

**Date: 14<sup>th</sup> August, 2024**

To,  
**The Secretaries / Executive Committee Members / Life Members**  
Units of North Eastern India Zone  
Affiliated to Indian Body Builders Federation, Mumbai.

Ref. No.: IBBF/NEI/CR-01-24

**Sub.: "1<sup>st</sup> North East Bodybuilding and Physique Championship 2024"**

**Dear Sir/Madam**

The Indian Body Builders Federation is pleased to extend its Invitation for all its affiliated Units of North Eastern India Zone to participate in the **"1<sup>st</sup> North East Bodybuilding and Physique Championship 2024"** under the Patronage of **Body Builders Association of Sikkim**. The said competition is organized on and from **14<sup>th</sup> September – 15<sup>th</sup> September, 2024** at **Gangtok, Sikkim**.

We on behalf of Indian Body Builders Federation humbly request all the affiliated Units of North Eastern India zone (Assam, Manipur, Nagaland, Meghalaya, Mizoram, Arunachal Pradesh, Tripura and Sikkim) to participate with maximum number of athletes to make this championship a grand success.

This Championship is open only for the athletes of the affiliated state association of the North Eastern India Zone.

Your kind co-operation is solicited.

Thanking you,

**For Indian Body Builders Federation**



**Hiral Sheth**  
**General Secretary**





**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 Association of World Sports Federation (GAWSF) World Sports University (WSU), Foundation for Sport, Development & Peace (FSDP), International Sport And Culture Association (ISCA), International Sports Council (ISC), International Council of Sport Science and Physical Education (ICSSPE), Pacific Games Council (PGC)

## **“1<sup>st</sup> North East Bodybuilding and Physique Championship 2024”**

### **PARTICULARS**

<b>Contest</b>	:	<b>“1<sup>st</sup> North East Bodybuilding and Physique Championship 2024”</b>
<b>Date</b>	:	Saturday, 14 <sup>th</sup> September & Sunday, 15 <sup>th</sup> September, 2024
<b>Organizer</b>	:	Body Builders Association of Sikkim
<b>Reception / Registration</b>	:	Palri Boutique Hotel, Lower Aruthang Gangtok East Sikkim.
<b>Venue for Finals</b>	:	Gangtok, Sikkim
<b>Nearest Railway Station</b>	:	New Jalpaiguri (Approx. 153 km) <b>Please note: No pick and drop will be arranged by the organizer</b>
<b>Nearest Airport</b>	:	Bagdogra Airport (Approx. 125 km) <b>Please note: No pick and drop will be arranged by the organizer</b>
<b>Weight Group</b>	:	
<b>Men’s Bodybuilding</b>	:	<b>Total 6 Weight Groups</b> Up to & inclusive 55 kgs Up to & Inclusive 60 kgs Up to & inclusive 65 kgs Up to & Inclusive 70 kgs Up to & inclusive 75 kgs Up to & inclusive Above 80 kgs
<b>Women’s Bodybuilding</b>	:	One Open Category
<b>Men’s Sports Physique</b>	:	Upto 165 Cms Over 165 Cms
<b>Women’s Model Physique</b>	:	One Open Category
<b>Eligibility</b>	:	All the affiliated Units of North Eastern India Zone only can

**: CORRESPONDENCE ADDRESS :**

Pathare Gymco 280/A, Jawalkar Mansion, Dr. B Ambedkar Road, Parel, Mumbai - 400 012. Maharashtra.  
**Mobile :** +91 9819637300. **Email :** ibbfmumbai09@gmail.com **Website :** www.ibbf.in



**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 Association of World Sports Federation (GAWSF) World Sports University (WSU), Foundation for Sport, Development & Peace (FSDP), International Sport And Culture Association (ISCA), International Sports Council (ISC), International Council of Sport Science and Physical Education (ICSSPE), Pacific Games Council (PGC)

send Maximum numbers of body builders / Sports Physique / Model Physique athletes since there is no limit on numbers of athletes.

**Doping** : Dope test will be conducted at random by the National Anti-Doping Agency (NADA), New Delhi

**Prizes & Awards for** :  
**Men's Body Building** :

1. First Three places in each category will receive Medal, Trophy and Certificates.
2. Overall, Champion will receive Trophy along with Merit Certificate.
3. All the participants will receive participation certificate.

#### **Entry Fees**

**Men's Bodybuilding** : Rs.1000/- per competitor

**Women's Bodybuilding** : Rs. 1000/- per competitor

**Men's Sport Physique** : Rs. 3000/- per competitor

**Women's Sport Physique** : Rs. 3000/- per competitor

**Last Date for Entry** : 5<sup>th</sup> September, 2024

**Contact** : Mr. Pema W D Bhutia – 9434408022  
Mr. Tashi Ongmu Lepcha – 9679246853

**IBBF Secretariat** : Ms. Hiral Sheth –General Secretary  
Mobile: 9819637300

**Rules for the Contest** : 1. Team Managers please note that the competitors who fail to report for the weighing-in within the time limit will be eliminated from the championship.  
2. All officials and competitors must arrive prior to the schedule.  
3. Team Manager 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 and the State Association will have to bear the cost of the same before departure.

---

**: CORRESPONDENCE ADDRESS :**

Pathare Gymco 280/A, Jawalkar Mansion, Dr. B Ambedkar Road, Parel, Mumbai - 400 012. Maharashtra.  
**Mobile** : +91 9819637300. **Email** : ibbfmumbai09@gmail.com **Website** : www.ibbf.in



**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 Association of World Sports Federation (GAWSF) World Sports University (WSU), Foundation for Sport, Development & Peace (FSDP), International Sport And Culture Association (ISCA), International Sports Council (ISC), International Council of Sport Science and Physical Education (ICSSPE), Pacific Games Council (PGC)

4. All the officials, managers, coaches are requested to come in uniform prescribed by IBBF will not be allowed to participate in any official activities and will not be allowed to sit as judge.
5. Golden, Silver, and bronze color tanning cream is not allowed.
6. The lodging and boarding will be provided for one night only to the athletes and the officials. Those who arrive early or wish to stay later will have to make their own arrangements.

**Please Note**

: The Indian Body Builders Federation, Body Builders Association of Sikkim and no other organizers will be responsible for any mischief, injury or damages sustained in travel, before, during or after the championship.

**PLEASE NOTE:**

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

**: CORRESPONDENCE ADDRESS :**

Pathare Gymco 280/A, Jawalkar Mansion, Dr. B Ambedkar Road, Parel, Mumbai - 400 012. Maharashtra.  
**Mobile :** +91 9819637300. **Email :** ibbfmumbai09@gmail.com **Website :** www.ibbf.in

## SCHEDULE

### **Saturday 14<sup>th</sup> September, 2024**

- 09.00 am onwards : Arrival of teams and Registration of all competitors, officials and judges  
(Palri Boutique Hotel, Lower Aruthang Gangtok East Sikkim)
- 11.00 am – 02.00 pm : Weighing – in
- 01.00 pm to 02.00 pm : Lunch
- 08.00 pm onwards : Dinner

### **Sunday 15<sup>th</sup> September, 2024**

- 07.00 am - 09.00 am : Breakfast for all athletes and officials in respective hotel

- 11.00 am onwards : Commencement of Competition  
**Men's Bodybuilding: Total 6 Weight Groups**  
Up to & inclusive 55 kgs  
Up to & Inclusive 60 kgs  
Up to & inclusive 65 kgs  
Up to & Inclusive 70 kgs  
Up to & inclusive 75 kgs  
Up to & inclusive and above 80 kgs

**Women's Bodybuilding:** One Open Category

**Men's Sports Physique:** Upto 165 cms  
Over 165 cms

**Women's Model Physique:** One Open Category

- 01.00 pm to 02.00 pm : Lunch
- 09.00 pm onwards : Farwell Dinner

### **Monday 16<sup>th</sup> September, 2024**

- 08.00 am onwards : Departure



**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 Association of World Sports Federation (GAWSF) World Sports University (WSU), Foundation for Sport, Development & Peace (FSDP), International Sport And Culture Association (ISCA), International Sports Council (ISC), International Council of Sport Science and Physical Education (ICSSPE), Pacific Games Council (PGC)

## **"1<sup>st</sup> North East Bodybuilding and Physique Championship 2024"**

### **OFFICIAL ENTRY FORM**

Please fill this entry form and return on or before 5<sup>th</sup> September, 2024

SR.	NAME	CONTACT NO	CATEGORY	WEIGHT
1				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10				
11				
12				
13				
14				
15				

Please complete with name of competitors, team manager, coach & judges.

TEAM MANAGER: \_\_\_\_\_ COACH: \_\_\_\_\_

JUDGE: \_\_\_\_\_ JUDGE: \_\_\_\_\_

UNIT NAME: \_\_\_\_\_

TRAIN No. & ARRIVAL TIME: \_\_\_\_\_

TRAIN No. & DEPARTURE TIME: \_\_\_\_\_

SEAL

SIGNATURE OF PRESIDENT/SECRETARY

**: CORRESPONDENCE ADDRESS :**

Pathare Gymco 280/A, Jawalkar Mansion, Dr. B Ambedkar Road, Parel, Mumbai - 400 012. Maharashtra.  
**Mobile :** +91 9819637300. **Email :** ibbfmumbai09@gmail.com **Website :** www.ibbf.in