



Affiliated to : World Bodybuilding And Physique Sports Federation (WBPF)
Asian Bodybuilding And Physique Sports Federation (ABBF)
South Asian Bodybuilding & Fitness Federation (SABBF)

Recognized by : The Association For International sport For all (TAFISA)
World Leisure Organization (WLO)
General Assembly Of Asian Pacific (GAAPSF), Pacific Games Council (PGC)
Union of International Association (UIA)

Date: 22nd January, 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.: **"15th Mr. India 2024 - Senior Men's & Women's Body Building National Championship"**

Dear Sir / Madam,

The Indian Body Builders Federation is pleased to inform you that the most prestigious Championship of the year, **"15th Mr. India 2024 - Senior Men's & Women's Body Building National Championship"**; will be held on and from **16th March – 17th March, 2024** at Ludhiana, Punjab at **Indoor Stadium, Pakhowal Road, Ludhiana** organized by **Punjabi Amateur Body Building Association** and under the guidance of **Shri Premchand Degra** Padma Shree, Arjuna Awardee, Executive Vice President, Indian Body Builders Federation.

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 per the rules prescribed in the circular to make this championship a grand success.

We would further like to inform you that the Senior Men's Bodybuilding team participating in the 14th South Asian Bodybuilding and Physique Sports Championship held from 6th to 10th June 2024 at Sri Lanka will be selected during this championship.

Thanking you

For Indian Body Builders Federation

T V Pauley
President – IBBF
Arjuna Awardee



Hiral Sheth
General Secretary - IBBF

: CORRESPONDENCE ADDRESS :

Pathare Gymco 280/A, Jawalkar Mansion, Dr. B Ambedkar Road, Parel, Mumbai - 400 012. Maharashtra.
Mobile : +91 9819637300. Email : ibbf_mumbai@yahoo.in Website : www.ibbf.in



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"15th Mr. India - Senior Men's & Women's Body Building National Championship 2024"

PARTICULARS

- Contest** : 15th Mr. India - Senior Men's & Women's
Body Building National Championship 2024
- Date** : Saturday, 16th March, 2024 to Sunday, 17th March, 2024
- Organizer** : Punjabi Amateur Body Building Association
- Venue for Finals** : **Indoor Stadium, Pakhowal Road, Ludhiana**
- Registration & Reception** : **Indoor Stadium, Pakhowal Road, Ludhiana**
- Lodging for E C Members** : Lodging will be provided for E C Members / Working team for three nights only.
- Lodging for Officials** : Lodging will be provided for invited officials / Judges / Working team for two nights only.

Please take a note that no lodging and boarding will be provide to athletes and extra officials.

Nearest Railway : Ludhiana Railway Station
No pick up and drop will be provided by the organizer

Nearest Airport : Mohali Airport (90 – 100 km)
No pick up and drop will be provided by the organizer

Organizers Contact : Mr. Navneet Singh – 9888320009
Mr. Monu Sabharwal – 9023270063
Mr. Amarjit Singh - 9888413717

IBBF Secretariat : Ms. Hiral Sheth – General Secretary
Mobile: 98196 37300

Categories : **For Men's Body Building**
Total **ten weight** groups
Up to & inclusive 55 kgs
Up to & inclusive 60 kgs
Up to & inclusive 65 kgs
Up to & inclusive 70 kgs
Up to & inclusive 75 kgs

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

For Women's Body Building

1. Up to & inclusive 55 Kgs
2. Above 55 kgs

Rules for Men's Body Building :

Will wear single-colored opaque posing trunks of a solid, non-distracting color 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 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.

Men's Bodybuilding:

- a. Front double biceps;
- b. Front lat. spread;
- c. Side chest on any side;
- d. Back double biceps;
- e. Back lat. spread;
- f. Side triceps on any side
- g. Abdominals and thighs.

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Eligibility

Twelve Body Builders from each affiliated State units/ Union Territories / Government Sports Boards for Men's Body Building but not more than two Body Builders in one weight group will be allowed. The host State Association will be allowed to field two teams. That is 24 Body Builders (A and B Team). For Team Championship Only A team points will be calculated.

For Women's Body Building – State association/Sport Board/ Union Territories can send their best athletes and there is no limit for the same.

Entry Fee

Men's Body Building

Rs. 1000/- per competitor

Women's Body Building

Rs. 1000/- per competitor

Last Date for Entry

: 7th March, 2024

Submission of entries

: Entries along with duly filled Drug Testing Consent Form, Waiver Off Liability Form, copy of Aadhar card and Pan Card 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.
2. Email: - ibbf_mumbai@yahoo.in
3. Via what's app on Mobile No. 9819637300

Annual 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/- for the year 2024 on or before **15th March 2024**.

Judges Examination

: Only affiliated State Units/Union Territories/Government Sports Boards will be eligible to nominate and submit the entries for Judges Examination on or before **5th March, 2024** to those who wish to participate in Judges Examination along with the Fees of Rs.10000/- with two photographs and copy of Aadhar card.

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Prizes & Awards

- Senior Men's Body Building :**
1. First three places in each category will receive Gold, Silver & Bronze Medals.
 2. First Five places in each category will receive Cash Prizes of Rs.75000/-, Rs.50000/-, Rs.25000/-, Rs.15000/-, Rs.10000/- respectively along with Merit Certificates and trophy respectively.
 3. Overall, Champion will receive a Cash Prize of Rs. 3,00,000/- along with Trophy & Merit Certificate.
 4. Runner-up will receive a Cash Prize of Rs.1,00,000/- along with Trophy & Merit Certificate.
 5. 1st Runner-up will receive a Cash Prize of Rs.50000/- along with Trophy & Merit Certificate.
 6. Most Improved Body Builder will receive Trophy & Merit Certificate.
 7. Team Championship will receive Trophy & Merit Certificate.
 8. 1st and 2nd Runner-up in Team Championship will receive Trophy & Merit Certificate respectively.
 9. All the Participants will receive participation certificate.

- Women's Body Building :**
1. First three places in each category will receive Gold, Silver & Bronze Medals.
 2. First Five places in each category will receive Cash Prizes of Rs.75000/-, Rs.50000/-, Rs.25000/-, Rs.15000/-, Rs.10000/- respectively along with Merit Certificates and trophy respectively.
 3. All the participants will receive participation certificate.

Doping : Dope test may be conducted at random by the National Anti-Doping Agency (NADA).
In order to participate in the above-mentioned championship, it is mandatory to fill up and sign the drug testing consent and waiver off liability form.

- Rules for the Contest :**
1. Team Managers / Officials to note that competitors who fail for weighing – in within the time limit will be eliminated from the championship.
 2. **ONLY Two Officials (including Judge/ Team Manger/ Coach)** per State Unit, UT, Government Sport Boards will be provided with Lodging & Boarding for two nights. ONE ROOM will be provided per State Unit, UT, Government Sport Boards. All officials & competitors must arrive prior to the schedule.

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3. **Organizers will not be providing lodging & boarding to the athletes and the extra officials.**
4. All the Officials, managers, coaches are requested to come in uniform prescribed by IBBF in all the schedules activities. Those who do not have uniform as prescribed by IBBF will not be allowed to participate in any official activities and will not be allowed to sit as a Judge.
5. Invited Officials/ judges/ Coaches as per list who arrive before **16th March, 2024** and wish to stay after **17th March ,2024** will have to bear for their own lodging & boarding.
6. Golden, Silver and Bronze color tanning cream is not allowed.
7. It is compulsory for the participants participating for Best Poser contest to bring their own Music CD. Vulgar songs, actions and dancing will not be tolerated and the said participant will be banned from the Best Posing contest.

Please note

: Punjabi Amateur Body Building Association and Indian Body Builders Federation, any other organizers or any official will not be responsible for any mischief, injury or damages sustained in travel, before, during or after the competition.

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"15th Mr. India - Senior Men's & Women's National Body Building Championship 2024"

SCHEDULE

Friday, 15th March, 2024

07.00 PM TO 08.30 PM : Executive Committee Meeting (Venue Will be informed later)

Saturday, 16th March, 2024

09.00 AM ONWARDS : Arrival of all Athletes, Officials & Judges
Indoor Stadium, Pakhowal Road, Ludhiana

01.00 PM TO 02.00 PM : Lunch for Athletes and Officials (Venue Will be informed later)

02.30 PM TO 04.00 PM : Judges / Coaches / Team Managers Meeting (Venue Will be informed later)

09.00 AM ONWARDS : Weighing-in, **Indoor Stadium, Pakhowal Road, Ludhiana**

09.00 PM ONWARDS : Welcome Dinner (Venue Will be informed later)

Sunday, 17th March, 2024

07.00 AM TO 09.00 AM : Break Fast for Athletes and Officials (Venue Will be informed later)

09.00 AM TO 10.30 PM : Annual General Body Meeting (Venue Will be informed later)

11.00 AM ONWARDS : Commencement of the **Finals and Prize distribution at the Indoor Stadium, Pakhowal Road, Ludhiana**

Total 12 events

Men's Body Building
55kg, 60kg, 65kg, 70 kg, 75kg,

Women's Body Building
55kg, Above 55 Kg

Men's Body Building
80kg, 85kg, 90kg, 90- 100kg and above 100kg
Overall, Champion - MR. INDIA 2024

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Monday, 18th March, 2024

11.00 AM

: Departure of all Athletes, Officials & Judges

PLEASE NOTE:

**NO BUSES OR CAR WILL BE ORGANISED FROM AIRPORT, RAILWAY STATION
OR BUS STAND TO REACH REGISTRATION VENUE AND BACK.**

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"15th Mr. India - Senior Men's & Women's National Body Building Championship 2024"

OFFICIAL ENTRY FORM

Please fill this entry form and return on or before 7th March, 2024

R.	NAME	CATEGORY	MOBILE NO.	WEIGHT	AADHAR NOS / PAN NOS
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			
17		Women's Body Building			

TEAM MANAGER: _____ COACH: _____

JUDGE: _____

UNIT NAME: _____

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

SEAL

SIGNATURE OF PRESIDENT/SECRETARY

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Date: 22nd January, 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, 15th March, 2024 at 7.00 pm Ludhiana, Punjab during 15th Mr. India, Senior Men's & Women's National Body Building 2024, at Ludhiana, Punjab 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 last the Executive Committee Meeting
- 2) To deliberate and adopt the Annual Report as submitted by the General Secretary.
- 3) To discuss and confirm the forthcoming championships for the year 2024-2025.
- 4) To appoint the Internal Auditor and Chartered Accountant for the year 2024-2025 and to deliberate and adopt the Statement of Account submitted by the Treasurer for the year 2023-2024.
- 5) To discuss about the letters if any received from Executive Committee Members or the State Associations before 1st March 2024.
- 6) To discuss the current recognition status of Indian Body Builders Federation by the Ministry of Youth Affairs and Sports, Government of India for the year 2024.
- 7) Any other matter with the permission of chair.

The meeting will be called at 07:00 PM sharp on Saturday, 15th March, 2024 and in absence of proper quorum will be adjourned for half hour. The meeting will be reconvened again and then the decision as taken will be final and binding on all the members.

For Indian Body Builders Federation

T V Pauley
President – IBBF
Arjuna Awardee

Hiral Sheth
General Secretary - IBBF



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Date: 22nd January, 2024

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 Sunday, 17th March, 2024 at 9.00 am Ludhiana, Punjab during 15th Mr. India, Senior Men's & Women's National Body Building Championship 2024, at Ludhiana, Punjab to discuss the following Agenda.

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

AGENDA

- 1) To confirm the minutes of the last Annual General Body Meeting
- 2) To discuss and confirm the resolutions passed by the Executive Committee during the Executive Committee Meeting held on 15th March 2024.
- 3) To deliberate and adopt the Annual Report as submitted by the General Secretary.
- 4) To discuss and confirm the forthcoming championships for the year 2024-2025.
- 5) To appoint the Internal Auditor and Chartered Accountant for the year 2024-2025 and to deliberate and adopt the Statement of Account submitted by the Treasurer for the year 2023-2024.
- 6) To discuss about the letters if any received from Executive Committee Members or the State Associations before 1st March 2024.
- 7) To discuss the current recognition status of Indian Body Builders Federation by the Ministry of Youth Affairs and Sports, Government of India for the year 2023.
- 8) Any other matter with the permission of chair.

The meeting will be called at 9:00 am sharp on Sunday, 17th March, 2024 and in absence of proper quorum will be adjourned for half hour. The meeting will be reconvened again and then the decision as taken will be final and binding on all the members.

For Indian Body Builders Federation

T V Pauley
President – IBBF
Arjuna Awardee

Hiral Sheth
General Secretary - IBBF



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"15th Mr. India - Senior Men's & Women's National Body Building Championship 2024"

DRUG TESTING CONSENT FORM

(PLEASE READ THIS FORM CAREFULLY)

In order to participate as a competitor for **15th Mr. India - Senior Men's & Women's National Body Building Championship, 2024 on and from 16th March – 17th March, 2024** at Ludhiana, Punjab, 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 **15th Mr. India - Senior Men's & Women's National Body Building Championship, 2024**. 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 '**15th Mr. India- Senior Men's & Women's National Body Building 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 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:

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Recognized by : Government of India, Ministry of Youth Affairs & Sports, New Delhi
Sports Authority of India, New Delhi, National Anti Doping Agency, New Delhi

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"15th Mr. India - Senior Men's & Women's National Body Building Championship 2024"

WAIVER OF LIABILITY FORM

That I understand that in order to participate as a competitor in **15th Mr. India - Senior Men's & Women's National Body Building Championship, 2024 on and from 16th March – 17th March, 2024** at Ludhiana, Punjab, 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, the Organizing Committee of "**15th Mr. India- Senior Men's & Women's National Body Building Championship, 2024**" 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.
2. That I agree that medical and personal injury insurance coverage while participating in the **15th Mr. India - Senior Men's & Women's National Body Building 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.

Name of the Athlete _____

Affiliated State Association: _____

E-Mail ID: _____ Mobile No. _____

Signature of Athlete

Signature of Team Manager/ Coach/ Official

Date:

Place:

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