 2023"**

PARTICULARS

Contest	:	"13th Men's Junior / Masters / Divyang/ Sr. Women's Bodybuilding and 4th Junior Women's Sport Model Physique / Ladies Women's Sport Model Physique National Championship 2023"
Date	:	Saturday, 04 th - Sunday, 05 th March ,2023
Organizer	:	Rajya Sharir Sausthav Sanatha M.P Ujjan
Reception / Registration	:	Rudra Palace, Sailana Road, Ratlam, Madhya Pradesh (Sailana Road, Al Kapuri, Behind Barbad, Hanuman Mandir, Ratlam, 457001)
Venue for Pre-Judging & Finals	:	Rudra Palace, Sailana Road, Ratlam, Madhya Pradesh
Nearest Railway	:	Ratlam Junction Station No pick up and drop will be provided by the organizer
Nearest Airport	:	Indore Airport (138 km Duration: 2h 30m) No pick up and drop will be provided by the organizer
Organizers Contact	:	Mr. Preamsingh Yadav – 9425091710 Mr. Jitendra Kushwah – 9827360755 Mr. Shailendra Vyas – 9425091025 Mr. Atin Tiwari – 9827414447 Mr. Kuldeep Trivedi – 8103762032/9669858839
IBBF Secretariat	:	Ms. Hiral Sheth – General Secretary Mobile: 98196 37300
Weight Group for Junior	:	Total Six weight Category Upto & inclusive 55 kgs Upto & inclusive 60 kgs Upto & inclusive 65 kgs Upto & inclusive 70 kgs Upto & inclusive 75 kg Above 75 kgs



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Weight Group for Divyang Bodybuilding : Up to & inclusive 60 kgs
Above 60 kgs

Age Group for Masters Bodybuilding: Total Four age groups
1) 40 years - 50 years - Upto 80 Kg
2) 40 years - 50 years - Over 80 Kg
3) 50 years – 60 years - one open category
4) Above 60 years- one open categories

Senior Women’s Bodybuilding : One Open Category (above 30 years)

Junior Women’s Sport Model Physique : Below 21 years - One Open Category

Ladies Women’s Sport Model Physique : Above 30 years – One Open Category

Eligibility Juniors Body Building : Below 21 years of age
Athletes born on & after 4th March 2002 are eligible to participate in Junior category

Eight Body Builders from each Affiliated State/UT/Government Sports Board and not more than two body builders in each group will be allowed.

Masters Body Building : **Athletes born on & before 4th March, 1983 are Eligible to participate in Masters category**

1. Those who are above 40 years and below 50 years of age.
2. Those who are above 50 years and below 60 years of age.
3. Those who are above 60 years of age.

Four Bodybuilders is each Masters Category and not more than Ten body builders from each State/UT/Government Sports Board will be allowed.

Divyang Body Building : **Three** athletes in each category and not more than Five athletes from each State/ UT/ Government Sport Board will be allowed.



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Also, please note athletes who are physically disabled below waist line and with major medical disabilities or severe accidental medical conditions would be allowed to participate. If any athletes are found ineligible as he does not fit in the above mention criteria IBBF reserve the right to reject his participation.

Senior Women's Bodybuilding : Athletes born on & before 4th March 1993 are eligible to participate in Senior Women Bodybuilding category.
In this Championship, State association/ UT /Government Sports Board can send their best athletes and there is no limit for the same.

Junior Women's Sports Model Physique : **Below 21 years of age**
Athletes born on & after 4th March, 2002 are eligible to participate in Junior category.
In this Championship, State association/ UT /Government Sports Board can send their best athletes and there is no limit for the same.

Ladies Women's Sports Model Physique : **Athletes born on & before 4th March, 1993 are eligible to participate in Ladies category.** In this Championship, State/ UT / Government Sports Board can send their best athletes and there is no limit for the same.

Testimonials : All the athletes are requested to produce their following Documents
M Aadhar Card / Passport and PAN Card which has the Date of Birth clearly mentioned in it. Along with one self-attested Photo Copy at the time of weighing in. Those who fail to produce original certificate will not be entitled to participate in the championship.

Please take a note it is compulsory to all the affiliated units to send the



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testimonial documents (**Aadhar Card / Passport and PAN Card which has the Date of Birth clearly mentioned**) along with entry form and doping consent form and waiver liability form clear scanned copies over email on and **before 20th February, 2023.**

Orthopedic Doctor/Dental Surgeon / Medical Practitioner may be recruited to find the genuine age of the athlete as per his body status and if Orthopedic Doctor/Dental Surgeon / Medical Practitioner after accessing the athlete finds him to be over age, then such athlete will be restricted and suspended from participation and the further legal and criminal proceedings will be initiated against such athlete and the state unit as per the Government of India, National Sports Development Code.

Also, the same legal and criminal proceedings along with fine of Rs. 50000/- will be initiated if they are found with fake age proof documents submitted.

Annual Fees:

All those affiliated State Associations /Union Territories / Government Sports Board who have not paid their Annual Membership Fees for the year 2023 are requested to pay of Rs.10,000/- for State and Rs.15000/- for Government Sports Board on or before 31st March, 2023.

Entry Fees

Junior & Masters Bodybuilding	:	Rs.1000/- per competitor.
Senior Women Body Building	:	Rs.1000/- per competitor.
Junior Women Sport Model Physique	:	Rs.3000/- per competitor.



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- Ladies Women Sport Model Physique : Rs.3000/- per competitor.
- Divyang Bodybuilding : NO ENTRY FEE
- Last Date for Entry** : **20th February, 2023.**
- Submission of entries : Entries will be accepted in Prescribed format Entries may be sent to
1. General Secretary
Indian Body Builders Federation
C/o. Pathare Gymco
280/A, Jawalkar Mansion,
Dr. B. Ambedkar Road,
Parel, Mumbai-400 012.
Maharashtra.
Email: ibbf_mumbai@yahoo.in
- Prizes & Awards** :
1. First three places in each category will receive Cash Award of Rs. 8000/-, Rs. 5000/-, Rs. 3000/- along with Gold, Silver & Bronze Medals.
 2. Title winner Junior Mr. India will get cash award of Rs. 51000/- along with medal, Trophy and certificate.
 3. First Five places in each category will receive Merit Certificate and Trophy
 4. All the Participants will receive Participation Certificates.
- Doping** :
- Dope test will be conducted at random by The National Anti-Doping Agency (NADA), New Delhi.
- Rules for the Contest** :
1. The competitors and officials who are not present for the registration within the time limit will be eliminated from the competition.
 2. All officials and competitors must arrive prior to the schedule.
 3. Organizers will provide free lodging and boarding to the invited bodybuilders and officials only for two nights.
 4. Each affiliated unit will have to pay a deposit of Rs. **5000/-** each during registration which will be refunded at the time of checkout once the hotel



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staff gives clearance of the room articles. 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.**

We require affiliated unit's co-operation for the same.

5. 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.**
6. Please note Bodybuilders using tanning products / oil will be responsible for payment in full for bed sheets, pillow covers and wall paint stained by the same.
7. All the officials, and Judges are requested to come in proper uniform prescribed by IBBF otherwise they will not be allowed to participate in official activities and will not be allowed to sit as judge.
8. Golden, Silver, and Bronze colour tanning cream is not allowed.
9. It is compulsory for the Body Builders participating bring their own music CD, (music counts in scoring) Vulgar songs and actions will not be allowed and the said participant will be banned from the Best Poser contest.

Please Note

: The Indian Body Builders Federation, **Rajya Sharir Sausthav Sanatha M.P Ujjan** or no other organizers will be responsible for any mischief, injury or damages sustained in travel, before, during or after the championship.



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SCHEDULE

Saturday 04th March 2023

- 08.00 AM ONWARDS : Arrival of all competitors, officials & judges
- 10.00 AM Onwards : Registration / Weighing-in of Athletes (Rudra Palace, Sailana Road, Ratlam, Madhya Pradesh)
- 01.00 PM TO 03.00 PM : Lunch for athletes and official (to be informed later)
- 04.00 PM TO 04.30 PM : Judges / Team Managers Meeting (to be informed later)
- 07.00 PM ONWARDS : Executive Committee Meeting (to be informed later)
- 09.00 PM ONWARDS : Dinner for athletes and official (to be informed later)

Sunday 05th March 2023

- 08.00 AM TO 09.00 AM : Breakfast for athletes and official (to be informed later)
- 09.00 AM TO 11.00 AM : Extra Ordinary General Body Meeting (to be informed later)
- 11.30 AM ONWARDS : Pre-judging, Finals & Prize Distribution (Rudra Palace, Sailana Road, Ratlam, Madhya Pradesh)
- 12.30 PM TO 03.00 PM : Lunch for athletes and official (to be informed later)
- 09.00 PM : Dinner for athletes and official (to be informed later)

Monday 06th March 2023

- 11.00 AM : Departure of all competitors, officials & judges



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OFFICIAL ENTRY FORM

Please fill this entry form and return on or before 20th February 2023

SR.	NAME	CATEGORY	MOBILE NO.	WEIGHT
1		Junior		
2		Junior		
3		Junior		
4		Junior		
5		Junior		
6		Junior		
7		Junior		
8		Junior		
9		Masters (40 -50 yrs) below 80 kg		
10		Masters (40 -50 yrs) below 80 kg		
11		Masters (40 -50 yrs) below 80 kg		
12		Masters (40 -50 yrs) above 80 kg		
13		Masters (40 -50 yrs) above 80 kg		
14		Masters (40 -50 yrs) above 80 kg		
15		Masters (50 -60 yrs)		
16		Masters (50-60 yrs)		
17		Masters (50 -60 yrs)		
18		Masters (60yrs above)		
19		Masters (60yrs above)		
20		Masters (60yrs above)		
21		Divyang		
22		Divyang		
23		Divyang		
24		Divyang		
25		Divyang		
26		Senior Womens BB		
27		Senior Womens BB		
28		Jr. Women's Model Phy		
29		Jr. Women's Model Phy		
30		Jr. Women's Model Phy		
31		Jr. Ladies Model Phy		
32		Jr. Ladies Model Phy		

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: 27th January, 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 04th March, 2023 at Rudra Palace, Sailana Road, Ratlam, Madhya Pradesh at 7.00 pm at Ratlam, Madhya Pradesh; during "13th Men's Junior / Masters / Divyang/ Sr. Women's Bodybuilding and 4th Junior Women's Sport Model Physique/ Ladies Women's Sport Model Physique National Championship 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 28th February, 2023.
3. To discuss and confirm the venue for Selection Trials of Indian Team participating in the South Asian Championship, Asian Championship and World Championship, 2023.
4. Any other matter with the permission of chair.

For **Indian Body Builders Federation**

TV PAULY (ARJUNA AWARDEE)

PRESIDENT

HIRAL SHETH

GENERAL SECRETARY





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Recognized by : The Association for International sports for All (TAFISA), Frankfurt, Germany
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Date: 23rd January, 2023

To,

**The Secretaries / Executive Committee Members / Life Members
State Body Building Associations / Union Territories / Government Sports Board
(Affiliated to M/s. Indian Body Builders Federation, Mumbai)**

EXTRA ORDINARY GENERAL BODY MEETING

NOTICE

Notice is hereby given to all the Affiliated Units / Executive Committee Members / Life Members of the Indian Body Builders federation, that a Meeting of the Extra Ordinary General Body will be held on 05th March, Rudra Palace, Sailana Road, Ratlam, Madhya Pradesh at 9.00 am Ratlam, Madhya Pradesh; during "**13th Men's Junior / Masters / Divyang/ Sr. Women's Bodybuilding and 4th Junior Women's Sport Model Physique/ Ladies Women's Sport Model Physique National Championship 2023**", to discuss the following Agenda.

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AGENDA

1. To confirm the minutes of the last Executive Committee Meeting.
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4. Any other matter with the permission of chair.

For **Indian Body Builders Federation**

TV PAULY (ARJUNA AWARDEE)

PRESIDENT

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GENERAL SECRETARY



**"13th Men's Junior / Masters / Divyang/ Sr. Women's Bodybuilding and
4th Junior Women's Sport Model Physique / Ladies Women's Sport
Model Physique National Championship 2023"**

DRUG TESTING CONSENT FORM

(PLEASE READ THIS FORM CAREFULLY)

In order to participate as a competitor for "**13th Men's Junior / Masters / Divyang/ Sr. Women's Bodybuilding and 4th Junior Women's Sport Model Physique / Ladies Women's Sport Model Physique National Championship 2023**" at Ratlam, MP, 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 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 "**13th Men's Junior / Masters / Divyang/ Sr. Women's Bodybuilding and 4th Junior Women's Sport Model Physique / Ladies Women's Sport Model Physique National Championship 2023**". 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 "**13th Men's Junior / Masters / Divyang/ Sr. Women's Bodybuilding and 4th Junior Women's Sport Model Physique / Ladies Women's Sport Model Physique National Championship 2023**", 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 Collector Officials at all times 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:

**"13th Men's Junior / Masters / Divyang/ Sr. Women's Bodybuilding and
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Model Physique National Championship 2023"**

WAIVER OF LIABILITY FORM

That I understand that in order to participate as a competitor in **"13th Men's Junior / Masters / Divyang/ Sr. Women's Bodybuilding and 4th Junior Women's Sport Model Physique / Ladies Women's Sport Model Physique National Championship 2023"** at Ratlam, MP India.

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 **"13th Men's Junior / Masters / Divyang/ Sr. Women's Bodybuilding and 4th Junior Women's Sport Model Physique / Ladies Women's Sport Model Physique National Championship 2023"** 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 the **"13th Men's Junior / Masters / Divyang/ Sr. Women's Bodybuilding and 4th Junior Women's Sport Model Physique / Ladies Women's Sport Model Physique National Championship 2023"** 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: _____

Signature of Athlete

Signature of Team Manager/ Coach/ Official

Date:

Place:

"13th Men's Junior / Masters / Divyang/ Sr. Women's Bodybuilding and 4th Junior Women's Sport Model Physique / Ladies Women's Sport Model Physique National Championship 2023"

AGE FRAUD UNDERTAKING

To,
The General Secretary,
Indian Body Builders Federation
Mumbai.

I, _____ aged _____ resident of _____
_____ representing _____ State/ Government Sport Board Affiliated unit to
Indian Body Builders Federation, do state on oath and solemn affirmation as under:-

1. That, I am representing and selected by the _____ Affiliated State / Union Territories / Government Sports Board Unit to Indian Body Builder's Federation to participate in the **"13th Men's Junior / Masters / Divyang/ Sr. Womens's Bodybuilding and 4th Junior Women's Sport Model Physique / Ladies Women's Sport Model Physique National Championship 2022"** on and from **04 March – 05th March, 2023 at Ratlam, MP, India** under the aegis of Indian Body Builders Federation.
2. That, my date of birth is _____ and my age on 04th March, 2023 is below 21 years.
3. That, I state that whatever documents I have annexed as the proof for my date of birth are true and correct to my knowledge. In case the same are found to be forged, then I am solely responsible for the same and that I may be charged under the provisions of Indian Penal Code and other penal Laws.
4. That, I am fully aware that the National Anti-Doping Agency, New Delhi is going to conduct Random Doping Tests in the said competition and if called for the same I under take to undergo it and fully co-operate in the same.
5. If my "A" sample is declared positive for banned substance, I am aware that I have the right to a "B" sample analysis. I am also aware that I must notify the IBBF, in writing and within thirty days of the date of receiving notification of my "A" sample positive finding that I wish to exercise my right to a "B" sample analysis the whole at no cost to be IBBF, failing which the "A" sample result shall be considered final. I undertake to appear before the National Anti-Doping Appellate Panel in New Delhi and fully co-operate in the said proceedings a hearing.
6. That, whatever information is stated in the above-mentioned paragraph 1 to 5 is true to my knowledge and belief and I undertake to abide the same.

Signed on this 04th March, 2023 at Ratlam, MP, India.

Signature of deponent with full name & Address

1. Witness
(State Official)

2. Witness
(State Official)